



# EWG'S GUIDE TO SAFER CELL PHONE USE

[ewg.org/cellphone-radiation](http://ewg.org/cellphone-radiation)



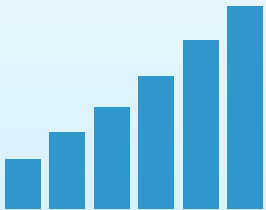
## 1. USE A HEADSET OR SPEAKER

Headsets emit much less radiation than phones. Choose either wired or wireless. Experts are split on which version is safer. [www.ewg.org/cellphone-radiation/Get-aHeadset](http://www.ewg.org/cellphone-radiation/Get-aHeadset). Some wireless headsets emit continuous, low-level radiation, so take yours off your ear when you're not on a call. Using your phone in speaker mode reduces radiation to the head.



## 3. TEXT MORE, TALK LESS

Phones emit less radiation when sending texts than during voice communications. Texting keeps radiation away from your head.



## 4. CALL WHEN THE SIGNAL IS STRONG

Fewer signal bars mean the phone must try harder to broadcast its signal to the tower. As much as possible, make and take calls when your phone has a strong signal. Research shows that radiation exposure increases dramatically when cell phone signals are weak.



## 5. LIMIT CHILDREN'S PHONE USE

Young children's brains can absorb twice as much cell phone radiation as those of adults. EWG joins health agencies in at least six countries in recommending limits for children's phone use, such as for emergencies only.



## 2. HOLD PHONE AWAY FROM YOUR BODY

Hold the phone away from your ear and your body when you are talking. If you are using a headset, don't put the phone in your pocket or clip it to your belt – put it in your bag, purse or on some nearby surface. The amount of radiation absorbed by your head and body decreases dramatically with even a small distance.



## 6. SKIP THE "RADIATION SHIELD"

Radiation shields such as antenna caps and keypad covers reduce the connection quality and force the phone to transmit with greater energy, generating more radiation.

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