



MOBILE PHONE HYGIENE

SAFE EMF EDUCATION NETWORK INC.

The Safe EMF Education Network recommends the following steps to limit your exposure to mobile phone radiation emissions:



Use Your Phone on SPEAKER MODE

Don't put your mobile next to your head! Use your phone on speaker mode when taking calls to ensure you are limiting the amount of radiation exposure to your brain.



Disable LTE & 4G Network & Data Functions

Although "LTE" and "4G" produce faster download speeds, they emit higher levels of radiation. Go to phone settings and disabling "LTE" and "4G", your phone will automatically connect to the nearest "3G" network you can reduce radiation emissions from your device by up to 80%. You can also turn your phone into a "dumb" phone by disabling data, location and app updates.



Avoid Making Calls in Cars, Elevators or Buses

Making calls in cars, elevators, trains or buses amplifies the radiation exposure as the phone has to transmit at a higher power density due to its metal surrounds.



Consider Getting A Corded Landline

One of the best ways to reduce mobile phone radiation it to avoid using one all together. For this reason you may want to consider getting an old fashioned corded landline. This will allow you to make phone calls without the risk to your health.



Set Airplane Mode to ON

Set airplane mode to ON, or turn your phone off when it is not in use. Especially at night while you sleep. This will dramatically reduce radiation emissions, helping you avoid unnecessary exposure and improve sleep quality.



Keep An Eye On Signal Strength

The weaker your signal the more radiation your phone will emit. If you only have 1 out of 5 signal bars your phone will emit 10 to 1,000 times the amount of radiation to connect to distant cellphone towers.



Don't Carry Your Phone Against Your Body

Reduce radiation exposure, especially to your reproductive organs, by storing your phone away from your body. RF radiation from mobile phones has been linked with infertility, hormonal disruption and breast cancer. Mobile phone radiation can also interfere with pacemakers (interference with signals).



Protect Your Children by Limiting Their Use & Ensuring They Follow These Steps!

