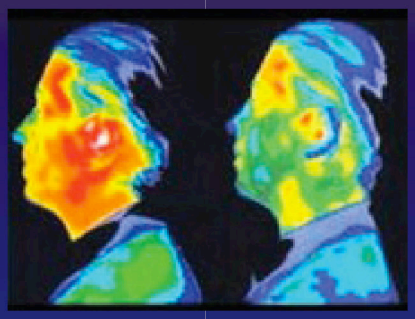
CELL PHONE RADIATION

ISSUES

1. Exposure to **cell phone radiation** can **cause cancer**.

Keeping your phone 10 inches away from your head and body reduces your exposure 100-fold. (Radiation is related to the square of the distance so **every inch away is significant**.)



2. **Children** are **especially at risk**. The brain of a **child absorbs twice** as much **radiation** as an adult.

Brain **tumors** are the **second leading** cause of cancer-related deaths in **people under 20** years of age.

3. **Pregnant women** are **particularly susceptible** to cell radiation...

it can also **reduce sperm counts**.

4. When the **signal is poor**, your mobile devices **emit more radiation**.

5. **Cell phones** are **not created equally**.

Some emit **greater levels** of radiation **than others**.

ACTIONS

Avoid holding your cell phone **directly near your head** or **body**. Use your **speakerphone**, **landline** or a **wired headset**. **Text** instead of call when possible. **Avoid** carrying your mobile phone **in your pocket**, on your **belt**, or in **direct contact with your body**. Turn off Wi-Fi and Bluetooth or set phone to "**Airplane Mode**" when not in use. **Don't use** your cell phone as an alarm clock **next to your head as you sleep.**

Discourage **young children's** use of wireless devices. **Keep devices away** from direct contact with their heads and bodies. **Turn off wi-fi** and use hardwired networks. Campaign with other parents to get **hardwired networks** in schools. **Educate children** about **safety issues**.Watch the movie **MOBILIZE** as a family and discuss it.

Never place a cell phone **near a pregnant abdomen.** Keep your phone **out of your pants** and **away** from **reproductive organs** – (including breasts). If you are pregnant, try to **reduce the time** you spend in places where lots of people are **using wireless devices** in close proximity.

Turn off device when **not in use** or switch to **Airplane Mode** so it is not constantly searching. **Avoid use** in enclosed spaces or when **surrounded by metal** such as in an elevator, car, bus, train or airplane.

Take the time to **research your phone** before your next purchase or upgrade.

NOTE! Some of these actions might seem inconvenient...but they are a lot **more convenient than a brain tumor.**

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