Cell Phone and Wireless Radiation: What You Need To Know

Cell phones emit wireless microwave radiation- the very same frequencies as used by microwave ovens, only at a much lower power. Government safety limits for wireless radiation have not been reviewed or updated since 1996. These regulations are based on a large adult, not a child.

Cell phones and Wi-Fi were not premarket safety tested for long term safety before they were brought on the market and a large body of scientific studies have linked wireless exposure to memory, attention and behavior problems, reproductive damage as well as increase cancer risk.

Physicians, scientists and public health professionals from around the world have joined together to express their concern about the risk that wireless radiation poses to children's health and they urge parents to limit children's exposures.

Children Are More Vulnerable To Wireless Radiation

The American Academy of Pediatrics along with numerous medical organizations and health professionals worldwide recommend reducing children's exposure to protect their health.

Young children, whose bodies are rapidly developing, are uniquely vulnerable to wireless radiation. Research shows children absorb higher levels of wireless deeper into their brain because they have smaller heads, thinner skulls and a more water content in their brain. Most importantly, children's brains are more sensitive and impacts could be irreversible. Children will have a lifetime of exposure and are exposed before they are born.

Ways to Reduce Cell Phone Radiation Exposure

Cell Phones

Cell phones are not toys. Keep cell phones away from a child's head and body.

- Use speakerphone instead of holding the phone to your head
- Do not sleep with the cell phone.
- Do not carry the cell phone in a pocket or bra.
- Text instead of talk or video calls.
- Keep the cell phone at a distance from the body, instead of close to your chest.

- Decrease apps on phone.
- Turn off antennas you are not using.
- Choose a wired airtube headset, instead of wireless headphones
- Prefer a corded landline instead of a cell phone at home and work if possible.
- Set airplane mode on with Wi-Fi/Bluetooth/Cellular off more often.
- Minimize your overall wireless phone use.
- Connect your cell phone to the internet via an ethernet cable and turn all wireless antennas OFF instead of always using wireless connections.

Home Phone

Cordless DECT phones use the same type of wireless radiation as cell phones. The phone bases are always emitting wireless, even if you are not using the phone.

- Get a corded, not cordless, phone.
- Keep your landline if you can.
- If you do not have a copper landline option, consider a VOIP and internet phone option.
- Install phone lines to all rooms where you need a phone
- Forward your cell phone to your landline when at home to minimize cell phone use

Tips to reduce exposure if you are pregnant

- Keep your cell phone away from your abdomen
- Power off phone when carrying it on your body
- Minimize wireless phone use and use a corded phone instead.
- Always use your laptop on a desk instead of your lap
- Do not rest cell phones or electronics against your abdomen.
- Avoid use of wireless wearables (watches, rings, etc.)
- Do not use your cell phone in the car.
- Minimize exposure to Wi-Fi by using ethernet connections in your home

Tips to reduce exposure if you have an infant

- Do not use a cell phone while nursing or with an infant in your lap. Instead use a corded landline phone.
- Do not carry a cell phone near the baby in the infant carrier, sling or stroller
- When you carry your phone, turn it on airplane mode and keep the phone away from the baby.
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- Instead of streaming music, pre-download the songs and turn it to airplane mode before placing a cell phone near the baby or in the stroller.
- Educate your babysitters and caregivers.
- Do not use a wireless baby monitor.
- Minimize Wi-Fi exposure.

Tips to reduce exposure if you have a toddler

- Do not let a toddler use a cell phone
- Download content and turn on airplane mode before giving tablet to a toddler
- Always ensure tablets are on a table instead of a child's lap.
- Choose non-wireless toys and games

***** This document has been prepared by the Environmental Health Trust**

Resources

American Academy of Pediatrics Letters on Cell Phone Radiation
California Department of Public Health Cell Phone Radiation Advisory
BabySafe Project Recommendations for Pregnant Women
Environmental Health Trust Posters and Flyers
Dr. Joel Moskowitz, University of California Berkeley
Santa Clara Medical Association article by Dr. Cindy Russell
Environmental Working Group

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