



Massachusetts
for safe TECHNOLOGY

EMF Safety in a Wireless World

Jessica Frank, Marion Institute
Cece Doucette, Massachusetts for Safe Technology

December 5, 2023

Cece Doucette, MTPW

- ▶ Helped Ashland, MA become first-in-nation with [Best Practices for Mobile Devices](#), 2014
- ▶ Introduced [legislation](#) in MA & testified in NH
- ▶ Co-founder, [Wireless Education](#), educational non-profit
- ▶ Co-founder, [Massachusetts for Safe Technology](#)
- ▶ [Co-Chair, Technology Panel, Health in Buildings Roundtable Conference @ NIH](#)
- ▶ Speaker: EMF Medical Conference [2021](#)



Best Practices for Mobile Devices

- ❖ Turn off the device when not in use.
- ❖ Turn wifi on only when needed.
- ❖ Always place the mobile device on a solid surface.
- ❖ Viewing distance should be a minimum of 12 inches from the screen.
- ❖ Specific product information guides are available by request through the IT Department.



The Legal Fine Print

▶ See the Fine Print

▶ Settings

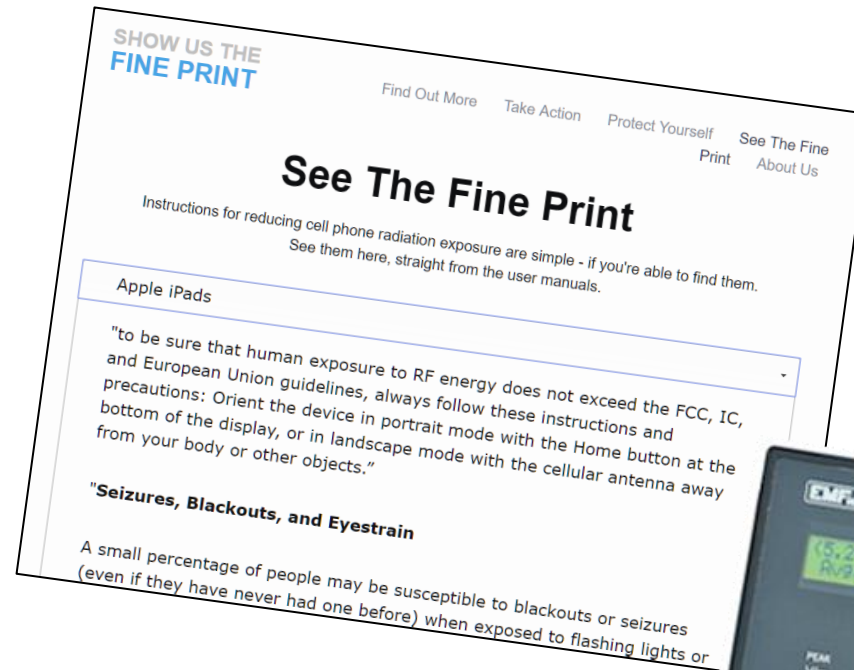
▶ **G**eneral

▶ **L**egal & Regulatory

▶ **RF** Exposure

▶ Ashland & Newton library Acoustimeter Pittsfield Safe & Sound Pro II

▶ WACA 23-min. PSA, WCCA Tech Safe series



Science: Long-term Effects

▶ Child & Adult Cancers

▶ DNA Damage

▶ Infertility

▶ Neurotoxicity

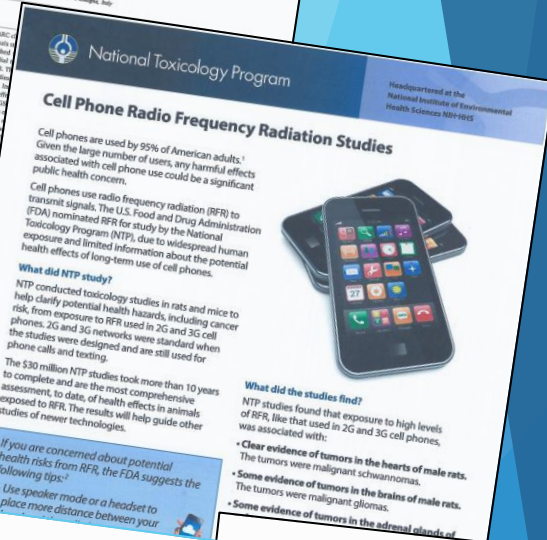
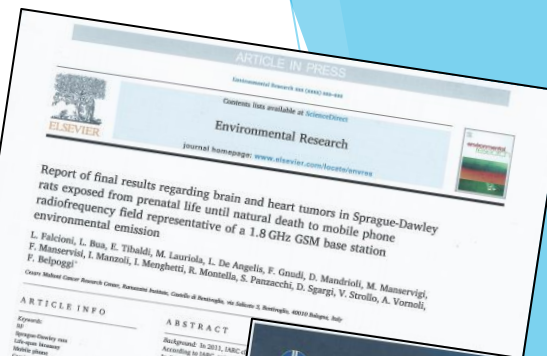
➤ ADD/ADHD

➤ Autism

➤ Alzheimer's

➤ EWG Fact Sheets

▶ Children are especially vulnerable




Science: Short-term Effects

- ▶ Electromagnetic Sensitivities (ADA)
 - Insomnia
 - Headaches
 - Nosebleeds/earbleeds
 - Fatigue
 - Pain
 - Skin abnormalities
 - Irregular heartbeats
 - Cognitive impairment
 - Anger, behavior issues
 - Anxiety, depression, suicidal ideation

Are your symptoms caused by your wireless devices?

Common symptoms of Microwave Sickness/Electro-Sensitivity



Brain
Headaches
Insomnia/Sleep Problems
Dizziness
Difficulty Concentrating
Memory Problems
Brain Fog
Fatigue

Eye
Pressure In/Behind Eyes
Eye Twitching
Deteriorating Vision
Vision Disturbances
Cataract

Heart
Palpitations
Arrhythmia
Chest Pain/Pressure
Difficulty Breathing
Low/High Blood Pressure

Other
Adrenal Problems
Digestive Problems
Weight Loss/Gain
Tingling
Dehydration
Hair Loss
Flu Like Symptoms
Attention/Behavioral Issues

Ears
Tinnitus
Humming
Sharp Pain
Noise Sensitivity

Skin
Skin Rash
Itching
Burning
Facial Flushing

Mood
Irritability
Depression
Anxiety

More information at www.WeAreTheEvidence.org

We Are The Evidence
Wireless Technology Harm - Antenna - Shield

Journal of Chemical Neuroanatomy 75 (2016) 43–51
Contents lists available at ScienceDirect
Journal of Chemical Neuroanatomy
journal homepage: www.elsevier.com/locate/jchemneu

Microwave frequency electromagnetic fields (EMFs) produce widespread neuropsychiatric effects including depression

Martin L. Pall

Professor Emeritus of Biochemistry and Basic Medical Sciences, Washington State University, 601 N. 41st Avenue, Portland, OR 97227-3122, USA

ARTICLE INFO

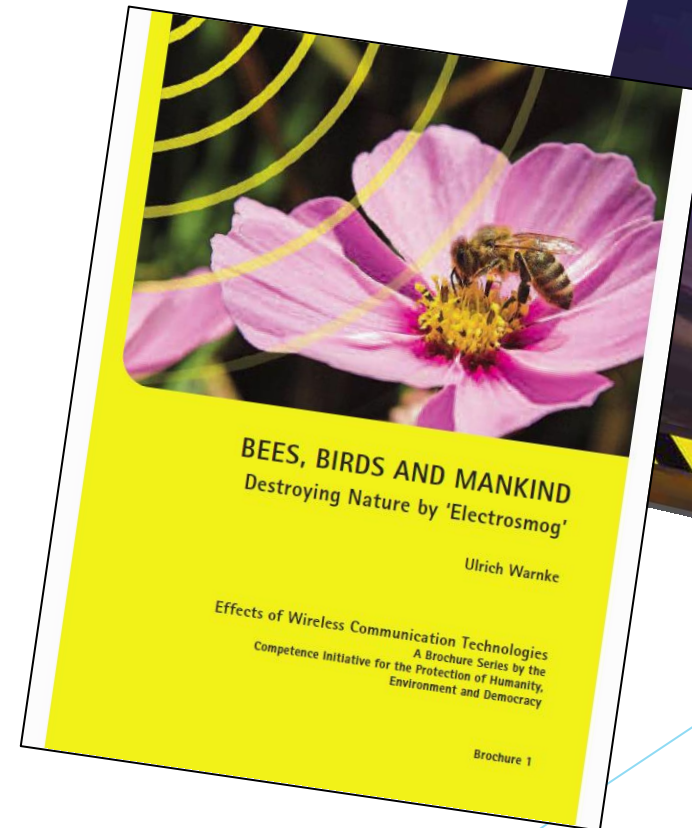
ABSTRACT

Non thermal microwave/lower frequency electromagnetic fields (EMFs) act via voltage-gated calcium channel (VGCC) activation. Calcium channel blockers block EMF effects and several types of additional evidence confirm this mechanism. Low intensity microwave EMFs have been proposed to produce neuropsychiatric effects, sometimes called microwave syndrome. EMFs have been proposed to produce these are indeed well documented and consistent with the known mechanism(s) of action of such EMFs. VGCCs occur in very high densities throughout the nervous system and have near universal roles in much of the impact of non thermal microwave exposures. Soviet and Western literature shows that substantial changes, such that nervous system histology and function occurs in the brain (neurotransmitter/neuroendocrine release as well as oxidative/nitrosative stress and other responses). Excessive VGCC activity has been shown from experimental animals to have roles in producing neuropsychiatric changes in humans. Two US government reports from the 1970s to 1980s provide evidence for many neuropsychiatric effects of non thermal microwave EMFs, based on occupational exposure studies. 18 more recent epidemiological studies, provide substantial evidence that microwave exposure meters can each produce similar patterns of neuropsychiatric effects, with several of these studies showing clear dose-response relationships. Lesser evidence from 6 additional studies suggests that short wave, radio station, occupational and digital TV antenna exposures may produce similar neuropsychiatric effects. Among the more commonly reported changes are sleep disturbance/attention dysfunction, depression/depressive symptoms, fatigue/tiredness, dyspareunia, concentration/anxiety, headache, memory changes, dizziness, irritability, loss of appetite/body weight, restlessness/anxiety, nausea, skin burning/tingling/dermatographism and EEG changes. In summary, then, the mechanism of action of microwave EMFs, the role of the VGCCs in the brain, the impact of non thermal EMFs on the brain, extensive epidemiological studies performed over the past 50 years, and five criteria testing for causality, all collectively show that various non thermal microwave EMF exposures produce diverse neuropsychiatric effects.

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Science: Planetary Impact

- ▶ Pollinators
- ▶ Birds
- ▶ Energy consumption
 - Mineral extraction
 - Data warehouses
 - Networks
 - Personal devices
 - Streaming
 - Send/receive
 - Charging
 - Continuous app updates



Why Don't We Know?

- ▶ FCC: Captured Agency
- ▶ ProPublica Article
- ▶ FDA: Conflict of Interest
- ▶ World Health Organization
 - ▶ Reopening investigation
 - ▶ Conflicts of interest



What Safe Technology Looks Like

STEP 1:

Simple and Inexpensive Hardwiring Set-up

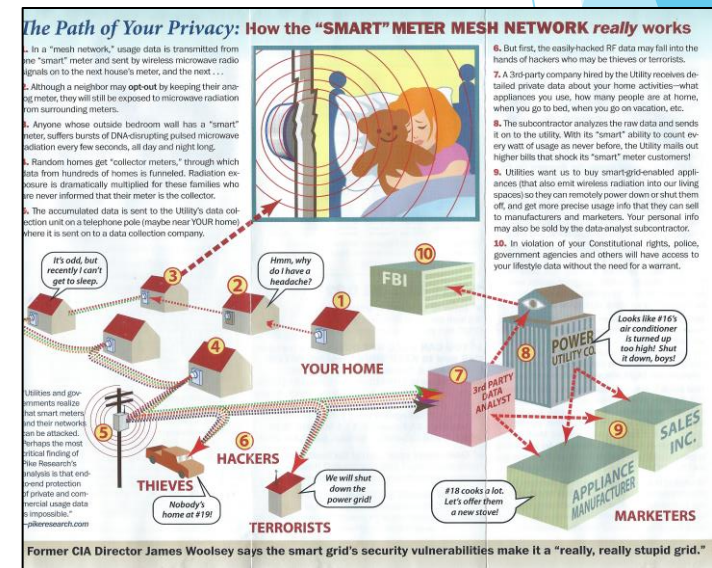


STEP 2:
Turn Off Wi-Fi Antennas

STEP 3: Measure

Source: Utility “Smart” Meters

- ▶ Pulse radiation continuously
- ▶ Can hop on house wires/pipes
- ▶ Fires, explosions, improper grounding
- ▶ Data harvesting, privacy issues
- ▶ Leading cause of sudden onset microwave sickness
- ▶ Environmental justice/[Worcester](#)
- ▶ [TedX Talk](#): Jeromy Johnson, engineer
- ▶ [TedX Talk](#): Dr. Alexia McKnight



Source: Cell Towers

- ▶ Examine the non-industry funded science
- ▶ AntennaSearch.com



Understanding EMFs

Search this site

Cell Towers

Cell Tower Scientific Studies

The following studies indicate cell towers are **biologically hazardous**:

- [Report of final results regarding brain and heart tumors in Sprague-Dawley rats exposed from prenatal life until natural death to mobile phone radiofrequency field representative of a 1.8 GHz GSM base station environmental emission](#) from the Ramazzini Institute in Italy concludes, "The RI findings on far field exposure to RFR are consistent with and reinforce the results of the [NTP study](#) on near field exposure, as both reported an increase in the incidence of **tumors of the brain and heart** in RFR-exposed Sprague-Dawley rats." This study, partially funded by the U. S. government, is the first large-scale study to show clear evidence of cancer risk from cell towers.
- [Epidemiological evidence for a health risk from mobile phone base stations](#) finds "**adverse neurobehavioral symptoms or cancer** in populations living **at distances < 500 meters from base stations.**" (1,640 feet)
- [Association of Exposure to Radio-Frequency Electromagnetic Field Radiation \(RF-EMFR\) Generated by Mobile Phone Base Stations with Glycated Hemoglobin \(HbA1c\) and Risk of Type 2 Diabetes Mellitus](#) indicates, "It is concluded that exposure to high RF-EMFR generated by MPBS is associated with **elevated levels of HbA1c**".

24 Beacon St, Boston, MA 02133, United States

Dropbox WE
<https://www.dropbox.com/scl/fo/cb/>

Results Summary

1520 towers and 4512 antennas within a 3.0 mile radius of 24 Beacon St, Boston, MA 02133, United States.

Registered Towers

ID	Carrier/Owner	Distance
0	Obs Reit, Llc	0.1 mi
1	Winstar Wireless	
2	T-mobile	
3	One Boston Place	
4	Brookfield Financi	
5	T-mobile	
6	Massachusetts Ba	

Antenna Sites - (Ruskin Rd, Hyde Park, MA 02136)

Now Add 5G Small Cells

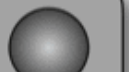



- ▶ [5th Generation technology](#)
- ▶ Promises faster entertainment downloads, smart cities, etc.; [buying the entertainment industry](#)
- ▶ Uses existing 3G, 4G wavelengths to penetrate buildings, can't go through objects
- ▶ 5G is the *addition* of short millimeter waves
- ▶ Industry goal: millions of small cells at curb outside bedrooms in public access way, every 2-12 houses
- ▶ Clear-cutting trees
- ▶ Never tested for safety ([Congressional hearing](#))
- ▶ ComputerWorld: [5G a Bad Joke](#)
- ▶ Verizon exposed [100 million January 2022](#)
- ▶ Rubik/Brown paper: [Evidence for a connection between coronavirus disease-19 and exposure to radiofrequency radiation from wireless communications including 5G](#)



Global EMF Monitoring Project



Outdoor Exposures

RF Exposure		microW/m ²
v high		BLACK $\geq 100,000$
high		RED 10,000 – 100,000
medium		AMBER 1,000 – 10,000
low		GREEN $\leq 1,000$

Salzberg Guidelines
<https://globalemf.net/>

Outdoor Measurements

- ▶ **Goal:** Less than **1,000** microwatts/square meter
- ▶ Westmoreland, NH Fire Department = **417**
- ▶ Keene, NH = **7,460**
- ▶ Nashua, NH = **14,500**
- ▶ Concord, NH = **66,600**
- ▶ Stratham, NH = **108,000**
- ▶ North End Boston = **613,000**



Social Norm Change

- ▶ Martin Luther King, Jr.
 - ▶ Public engages
 - ▶ Courts rule
 - ▶ Public policy enacted



Legal Solutions

- ▶ FCC Sued:
 - ▶ [Environmental Health Trust](#)
 - ▶ [IRREGULATORS v. FCC](#)
 - ▶ [Murray v. Motorola](#)
- ▶ FDA Petition: [Americans for Responsible Technology](#)
- ▶ [MA Board of Health Legal Guidelines](#):
 - ▶ BoH legally empowered to protect health
 - ▶ Pittsfield, MA BoH to Verizon: [cease and desist order](#) & [citizen lawsuit](#) with CHD
- ▶ Fay School ADA: [Court recognizes non-thermal biological effects](#) for the first time
- ▶ EHS: [California Appellate Court](#) holds that Wi-Fi sickness is a disability
- ▶ Many other [lawsuits](#)



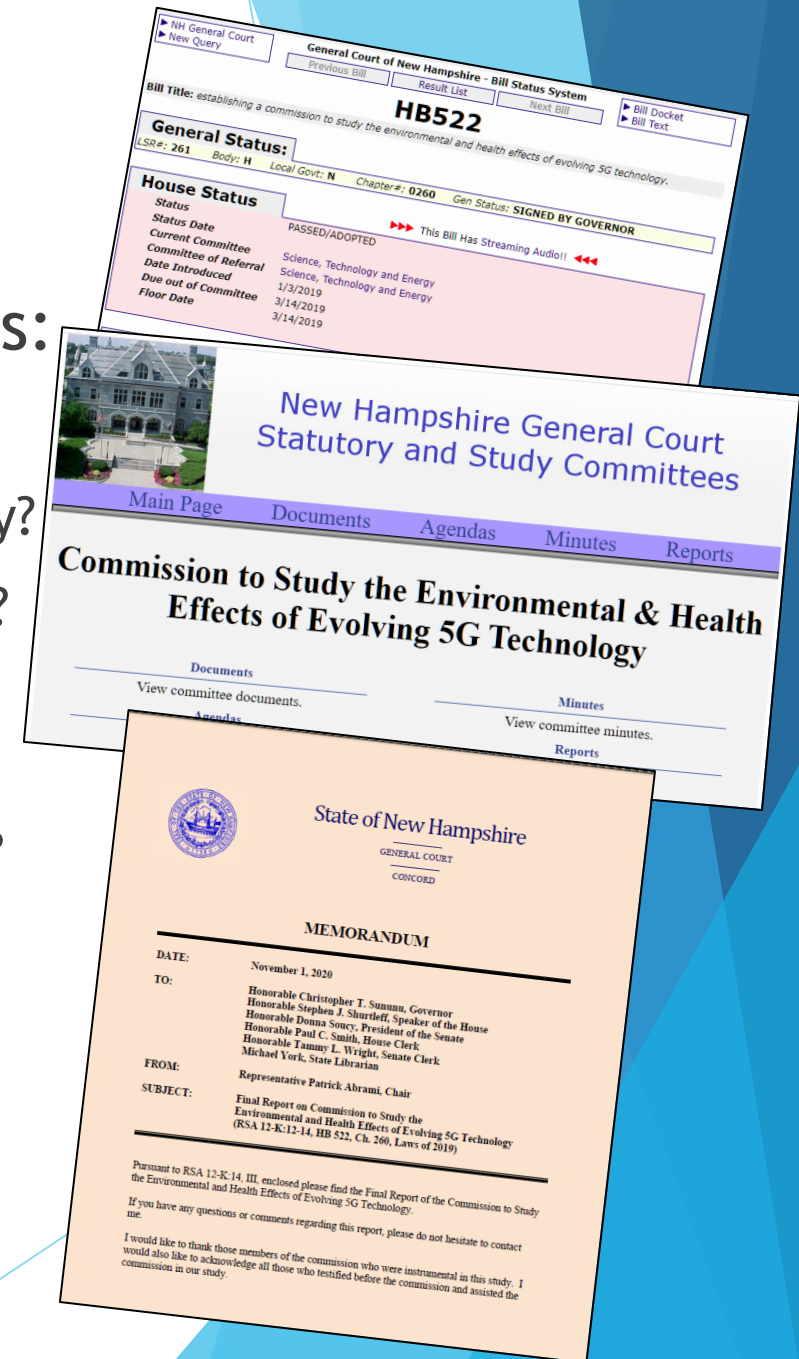
Verizon New York 2017 Financial Annual Report Excerpt: Revenues, Expenses and Profits

Item (a)	Total (b)	Nonregulated (c)	New York Local Service (d)	Access (e)
7 Total Operating Revenues	4,988,070,423	1,516,034,818	1,077,981,833	2,394,053,772
Operating Expenses				
Plant Specific	2,444,833,098	1,087,085,833	917,810,703	\$459,187,359
Plant Non-specific	440,183,019	55,415,741	247,756,805	\$137,010,493
Corporate Operations	2,917,804,192	297,290,533	1,768,187,818	\$52,425,990
Total Operating Expenses	7,578,159,182	1,645,881,073	4,022,050,889	2,010,246,463
Net Operating Revenues	(2,592,088,769)	(172,948)	(2,944,069,032)	351,627,317

Annotations: Corporate Operations SCANDAL, Wireless Scandal, Billions for Broadband, FCC ACCOUNTING SCANDAL, TAX DODGE.

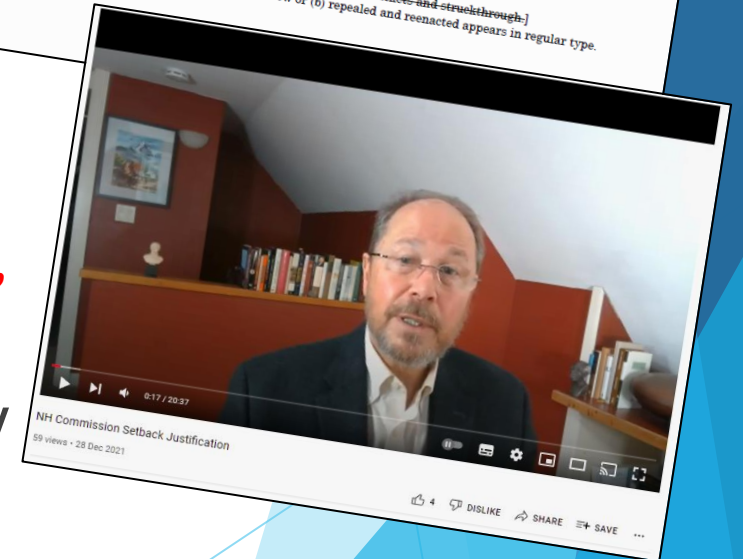
Leading Policy Solutions

- ▶ NH Rep. Patrick Abrami -- very pointed questions:
 - ▶ Why has the insurance industry put in RF exclusions?
 - ▶ Why does legal fine print say keep distance from the body?
 - ▶ Why are 1,000s of peer-reviewed studies ignored by FCC?
 - ▶ Why do FCC exposure limits not account for the non-thermal, non-ionizing, biological effects?
 - ▶ Why are US limits 100 times higher than other countries?
 - ▶ Why is the cumulative effect of increasing EMFs ignored?
- ▶ [New Hampshire 2019 law](#) in less than a year, groundbreaking [Commission Report](#) a year later
- ▶ Presentation by UNH [Dr. Kent Chamberlin](#) w/[slides](#)



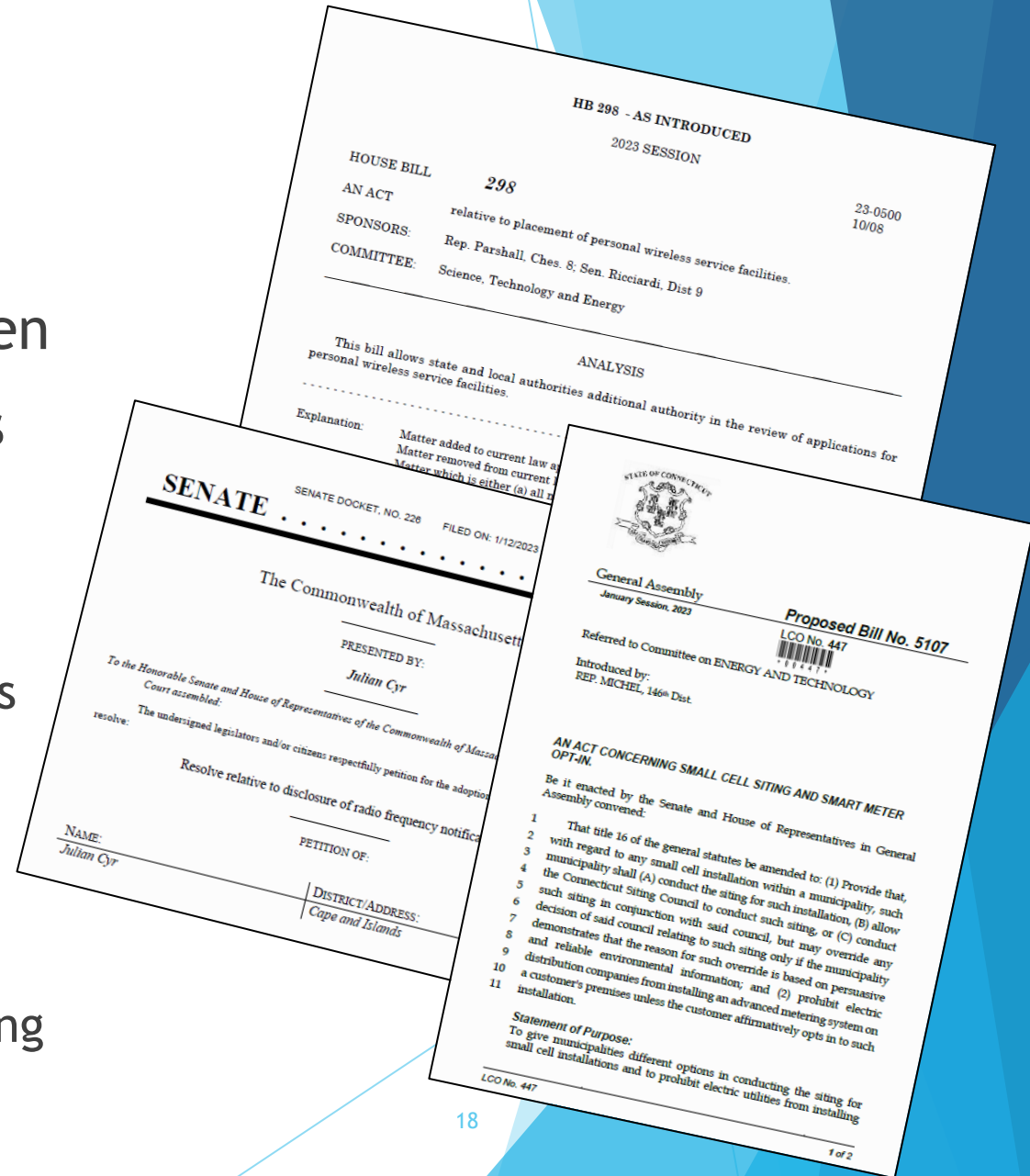
2022 NH Bill

- ▶ 2022: NH Rep. Patrick Abrami
 - ▶ [HB1644](#), Bi-partisan
 - ▶ 1,640' Setback (500 meters), registry of harm
- ▶ Presentation by UNH [Dr. Kent Chamberlin](#) w/ [slides](#)
- ▶ Frank Clegg, Retired President Microsoft Canada [testimony](#): “Wireless technology is no longer advanced technology, it has outlived its useful life as a main source of connectivity”
- ▶ House Committee on Science, Technology and Energy vote 15:3 to introduce new legislation in January



2023 Bills

- ▶ NH [HB.298](#) State & municipal control
- ▶ ME [LD 697](#) Birds, bees insects and children
- ▶ CT [HB-5107](#) Small cells and smart meters
- ▶ MA Bills: see hearing [testimonies](#)
 - ▶ [S.155](#): Commission
 - ▶ [S.156](#): Protect children from handheld devices
 - ▶ [S.316](#): Schools
 - ▶ [S.2152](#): Smart meter choice, emergency bill
 - ▶ [S.1044](#): Civil rights
 - ▶ [H.2158](#): EMS recognition, registry and reporting
- ▶ Bills in [Other States](#)



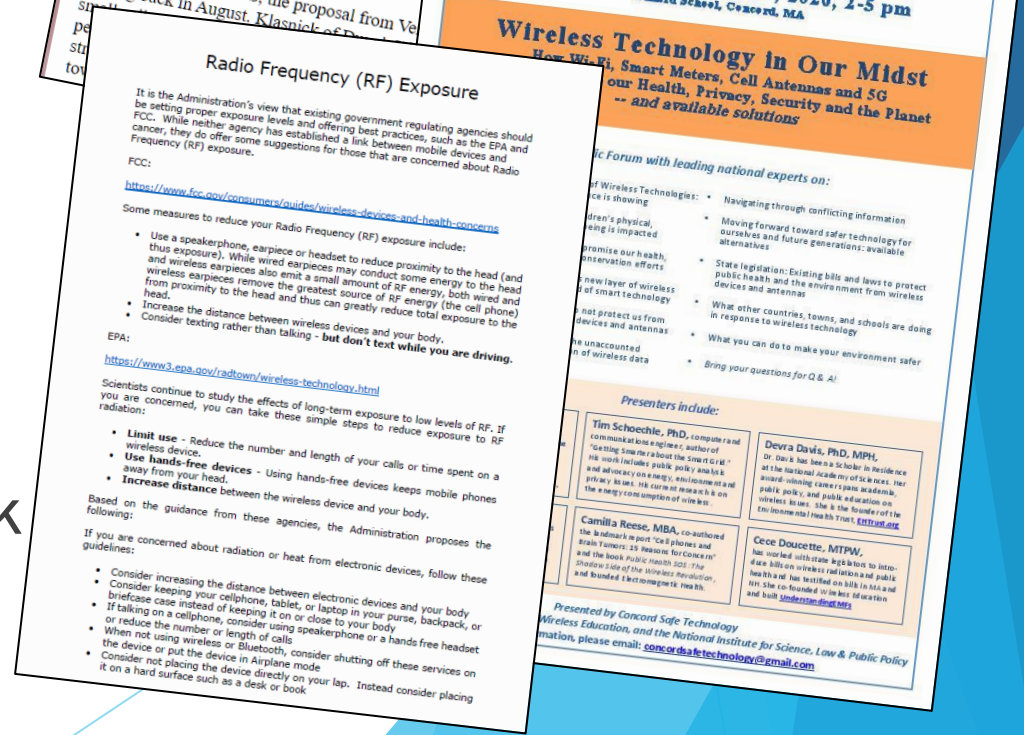
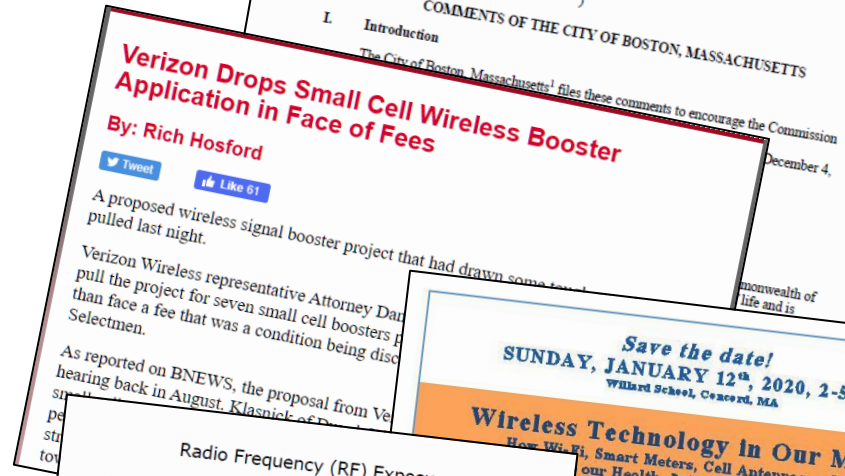
Public Taking Action

- ▶ [150+ national groups](#)
- ▶ [Cell towers](#) in MA
 - ▶ [Shelburne](#), MA 1,500' setback in bylaw, 3,000' from schools
 - ▶ Wayland 900' setback in bylaw
 - ▶ [Pittsfield](#) Board of Health unanimous vote to issue Verizon cease and desist
 - ▶ Dover-Sherborn Regional won
 - ▶ Concord relocating tower
 - ▶ Petersham AT&T height waiver denied
 - ▶ Centerville Concerned Citizens @ Cape Cod
 - ▶ Holliston wireless antennas on power lines



MA Towns Taking Action

- ▶ City of Boston files with FCC
- ▶ City of Boston sues FCC
- ▶ Burlington Small Cell Policy
 - ▶ National example with Americans for Responsible Technology
 - ▶ Bedford, Lincoln, Andover adopting Burlington
- ▶ Shrewsbury Board of Health
- ▶ Concord Expert Forum 300+
- ▶ Worcester schools RF statement
- ▶ Ruskin Road Neighborhood Forum, Hyde Park with Mike Lynch, Broadband & Cable Office



Public Servants Taking Action

- ▶ Stamford, CT rejects 5G
- ▶ Easton, CT 5G moratorium
- ▶ Hawaii County bans 5G
- ▶ Worldwide actions



School Actions

- ▶ Louisiana law passed [HB548](#) for [school best practices for digital devices!](#)
- ▶ [Netherlands](#), Finland and others removing technology!
- ▶ [New York Times](#): Silicon Valley execs banning screens from their children
- ▶ [TechSafe Schools](#) national program
- ▶ [Curriculum](#) & [Professional Development](#)
- ▶ Wireless Education's [Schools & Families](#) on-line course
- ▶ Extensive printable resources at [Environmental Health Trust](#)
- ▶ [Maryland](#) first public health agency to recommend hard-wiring in schools, see [fact sheet](#)
- ▶ U.S. Collaborative for High Performance Schools [low-EMF best practices](#)
- ▶ [Cyprus safety recommendations](#) for study at home



Professional Solutions



▶ Health Care Training

- ▶ [EMF Textbook](#)
- ▶ [Physicians for Safe Technology](#)

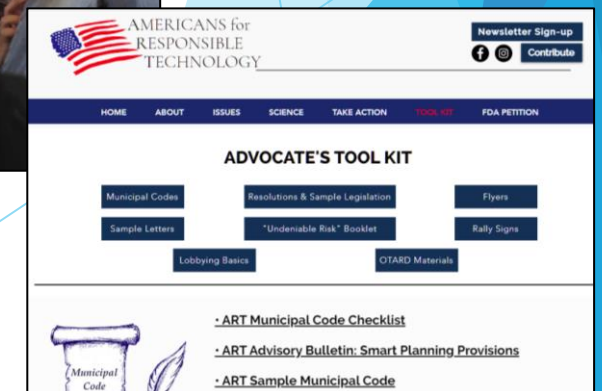
▶ Engineers, physicists, technologists, architects, etc.

- ▶ Clegg et al., [Building science and radiofrequency radiation: What makes smart and healthy buildings](#), Building and Environment, 2019
- ▶ Heroux et al., [Cell Phone Radiation Exposure Limits and Engineering Solutions](#), Int. J. Environ. Res. Public Health, 2023
- ▶ Silicon Valley engineer [Jeremy Johnson TEDx Talk](#), additional info [for engineers and physicists](#)



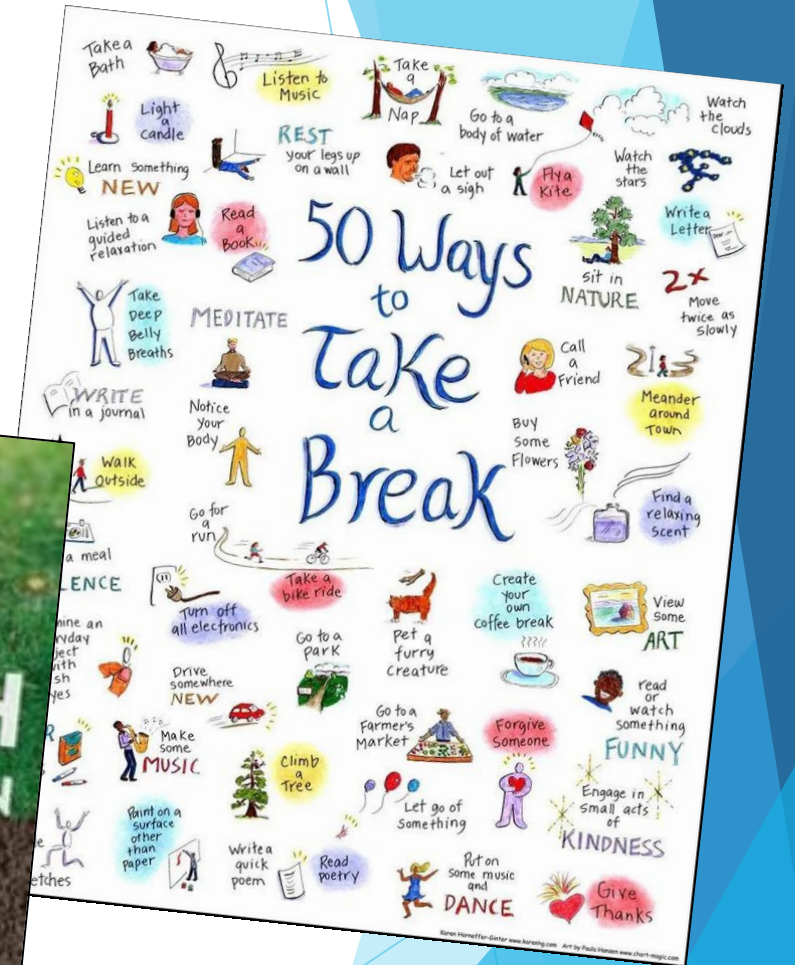
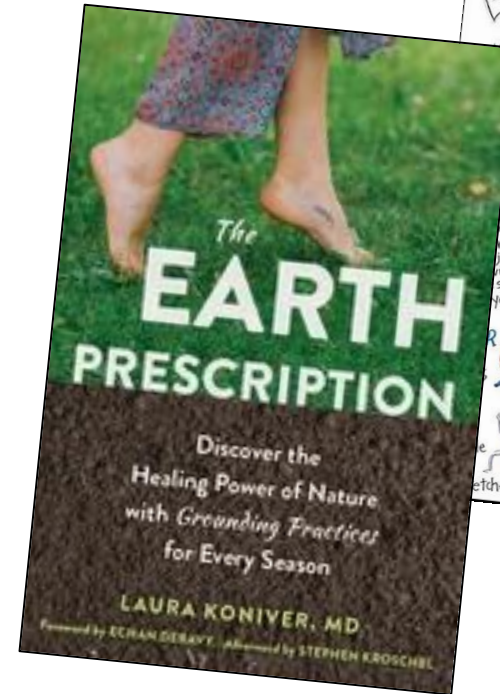
Home & Work Solutions

- ▶ [Building Biology Institute](#) consultants
- ▶ Award-winning film [Generation Zapped](#)
- ▶ PBS Burt Wolf [1808](#) & [1809](#)
- ▶ Americans for Responsible Technology [Tool Kit](#)



Safe Tech Solutions: Physical & Mental Health

- ▶ Avoid excessive screen time
 - ▶ Set limits for yourself and children
 - ▶ Model good behavior
- ▶ 50 Ways to Take a Break
- ▶ The Earth Prescription



Safe Tech Solutions: Municipal Level

- ▶ [ALARA](#), As Low As Reasonably Achievable (CDC)
- ▶ Investigate:
 - ▶ Resources for [Municipal Leaders](#)
- ▶ Differentiate industry priorities vs. public's
 - ▶ [Reinventing Wires: The Future of Landlines and Networks](#)
- ▶ [Measure](#) vs. [biological effects](#)

ALARA – As Low As Reasonably Achievable

The guiding principle of radiation safety is "ALARA: ALARA means you have a good reason to do this, you can't do it any other way, and you're taking the best protective measures."

Understanding EMFs

For Municipal Leaders

This page is designed for public servants such as selectmen, town managers, mayors, governors, state representative, senators, zoning boards, planning boards, building inspectors, public health agents, school administrators, librarians, senior center directors and others in whose hands the public has entrusted their welfare.

• For an overview of the wireless radiation issue, you may want to watch the following video: <https://www.youtube.com/watch?v=OY2UWVPH>

• The following document provides links to the relevant resources: <https://docs.google.com/viewer?as=oid:sites&seriesid=2G1mYXVsdGRvWvFob>

The Issue: Wireless Technology is Biologically Harmful

In 2018 the **U.S. National Toxicology Program** reported specifically, 2G and 3G cell phone radiation on rodents.

Checklist for Municipal Codes Addressing Small Cell Installations

- ___ The code requires applicants to document possession of liability insurance which does not exclude health claims due to radiofrequency (RF) radiation.
- ___ The code requires the applicant to document significant effort to place antennas in non-residential areas, and away from schools and daycare centers.
- ___ The code requires applicant to provide to all homeowners within 500 ft of the proposed installation notification by certified mail.
- ___ The code requires the applicant to document a significant gap in service applications as all proposed sites.
- ___ The code requires that RF radiation emissions of all co-located equipment.
- ___ The code requires applicants to comply with provisions of the American Radio Frequency Shielding Act.
- ___ The code permits the municipality emission testing of any small cell installation provides for substantial penalties for violations.
- ___ The code requires applications including strand-mounted antennas.

SAFELIVING Technologies Inc.
 7 Clair Road West, P.O. Box 27051, Guelph, ON, N1L 0A6 • Tel 519.240.8735
 support@slt.co • www.slt.co

RADIOFREQUENCY / MICROWAVE EXPOSURE GUIDELINES
 (High Frequency Electromagnetic Waves)

1> BUILDING BIOLOGY PRECAUTIONARY GUIDELINES (SBM-2015) For Sleeping Areas

Power density	No Concern	Slight Concern	Severe Concern	Extreme Concern
microWatts per square meter $\mu\text{W}/\text{m}^2$	< 0.1	0.1 - 10	10 - 1000	> 1000
milliWatts per square cm mW/cm^2	< 0.000.01	0.000.01 - 0.001	0.001 - 0.1	> 0.1
Signal strength	< 0.000.1	0.000.1 - 0.01	0.01 - 1	> 1
Volts per meter V/m	< 0.006.14	0.006.14 - 0.061.4	0.061.4 - 0.614	> 0.614

2> BIOINITIATIVE REPORT PRECAUTIONARY GUIDELINES (2007 - 2012) www.bioinitiative.org/
 Dr. Martin Blank - Columbia University
 Biologically Based Precautionary Levels: 1,000 $\mu\text{W}/\text{m}^2$ or 0.1 $\mu\text{W}/\text{cm}^2$

Next Steps

- ▶ No safe level of EMF/RF
- ▶ [Dr. Linda Birnbaum](#): Need state efforts
- ▶ Educate the public
 - ▶ [Upcoming info sessions](#)
 - ▶ Sponsor public/regional forums ([Tri Town Health Department](#), [Hanscom Area Towns Selectboard](#))
 - ▶ Train [schools & staff](#) on safe tech ASAP
 - ▶ Engage professional associations (Municipal, Schools, AFL/CIO, Nurses Assoc., Children's Alliance, etc.)

Not Sleeping? Anxious? Depressed? Headaches? Heart Issues?
Who knew -- it could be the radiation from your wireless devices...

ALL ARE WELCOME TO JOIN US FOR FREE EDUCATIONAL WEBINARS:
WIRELESS TECHNOLOGY RISKS & SAFER SOLUTIONS
FRIDAY, DECEMBER 15, 12 NOON ET
MONDAY, DECEMBER 18, 6 P.M. ET
CO-HOSTED BY NEW HAMPSHIRE FOR SAFE TECHNOLOGY AND
CECE DOUCETTE, DIRECTOR OF MASSACHUSETTS FOR SAFE TECHNOLOGY
& THE NON-PROFIT WIRELESS EDUCATION

TO REGISTER: [MA4SafeTech.Org/Events](#) OR EMAIL
NEWHAMPSHIRE@SAFE TECHNOLOGY@GMAIL.COM
CAN'T ATTEND? REGISTER AND WE WILL SEND YOU THE VIDEO RECORDING.

Safe Cell Tower Siting What You Need to Know

October 19th, 6:30-8:00pm
One Hour Online Zoom Discussion followed by 1/2 hour Q&A

Meeting ID: 810 4836 4531
Passcode: TriTown
[Click Here for Zoom Link](#)

Join Tri Town Health for a discussion about the health effects of electromagnetic radiation exposure on citizens, policy makers and health care professionals in their communities.

For: Municipal leaders, legislators, lawyers, health educators, concerned citizens, parents, neighborhood wireless radiation issue surrounding 4G/5G in health and environmental impacts, safe technology municipalities are doing to balance the technology with their citizens.

Presented by: Cecelia Doucette of Massachusetts Health

Information to be presented:

- What other countries, states and cities are doing
- What we can do in the Berkshires to be educated on the placement of wireless equipment in our communities
- Understanding EMFs
- Cell Tower research epidemiological evidence
- RF experts
- Industry influence & FCC
- Precautionary principle
- Being pro-tech and pro-human
- Safe siting principles
- Massachusetts actions

TechSafeSchools

HOME LEGAL SCIENCE MITIGATION TECHSAFE ADVOCATE RESOURCES ABOUT FOR TEACHERS

Let's protect our kids. Let's hardwire our schools.

Become a TechSafe Advocate!
Information for Teachers

Wireless in Schools

The FCC has recently been ordered by a federal appeals court to re-evaluate its exposure safety guidelines in light of new studies showing RF radiation can be harmful, especially for children.

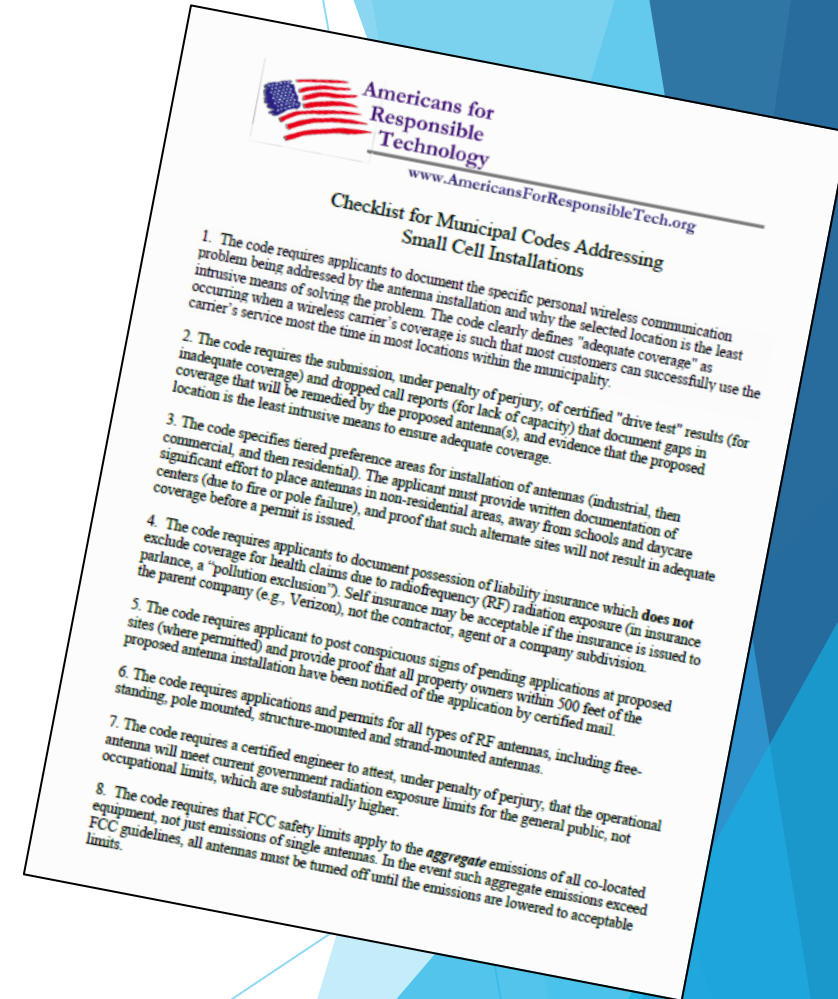
Children are particularly vulnerable to RF radiation because of their developing physiology and their behavioral patterns.

No government agency has ever conducted any research on the safety of RF radiation for children.

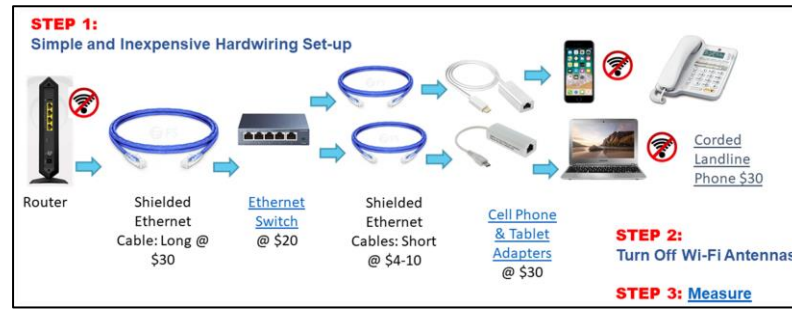
Next Steps

▶ Local:

- ▶ Form town-wide tech safety committees
- ▶ Offer no-fee “smart” meter opt-out
- ▶ Transition to hard-wired in public spaces
- ▶ Strengthen wireless communication facility by-laws: [Americans for Responsible Technology tool kit](#)
- ▶ National Attorney [Andrew Campanelli](#)



For Today



- ▶ Reduce your exposures
 - ▶ Notice what is radiating
 - ▶ Start with baby steps
 - ▶ Create a sleep sanctuary
 - ▶ Ethernet cables and adapters
 - ▶ Choose airplane mode
- ▶ Environmental Health Trust

Resources

Checklist for Low-EMF Computer

Set-up For Any Computer

- ✔ Device always on a table. Feet flat on floor. Screen is at—or slightly below—eye level.
- ✔ The "high-five test." If you can't properly high-five your computer screen, you're too close.

Use Wired, Not Wi-Fi and Not Bluetooth

Use corded (not Wi-Fi, not Bluetooth) mouse, keyboard, printer, speakers, and other accessories.

Connect devices to your modem using ethernet cord. Check if you need an adapter to connect to the ethernet.

After connecting by ethernet cord, make sure Wi-Fi is OFF on device and modem, and make sure Bluetooth is off on devices).

Multiple users? Connect a corded ethernet switch to the modem or to the ethernet, then you can add more ethernet cords to numerous devices.

Reduce Blue Light on ALL Screens

- Blue light blocker covers are usually available for all screens.
- Blue-blocking eyeglasses.
- Download software that reduces blue light and flicker.

ENVIRONMENTAL HEALTH TRUST

What Parents Need To Know About Safe Technology

"Parents should not panic over the latest research, but it can be used as a good reminder to limit both children's screen time and exposure from cell phones and other devices emitting radiation from electromagnetic fields (EMF)."

THE AMERICAN ACADEMY OF PEDIATRICS, 2010

"Children are disproportionately affected by environmental exposures, including cell phone radiation."

THE AMERICAN ACADEMY OF PEDIATRICS, 2013

BE SUPER-SMART REDUCE WIRELESS

Simple steps to practice safe tech.

- TURN IT OFF WHEN NOT IN USE.** Avoid unnecessary radiation by powering off wireless devices, network equipment, and hotspots when not in use, like at bedtime.
- CORDED PHONE** Corded phones do not emit wireless radiation.
- USE A PLUG-IN ETHERNET CORD.** It is super fast. Whenever possible connect your laptop, tablet, or computer with an ethernet cord (with Wi-Fi OFF, and Bluetooth OFF).
- DISTANCE MATTERS.** Maximize the distance between people and wireless devices.
- HEALTHY SLEEP** Remove electronics and wireless devices from around your bed. Do not sleep with your cell phone.
- PRE-DOWNLOAD INSTEAD OF STREAMING.** Remember that when you wirelessly stream videos or music the radiation goes into your body. It is better to pre-download audio and video files and then watch or listen with wireless connections turned off.
- WIRED (NOT WI-FI & NOT BLUETOOTH)** Use a wired mouse, speakers, printer, game system, keyboard, tv, etc.
- MINIMIZE FACETIME AND SOCIAL MEDIA ON CELL PHONES.** When you use facetime or post images, your phone emits more radiation. Instead, do social media or video sharing on a computer connected to the Internet by ethernet cord (with Wi-Fi turned off).

ENVIRONMENTAL HEALTH TRUST Learn more at www.ehtrust.org

Thank You!

- ▶ [Massachusetts for Safe Technology](#)
- ▶ MA4SafeTech@gmail.com

