

How to Reduce Wireless Radiation

All wireless devices emit radiofrequency (RF) radiation 24/7, even when not in use. Simple steps can help reduce your family's exposure.



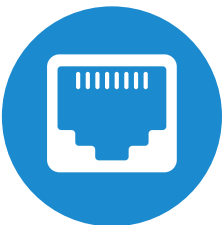
KNOW YOUR EXPOSURE: How many cell phones, Wi-Fi and Bluetooth devices do you have in your home? Where is your Wi-Fi router located?



DECREASE TIME: Power OFF wireless devices to decrease ambient radiation levels. Swap out wireless devices (e.g. smart speakers, mouse, keyboard) with corded options.



CORDED PHONE: Hook up a corded phone to enjoy radiation-free conversations. Cordless phones and their base stations emit RF.



PREFER WIRED INTERNET: Use hardwired ethernet cords to connect your computer, laptop, and tablets to the internet.



PROTECT YOUR SLEEP: Keep cell phones, screens and wireless devices out of the bedroom. Use a battery powered alarm clock. Turn Wi-Fi off at bedtime.

