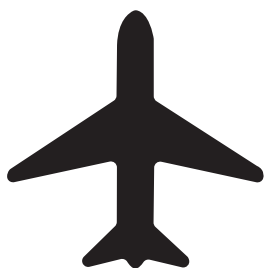


Ways to **REDUCE** Cell Phone Radiation

Here are some examples of recommendations made by the American Academy of Pediatrics, the Vienna Medical Association, and the Cyprus Medical Association.

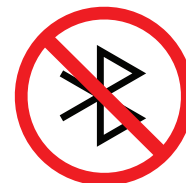


AIRPLANE MODE

Learn how to set your phone to Airplane Mode with antennas OFF. Airplane Mode turns off most of the wireless antennas.

ANTENNAS OFF

Also be sure the Wi-Fi, Bluetooth, and Mobile Data antennas are OFF in the phone settings. Even with antennas off, you still can play music, take photos, and make videos.



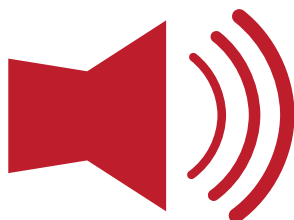
AVOID MAKING CALLS IN CARS

The cell phone works harder to get a signal through metal, so the radiation is stronger.



TEXT INSTEAD OF TALK

Remember to hold the phone away from your body. Pics and video increase radiation.

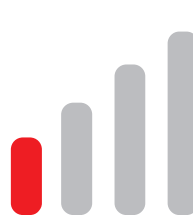


SPEAKERPHONE

Keep the phone away from your brain by using speakerphone.

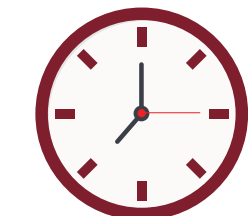
DO NOT SLEEP WITH YOUR PHONE

Use a battery-powered alarm clock, and power off the phone.



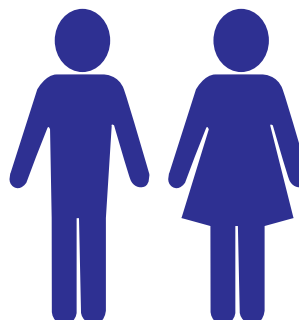
BEWARE THE LOW SIGNAL

The weaker your signal strength, the stronger the radiation from your phone.



REDUCE TIME

Reduce the time you spend on cell phone and wireless overall. Choose safer tech.



DISTANCE IS YOUR FRIEND

Phones should not be in your pocket, bra, or touching your body.