

this is a  
**PDO** area

show your ♥ NACST.org

**This is as important as areas that are nut-free, smoke-free, or fragrance-free.**

Some individuals are adversely affected by the type of radiation emitted by cell and cordless phones, laptops, tablets, and other electronic devices, accessories, appliances, and equipment capable of wireless communication. In any public or private environment these exposures can lead to serious health and safety problems (immediate, short-term, long-term, or permanent) for people and animals—especially for **children, pregnant women, and other individuals more vulnerable to this type of radiation.**



**PERSONAL  
DEVICES  
OFF**

**ALL THE WAY OFF**

or airplane mode + wi-fi off  
not in silent mode and  
not in vibrate mode