How To Minimize Wireless

Medical doctors and scientists recommend people reduce exposure to cell phone, Wi-Fi and wireless radiation. Scientific research has linked wireless to memory problems, cancer and harm to reproductive organs.

Use Speaker
Protect your brain and body by keeping the phone at a distance. Minimize use and do not carry phones in pockets or use them near children.

Airplane Mode
Turn antennas OFF with airplane mode more often. Remember to check that Bluetooth, Wi-Fi, 5G and other antennas are also OFF.
Tip: Instead of Wi-Fi streaming, pre-download music and videos so that devices can be used on Airplane Mode.

Corded Home Phone
Choose a corded phone over a wireless one. Why? Because cordless & DECT phones emit nonstop wireless radiation.

Switch to Wired Tech
Connect computers, laptops and tablets to the internet with ethernet, not Wi-Fi. Adapters allow you to plug ethernet into USB or lightning ports.

5G & Cell Towers
Talk to your elected officials. 5G and 4G "small" cells towers should not be built near homes and schools. Raise awareness in your community.

Tablets OFF Laps
Tablets and laptops expose your body to non-ionizing radiation. Always use devices on a table or desk.

Simple Steps
Each step you take to reduce wireless exposure to your child will make a huge difference. Look around your home and one by one swap out each Wi-Fi and Bluetooth device with safer, corded and ethernet connected tech.
Safe technology is the way forward.

Learn more at healthytechhome.org