

Katharina's Guide to Safer Cell Phone Use

Nighttime use

Power off your phone or put it in **airplane mode** at night.

Ensure that **Wi-Fi** and **Bluetooth** are disabled.

Charge your phone away from your bed, preferably in another room.

Turn off your **Wi-Fi router** at night, if Wi-Fi is enabled during the day.

Get a **landline** with a corded phone if you need to be reachable.

Daytime use

Prefer **texting** over calling.

Use the **speakerphone** or an air-tube headset.

Hold your phone at **arm's length**, especially during dial-up.

Switch sides regularly.

Keep the phone **away from your body**:

at least half an inch at all times, but the farther the better.

Carry your phone **in a purse or bag** instead of your pocket or bra.

Have the **phone screen** positioned toward your body.

Avoid making phone calls when **reception** is poor.

Put your phone in **airplane mode** for breaks throughout the day.

The International Agency for Research on Cancer (WHO) classified RF radiation as "possibly carcinogenic" in 2011. And the BC Centre for Disease Control (2013) considers "decreased levels of antioxidants a plausible explanation for [adverse] nonthermal effects" of cell phone radiation on sperm cells.

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Low-emission settings

Disable **Wi-Fi** and **Bluetooth** when not actively using them.

“**Not connected**” only means that no wireless connection could be established, but the wireless antenna keeps searching and radiating.

Turn off **mobile data** when not in use.

Restrict **background data** and **instant notifications** as appropriate.

Protective cases may increase your exposure to wireless radiation: the thicker the case or if made of metal, the higher the exposure.

Lab-tested protective cases proven to reduce the user’s exposure must be used correctly to work as intended.

Stay away from radiation **shields, stickers, or caps**.

Note that **metal jewelry and glasses** increase your exposure.

Children’s use

Keep cell phones away from **small children**.

Cell phones are not toys; otherwise, **disable all wireless** functions.

Limit children’s phone use.

Teach them how to **reduce** their exposure as outlined above.

Use a **landline with a corded phone** at home.

Establish **wireless-free zones** and times.

*Since 2011 **Health Canada** has encouraged parents “to reduce their children’s RF exposure from cell phones.” The Safety Code 6 exposure limits for RF radiation at 2.4 GHz (Wi-Fi), for example, were lowered by about 50% in 2015.*

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