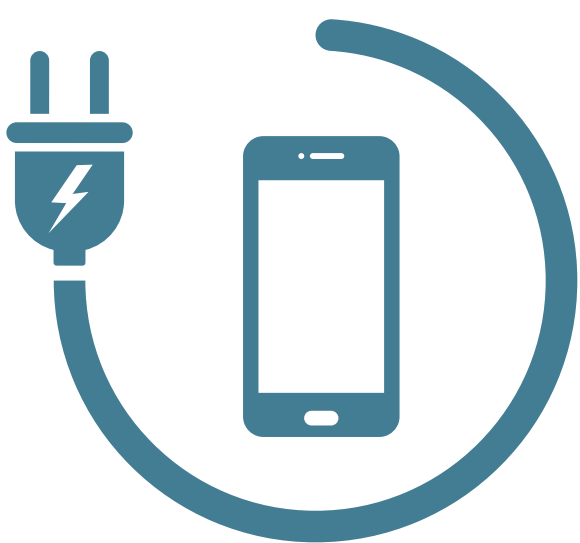


5 Tips for Reducing ELF Magnetic Fields

1

Off the body

Use tablets and laptops on a table or desk, *not your lap*. Avoid carrying phones in your pocket or bra. Keep them at a distance, and refrain from pressing them against your body.



2

Safer charging

Avoid using cell phones while charging. Instead, charge devices away from your body, *and away from sleeping areas*.

3

Increase distance

Avoid sleeping next to appliances, or the electric meter and panel/fuse box. Remember to check the exterior wall close to the bed.



4

Protect sleep

Remove electronics from the bedroom, especially those with power cords underneath and near the bed and crib. Use a battery powered alarm clock and unplug electric blankets before bed.

5

Professional measurements

Nearby high voltage power lines can increase exposure levels. Power companies will often measure for free if asked. Sometimes high levels are caused by faulty wiring that an electrician can fix.



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