

# Electromagnetic Fields

## Reduce your exposure to EMFs with a few simple rules:

1. Keep at least an inch gap between your cellphone and your ear. Using a cell phone directly against the head could exceed the FCC's own safety limits. Therefore it is recommended not to use a cellphone directly against your head.
2. Reduce the number and duration of cell phone calls; Call when signal strength is good since the phone does not have to work as hard, resulting in higher EMFs.
3. Use text message instead of calling; use ear buds or the speaker option.
4. Keep cell phones out of pockets next to your body. Store cell phones in a bag or purse instead.
5. For home portable phones, stay close to the base. The further away, the more power the phone has to use, resulting in higher EMF exposure.
6. Switch to a corded phone at home.
7. Use protective shields for cell phones, tablets and laptops that can block over 90% of the EMFs.
8. Use Airplane mode on your cell phone. In this mode, it will emit almost no EMFs because it is not "searching" for a signal. Likewise, disconnecting tablets and laptops from WIFI will reduce EMFs. Disconnecting the WIFI itself is of no use as the devices will continue to search for the WIFI (thus emitting EMFs), even if the WIFI is not on.
9. Keep a safe distance from major appliances in use- 3 to 6 feet from microwaves, electric ovens, and washing machines.
10. Stay an arm's length back from your computer monitor whenever possible.
11. Sit at least 6 to 10 feet from a TV.
12. Use an electric blanket to preheat your bed then turn it off while you sleep.
13. Keep electric clocks and other electrical devices at least 6 feet from your bed.
14. Turn off the power or unplug appliances with indicator lights when not in use. As an added benefit, you'll save on energy costs.
15. Preheat a waterbed, then turn it off while you sleep on it.
16. Keep laptops and tablets from direct skin contact-place on a cushion or on a tray.
17. Turn off wireless printers when not in use.

**Remember, for EMFs in general, the further you are from the source, the less exposure you will experience.**