



## Tips to Reduce Your Exposure

Below you will find our suggestions to reduce your exposure to EMF radiation. In an ideal world, the best practice is to be hard-wired, with the wireless signals turned off, as much as possible. Ethernet cables can be installed in every room. Tablets can be hard-wired using a Lightning to Ethernet Adapter (plus camera adaptor for iPhones/iPad), and for laptops using a USB to Ethernet Adapter.

### Tips for Everyday – At Work, Home, School and Every Place in Between

1. Always have the Bluetooth function off on all devices.
2. Turn off devices and wi-fi routers at night.
3. Put devices in Airplane mode whenever possible.
4. Place personal devices outside the bedroom at night and at least 12 feet away from work spaces.
5. Do not charge any devices in a bedroom at night because of dirty electricity exposure.
6. Work off-line whenever possible and use wireless only when needed for sending/receiving emails, internet searches, etc.
7. Always use speakerphone, hollow-tube or air-tube headsets for cell phone calls.
8. Never place an active device on the body - not on laps, in pockets or bras. Instead, always carry transmitting devices in a backpack or purse.
9. Use a landline! Transfer your calls from your cell phone to your landline. Note that the base station of cordless phones, known as DECT phones, emit radio frequency radiations 24/7. They should be replaced with corded phones. If you choose to keep a cordless phone at home it should be at least 12-15 feet away from your bedroom and the phone should be in its base all the time. Not having the phone in its base increases RF radiation emission.
10. Avoid Smart home gadgets such as wireless alarms, Amazon's Alexa, etc.
11. Avoid Smart toys and wireless devices for infants, toddlers and children. Use wired baby monitors, instead of wireless ones. Put devices in airplane mode before giving to a child to play games.
12. Call your Department of Public Works to opt out of your Smart Meters.
13. Avoid talking on your phone in metal enclosures such as elevators, cars, busses, trains and planes. They act like a faraday cage and amplify the radiation.
14. Download and use your social media and text messaging apps on your hard-wired computer, instead of a mobile device.
15. Use a wired keyboard, wired mouse and printer, with wi-fi antennas turned off.
16. Change your wireless networking system to a powerline networking system\* for your computers. You still need to use a wi-fi router but you can be hardwired through your powerlines.
17. Be mindful of second-hand radiation exposure to others when using you mobile devices in active mode.

### At School for Teachers & Students

1. Engage teachers and staff in a conversation about Radio Frequency Radiation. Emphasize the issue of cumulative exposure and the importance of reducing exposure whenever possible.
2. Request that access points and routers be removed from classrooms.
3. Request classroom hard-wiring or a kill switch (if you can) to turn off access points when not in use.
4. Ask students to turn off or put in airplane mode their personal devices, and turn them in. Suggest that teachers use an over-the-door shoe rack for easy turn in and pick up of personal devices.
5. Remind students and teachers to work offline as much as possible.



6. Insist that students never place an active device on the body; not on laps, in pockets or bras.
7. Suggest that children download their social media apps on a hard-wired computer, rather than on phones.
8. Ask to have a hard-wired desktop computer or use a powerline networking system\* for your computers. You can still use the wi-fi router but will be hard-wired through powerlines. Suggest that students use a wired keyboard, wired mouse and printer, with wireless antennas turned off.
9. Provide materials with wi-fi radiation reduction ideas for students to share with parents at home.

## Resources for More Information

**Environmental Health Trust** [www.ehtrust.org](http://www.ehtrust.org)

**Wireless Education** [www.wirelesseducation.org](http://www.wirelesseducation.org)

**National Association for Children for Safe Technology** [www.nacst.org](http://www.nacst.org)

Local Contact: [www.hilltownhealth.org](http://www.hilltownhealth.org)  
[admin@hilltownhealth.org](mailto:admin@hilltownhealth.org) (413) 339-4569

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\* Power-line communication (PLC) is a communication method that uses electrical wiring to simultaneously carry both data and electric power. Such as NETGEAR-XAVB101-Powerline-Ethernet-Adapter or TP-Link-Powerline-Adapter-Starter-TL-PA2010KIT

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