

EWG's GUIDE TO SAFER CELL PHONE USE

*Follow These Steps to Help
Protect Yourself Against
Cell Phone Radiation*

YOUR HEALTH MATTERS

At least six countries have issued warnings to consumers to reduce cellphone radiation exposures, especially for children.

SO MANY LIKELY RISKS

More research is needed, but we can't ignore the studies out there that suggest that caution is warranted.

IT'S A FACT

We do know that young children's brains absorb twice as much cellphone radiation as those of adults.

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. 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 also reduces radiation to the head.

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 a nearby surface. The amount of radiation absorbed by your head and body decreases dramatically with even a small distance.

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

5. LIMIT CHILDREN'S PHONE USE

Young children's brains can absorb twice as much cellphone 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.

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.

Create a separate space for your Wi-Fi router.

Don't keep it in your bedroom or right next to the office desk.

**FOR MORE TIPS VISIT
[EWG.ORG/CELLPHONE-RADIATION](https://www.ewg.org/cellphone-radiation)**

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