



HEALTHY TECH at HOME PROJECT

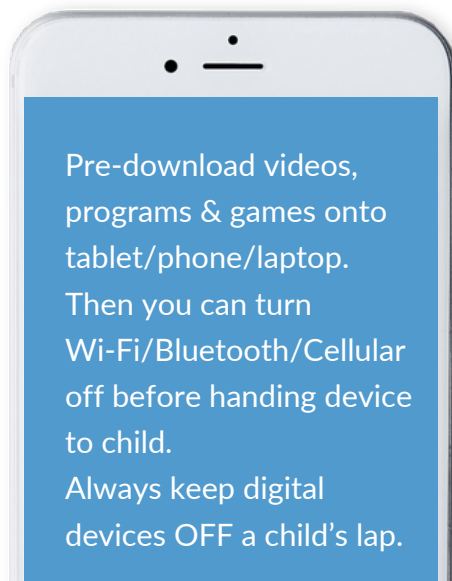
Protect the ones you love



American Academy of Pediatrics Cell Phone Safety Tips

- > Do not hold the cell phone up to your head. Use speaker mode or hands free to limit radiation exposure to the brain.
- > Avoid carrying your phone against the body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.
- > Make only short or essential calls on cell phones.
- > If you plan to watch a movie on your device, download it first, then switch to airplane mode while you watch in order to avoid unnecessary radiation exposure.
- > Keep an eye on your signal strength (i.e. how many bars you have). The weaker your signal, the harder your phone has to work and the more radiation it gives off.
- > Avoid making calls in cars, elevators, trains, and buses. The cell phone works harder (and emits more radiation) to get a signal through metal.
- > Remember that cell phones are not toys or teething items.

Tips from AAP's HealthyChildren.org



RESEARCH SHOWS

Cell phone and Wi-Fi radiation may impact the developing brain. Research also has found increased cancer risk, headaches, sperm damage, hyperactivity, and memory problems. All wireless devices emit the same type of radiation as cell phones.



AT HOME

Take one step at a time. Go through your house and find the easy swaps. Learn tips and tricks to reduce exposure.



CORDED ETHERNET CONNECTIONS

Prefer non-wireless corded connections for printers, mouse, computers, laptops, tablets, video game systems, e-readers, routers, keyboards, headphones, speakers, and other accessories – with all wireless functions off.