You can limit exposure to Radio-frequency (RF) Energy from your cell phone.

Although studies continue to assess potential health effects of mobile phone use, the World Health Organization has classified RF Energy as a possible carcinogen.

If you are concerned about potential health effects from cell phone RF Energy, the City of San Francisco recommends:

- **Limiting cell phone use by children** ¹–³
  Developing brains and thinner skulls lead to higher absorption in children. ⁴–⁶
- **Using a headset, speakerphone or text instead** ⁵–¹¹
  Exposure decreases rapidly with increasing distance from the phone. ⁹–¹⁰
- **Using belt clips and purses to keep distance between your phone and body** ¹²–¹⁴
  Do not carry on your body to at least meet the distance specified in your phone’s user manual. ¹²–¹⁴
- **Avoiding cell phones in areas with weak signals (elevators, on transit, etc.)** ¹⁰
  Using a cell phone in areas of good reception decreases exposure by allowing the phone to transmit at reduced power. ¹⁰
- **Reducing the number and length of calls** ¹³
  Turn off your cell phone when not in use. ⁹–¹⁰

Learn More:

SF Department of the Environment @ SFEvironment.org/cellphoneradiation  •  (415) 355-3700
Federal Communications Commission @ FCC.gov/consumerfacts/mobilityphone.html
World Health Organization @ WHO.int/multicancer/factsheets/fs193/en/

This material was prepared solely by the City and County of San Francisco and must be provided to consumers under local law.