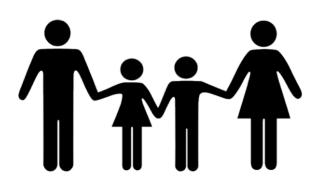
Safety Tips for Tech at Home



• **Cordless Phones** emit radiation similar to a cell phone and the charging base is a constant source of radiation. **REPLACE** with corded or "land line" phones.

• Wireless Wearables, including ear buds, headphones, watches, and fitness wristbands also emit radiation which is more easily absorbed into your body from direct contact. CONSIDER THE RISKS before purchasing!

- NEVER use wireless laptops or tablets ON YOUR LAP which is in close proximity to reproductive organs. Use an Ethernet cord for these devices (with an adapter if necessary). Always use on a table!
- CONNECT keyboard, mouse, speaker, printer and other work space accessories to your modem using an Ethernet cord. Make sure WiFi and Bluetooth are also turned OFF
- Virtual reality and gaming consoles, controllers and accessories are used on or in very close proximity to the body. USE WIRED CONNECTIONS for optimum performance and safety
- ALWAYS UNPLUG or TURN OFF routers at night or when you are not using them. WiFi -free modems can eliminate this step.
- **BLUE LIGHT** from screens can be harmful. Use a blue light blocking screen cover or blueblocking glasses, or download software that reduces blue light and flicker.





Be safe. Be smart. Be secure. Connect with wires.

Information obtained from: American Academy of Pediatrics, Physicians for Safe Technology, California Dept. of Public Health, Safer EMR. For more information about wireless radiation and its impact on human health, please visit <u>AmericansForResponsibleTech.org</u>