

## Some Tips to Reduce Your Exposure to Wireless Radiation

**Joel M. Moskowitz, Ph.D.**

Director, Center for Family and Community Health, University of California, Berkeley

For more information, see [SaferEMR.com](http://SaferEMR.com)



- Avoid holding your cellphone or cordless phone near your head or body during phone calls. Use your speakerphone, text, or use a wired headset (with a small iron bead on the cord to prevent the cord from acting like an antenna).
- Avoid carrying your mobile phone in your pocket, on your belt, or close to your body whenever it is powered on. Especially keep your phone away from your head and reproductive organs (including breasts).
- Turn off mobile phone devices when not in use or switch to Airplane Mode. Turn off Wi-Fi and Bluetooth when not in use. Do not use a wireless tablet or laptop in your lap.
- When the signal is poor, your mobile phone devices emit more radiation so avoid use when surrounded by metal such as in an elevator, or while travelling in automobiles, buses, trains or aircraft.
- Use a wired land line phone where possible and avoid talking on your mobile phone for longer than necessary. Forward your cellphone calls to your landline when you get home, and then power off your cellphone.
- Turn off wireless connectivity to your wireless devices when not using the Internet and especially overnight. Use hardwired Internet connections.
- Reduce children's exposure to wireless radiation. Discourage their use of wireless devices and use hardwired networks where possible. Turn off wi-fi on devices being used by kids. Campaign with other parents to use hardwired networks in schools to provide Internet access. Educate children to use wireless technology safely.
- If you are pregnant, planning for a baby or hypersensitive to radiofrequency radiation, be especially careful about your wireless radiation exposure.
- Reduce the time you spend in places where many people are using mobile phones in close proximity to each another.
- If you think you have electromagnetic hypersensitivity symptoms, keep a diary of your exposures and when your symptoms appear, and check for correlation. Discuss this with your doctor or healthcare provider.
- Express concerns you have about electromagnetic radiation to your elected representatives and ask them to adopt policies to make wireless technology safer. Encourage them to fund education and research on electromagnetic radiation and health through a modest fee on mobile device subscriptions (e.g. a nickel a month).