

# Information for a Safe and Healthy Pregnancy



**Doctors Recommend That  
Pregnant Women Reduce Wireless Radiation.**

**The Baby Safe Project**



**BabySafeProject.org**

## Physicians, scientists, and educators have joined together to express concern about the risk wireless radiation poses to baby's brain development.

The BabySafe Project urges pregnant women to take simple steps to reduce a baby's wireless exposure including:

- Turn off your cell phone or switch to airplane mode when not in use.
- Avoid holding your cell phone or any wireless device against your body.
- Replace cordless phone systems with corded phones that don't plug into electricity.
- Avoid prolonged or direct exposure to WiFi routers.
- Turn off WiFi routers and connect to the Internet via wired cables whenever possible.

### Safe Technology at Home:

Choose corded home phones and non-wireless routers because they do not emit wireless radiation.

*"As a research scientist and physician who studies how microwave radiation affects the outcomes of pregnancy, I am deeply concerned about growing exposures to cell phone and other wireless radiation."*

Hugh Taylor MD, Chief of Obstetrics and Gynecology, Yale-New Haven Hospital

The BabySafe Project



[www.BabySafeProject.org](http://www.BabySafeProject.org)  
#KnowYourExposure

Learn more ways  
to reduce exposure at  
**BabySafeProject.org**

Also, check out the list of physicians  
who support these recommendations.