



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.

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

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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.⁴⁻⁸
- **Using a headset, speakerphone or text instead**⁹⁻¹¹
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**¹⁰
Turn off your cell phone when not in use.^{9,10}



Learn More:

SF Department of the Environment @ SFEnvironment.org/cellphoneradiation • (415) 355-3700

Federal Communications Commission @ FCC.gov/cgb/consumerfacts/mobilephone.html

World Health Organization @ WHO.int/mediacentre/factsheets/fs193/en/

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