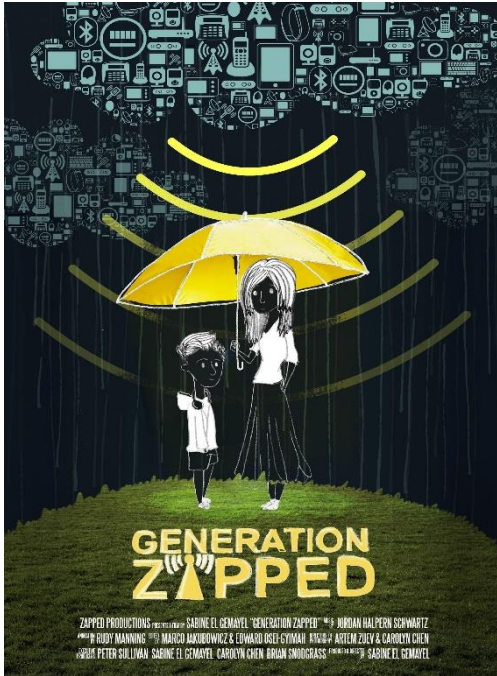


# TIPS FOR YOUR SAFETY



**GET WIRED.** Prefer wired connections, they don't use microwaves to transmit information, e.g. use a wired desktop computer and favor corded phones. You can transfer your wireless calls to your landline.

**GET OFF THE GRID.** Turn your router, Bluetooth and devices OFF or put on *Airplane mode* when not in use. Do not use wireless devices in metal enclosures like cars and elevators.

**GET PURE SLEEP.** Keep wireless devices out of your bedroom unless set to *Airplane mode*. EMF affects your melatonin secretions and your brain.

**GET TIME CONSCIOUS.** Decrease your exposure time by speaking less on cell phones, switching ears if you have to talk. Minimize your time spent in Wi-Fi hotspots.

Introduce a digital free day every week. Leave your phone in the car when shopping, going out for lunch, dinner or activities such as fitness and yoga classes. If you have to take your phone with

you, leave it in your purse or pocket when taking your kids to activities. Be present for your kids

**GET IT OUT** of your pocket to minimize risk of developing infertility and out of your bra to minimize risk of developing breast cancer.

**GET SIGHT.** Look out for cell phone towers near you and your children's school. Lobby to get them removed. Opt out of smart meters and smart home alarms.

**GET SMART.** Apply all of the above to minimize firsthand and second-hand exposure to radiation – especially for (young) children and pregnant women.

## “NEW” RESTAURANT EXPERIENCE: HELPING PEOPLE TO CONNECT



1. *When you sit down, put all phones in the box and close it.*
2. *No one can pick up their phone throughout the meal. 5 min. grace period for food photos.*
3. *The first one to touch their phone, pays the phone for everyone.*
4. *If no one gives in, everyone pays their portion.*
5. *The game ends when the bill arrives.*

### RESOURCES

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)

“Irresistible – The Rise of Addictive Technology and the Business of Keeping Us Hooked” Book by Adam Alter

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