

# 10 Tips To Reduce Cell Phone Radiation

Wired technology is safe technology. The healthiest thing to do is to ensure you have a home corded landline phone and corded computer (with wireless functions turned off).

Remember, home cordless phones emit radiation like cell phones, so every home should have a corded landline (with a curly cord to the handset). Forward cell phones to your home line while you are at home. Prefer this corded phone for voice conversations.

If you use a cell phone for social media, music or other facetime, we recommend using your corded ethernet computer for these uses to minimize cell phone use.

We do not know a "safe level" of cell phone radiation. Therefore if you must use a cell phone, please reduce exposure with the strategies listed below.

## 1. Distance is your friend



While talking on your cell phone, prefer to position the cell phone away from your body as far as possible. Whenever possible, use the speakerphone mode or an airtube wired headset (not a wireless headset, not a wireless earpiece). The electromagnetic field (radiation) is one-fourth the strength at a distance of two inches and fifty times lower at three feet.

## 2. Avoid using your cell phone when the signal is weak



Or when moving at high speed, such as in vehicles (car, bus, train or airplane) and elevators, as automatically power increases to emit a maximum amount of radiation because the phone repeatedly attempts to connect to each nearest network antenna.

### 3. Avoid carrying your cell phone on your body at all times



Do not carry a powered on cell phone in your pocket or bra. Cell phones emit radiation constantly, even when you are not actively using them. Power them 100% off before you carry them near your body.

### 4. Children should only use cell phones for emergencies.



Children's skulls are thinner than adults' and their brains are still developing. Hence, radiation from cell phones penetrates more deeply into their brains and is likely to cause more damage.

### 5. Do not sleep with your cell phone powered on.



Research shows that [sleep is disrupted](#) by cell phone radiation. Need an alarm clock? Simply set the phone to "airplane" or "flight" or "off-line" mode, which will stop "wireless" electromagnetic field emissions.

## **6. Use Your Home And Office Corded Landline For Most Conversations**



Forward your cell phone to landlines whenever you are at home, then power off the cell phone without missing a call. Biological effects can be related to both strength of cell phone radiation dose and duration of exposure, so consider whether or not your communication is urgent. Remember: Use a corded home landline (not a home cordless phone, because cordless phones use electromagnetic microwave technology just like cell phones). Most cordless phone base stations constantly emit microwave radiation regardless whether or not any connected handset is in

use. The cordless phone handsets also emit microwave radiation. Corded landlines have no radiation emissions and are the best choice.

## **7. Avoid using your cell phone inside spaces that are surrounded by metal like a car, elevator, bus, train or airplane.**



The metal surroundings reflect the waves inside the vehicle, often increasing your radiation exposure. Your use also passively exposes other persons near you (children, pregnant women, and other adults) to your phone's electromagnetic radiation fields, and also their exposure often increases when inside those metal enclosures.

## **8. Whenever possible, minimize talk time and choose to communicate via text messaging rather than making a voice call**



To limit the duration of exposure and the proximity to the body. Hold the phone out, away from your body when you press “send,” and do not rest your phone against your abdomen as you text.

### 9. Protect your fertility.



This radiation has been shown to damage sperm and ovaries. Many people move the phone away from their head to reduce exposure but down to their torso, forgetting that a cell phone or laptop to the abdomen results in higher radiation absorption to the reproductive organs.

### 10. Read your cell phone manual



To find the minimum distance the federal government recommends that your cell phone must be away from your body. Keeping it closer than the designated distance can result in a violation of the FCC Exposure Limit. Exceeding FCC levels is proven to result in burns, sterility and brain damage.

**Remember** that these “minimum distances” in the cell phone manuals do not protect you from non-thermal effects such as sperm damage, damaged brain cells and increased brain cancer

risk. Federal guidelines are set thousands of times too high to protect from these “non-thermal” effects from long-term low-level cumulative exposures.

**Special Note for Pregnant Women:** It is especially important that pregnant women reduce cell phone exposures because research has shown cell phone radiation can cause damage to the brain and reproductive system in developing pregnancies. To learn more, please go to the [BabySafe Project](#).

**What about WiFi Internet at home and baby monitors?** Interested in learning about other wireless technologies and how to use them in wiser ways? Read our webpage on [Safe Technology At Home](#). Ready to learn more? Read the tips below.

### **A Comprehensive List: Recommendations to Reduce Cell Phone and Wireless Device Radiation Exposure**

These recommendations are from the [American Academy of Pediatrics](#), [The California Department of Health](#), [Vienna Medical Association](#) and the [Connecticut Department of Health](#)—some of the numerous medical organizations that recommend reducing cell phone and wireless exposure to children.

## [Download Tips for Cell Phone Radiation Reduction](#)

### **Increase Your Distance**

*Fact: The amount of radiation exposure received depends on the amount of time exposed and distance from the source. Radiation levels fall off exponentially with distance from antennae.*

- Try to keep the cell phone away from your head and body. Keeping it an arm’s distance away significantly reduces exposure to the low-level radiation it emits.
- When talking on the cell phone, use speakerphone or wired airtube headset to reduce exposure to your head.
- Avoid carrying your phone against the body like in a pocket, sock, bra or spandex pants. Cell phone manufacturers can’t guarantee that the amount of radiation you’re absorbing will be at a safe level.
- Laptops and tablets should be placed on a table, not on your lap. Turning off the wireless functions of your device removes RF electromagnetic radiation but does not remove the ELF electromagnetic radiation—so always place electronics on a table.
- Keep a distance away from wireless virtual assistants and wireless “smart” tech.
- Distance Wi-Fi routers away from bedrooms and living areas where you spend time.

- Be aware of how close children are to you when you are using a cell phone or wireless device and minimize children's exposure. For example: do not rest a cell phone on/near your baby; do not hold a transmitting device near their bodies.
- Read the "fine print" from the manufacturer's instruction manual which tells users to put a distance between the phone and your head and body. These fine print warnings range from a few millimeters to almost an inch. The fine print warnings on other wireless devices (such as Wi-Fi routers, wireless printers, home cordless phone base stations and baby monitors) generally state the distance should be at least 20 cm, or about 8 inches. If people are closer than the manufacturer stated separation distance, then they can be exposed to RF levels that violate the US government FCC limits for this radiation.

### Examples of FCC Compliance Statements.

"Keep safe distance from pregnant woman's stomach or from lower stomach of teenagers. Body worn operation: Important safety information regarding radiofrequency radiation (RF) exposure. To ensure compliance with RF exposure guidelines the Notebook PC must be used with a minimum of 20.8 cm antenna separation from the body." – [Laptop](#)

"The Baby unit shall be installed and used such that parts of the user's body other than the hands are maintained at a distance of approximately 20 cm (8 inches) or more." – [Motorola Baby Monitor MBP33](#)

*"To satisfy FCC exposure requirements, a separation distance of at least 20 cm should be maintained between the antenna of this device and persons during device operation. Operations at closer than this distance are not recommended."* – [Virtual Assistant](#)

Note: If you follow these distances you will *still* be exposed to radiofrequency radiation. It is recommended that you try to decrease your exposure *even more*. *More distance = less exposure*.

## Decrease Time

Fact: Our daily exposure adds up over time. Every time you reduce exposure, even in small ways, you can decrease the overall cumulative exposure and decrease your potential risk.

- Make only short or essential calls on cell phones so that you minimize your daily exposure. \*
- Use text messaging rather than voice calls when possible. \*
- More often power off your phone or set it to airplane mode with Wi-Fi OFF and Bluetooth OFF. Even in standby mode, your phone emits RF energy because it is constantly searching for service or new messages. If you do not need your cell phone, simply power it off. This also applies to all other wireless devices whereby the Wi-Fi antennas can be powered off. Wi-Fi enabled laptops, tablets and other wireless devices (such as gaming devices) are always transmitting even if you are not using them, so remember to power them off.
- Avoid sleeping next to your cell phone or wireless device. Cell phones should be powered off before bedtime. If you use your cell phone as an alarm clock, set the phone to airplane mode and the alarm will still work, or get a battery powered alarm clock for your bedroom. Keep electronics out of bedrooms.
- Remove headsets or earpieces from your head when you're not on a call. They release RF energy even when you are not using your phone.

Reduce or avoid use of cell phones and other wireless devices in conditions when the device goes to maximum power. Maximum power will result in higher radiation exposures.

### **Examples of Conditions Where Wireless Devices Go To Higher Power**

- ***You are in an area of low signal:*** Keep an eye on your signal strength (i.e. how many bars you have). The weaker your cell signal, the harder your phone has to work and its radiation is more intense. It's better to wait until you have a stronger signal before using your device. \*
- ***You are in a traveling metal vehicle:*** Avoid making calls in cars, elevators, trains and buses. The cell phone works harder to get a signal through metal, so the power level increases. \* When vehicles are traveling, the device also increases power to find and connect to each cell tower the vehicle passes.
- ***You are streaming video and large files:*** The more streaming data, the higher the radiation exposure. If you plan to have a child watch a movie on your device, or want to listen to music, first download it, then set your device to airplane mode while you watch in order to avoid unnecessary radiation exposure.

## **Choose Wires: Safer Technology Solutions**

Fact: Consumers have safer options when it comes to connecting to the internet or choosing which electronics to purchase. Once you are aware of this issue and the options, you can make low-EMF choices.

- Use a corded home phone whenever possible, to minimize the need for a cell phone. Cordless home phones emit RF, so replace cordless phones with corded home phones. One initial step is to unplug the electrical cord of the cordless phone base station when the phone is not in use, because otherwise that base station will emit RF nonstop. Note: you can plug a corded phone handset or corded headset into your VoIP connection.
- Decrease the amount of Apps running on your cell phone. They are always updating which increases radiation exposure. Set them to update at times when you are away from your phone.
- Educate yourself about the RF sources in your home, and replace the devices that you can with non-wireless alternatives, and replace the wireless connections that you can with wired ethernet or other cord/cable connections. Note: most wireless devices *can* connect non-wirelessly, sometimes an easy-to-find adaptor accessory is required to use cords/cables.
- Choose wired Internet (Ethernet cable modems/routers) at home instead of wireless systems, if possible. Use wired computers for as much of your internet connection and social media and streaming videos as much as possible.
- If you do use wireless systems, unplug them from electrical power during sleeping hours and whenever else you are not using them. Install wireless access points as far as possible from occupied space (your desk) and never in or near a child's bedroom.
- When you connect digital devices by using wired internet connections, remember to also set Wi-Fi OFF and bluetooth OFF in Settings and turn off the Wi-Fi function of the router/modem. (Even if you are using a wired connection, the devices and access points will emit RF if the Wi-Fi antennas are on.)
- Choose non-wireless options instead of wireless for tech and accessories such as computers, laptops, printers, gaming consoles and handsets, security, mouse, keyboard, video cameras, HVAC, speakers, headphones, microphones and other accessories.
- Don't rely on a "radiation shield" or other products claiming to block RF energy, electromagnetic fields, or radiation from cell phones. According to the U.S. Federal Trade Commission, products that interfere with the phone's signal may force it to work harder and emit more RF energy in order to stay connected, possibly increasing your exposure. It is best to use wired solutions to reduce RF rather than rely on an untested product.

### **Reducing Exposure to ELF-EMF from Electronics**

ELF-EMF fields from electronics and appliances fall off rapidly with distance. At one foot away the field is somewhat reduced. At two to three feet, it is significantly reduced. Experts are less concerned about the brief exposures to ELF-EMF we encounter every day but more concerned about longer-term exposures, such as every night.

- Corded alarm clocks and radios can have intense EMFs, so replace your alarm clock with a battery powered alarm clock. This will reduce your exposure at night.

- Do not sleep with your head or body near a wall that has the electric panel, electric meter or appliance on the other side.
- Unplug appliances and electronics such as TV's and microwaves ovens when not in use. This reduces ELF and also reduces energy consumption. An easy way to do this for electronics is to get a powerstrip that you can easily switch off.
- Remove electronics from the bedroom—especially around your bed and the crib.
- Avoid sleeping with electric blankets and heating pads; if you use an electric blanket to preheat your bed, unplug it before sleeping. If you only turn it off, the EMF will still be present.
- Do not stand near a microwave oven when it is on.
- If your ELF measurements show high levels in your home, it could be faulty wiring which an electrician can fix. Often simple fixes can greatly reduce ELF-EMF exposure.

Source: <https://ehtrust.org/take-action/educate-yourself/10-things-you-can-do-to-reduce-the-cancer-risk-from-cell-phones/>