

## Solutions

We recommend prudent avoidance of EMFs, which means being cautious, sensible, and reducing or avoiding EMFs when and where you can.



- Use a corded landline for your home and work place. *(remove cordless phones)*
- Use analog utility meters on your home. *(remove smart meters)*
- Use a wired router for internet connection for faster and safer service. *(avoid wi-fi)*
- Reduce cell phone use. Keep cell phones away from your body. Keep cell phones away from children. *(Best to use cell phones for emergencies only)*



**Oppose 5G** (fifth generation). Stop cell towers on every other block. Protect people, children and nature from increasing harmful cell tower radiation.

- Hundreds of international scientists and public health experts are demanding a moratorium on the deployment of 5G.
- No scientific evidence exists to support any claim of 5G safety.

**How to oppose 5G:** [www.emfsafetynetwork.org/how-to-oppose-small-cell-5g-towers/](http://www.emfsafetynetwork.org/how-to-oppose-small-cell-5g-towers/)

**EMF Safety Network mission** is to educate and empower people by providing science and solutions to reduce EMFs to improve lives, achieve public policy change, and obtain environmental justice.

*Save Lives, Save Nature, Reduce EMFs*

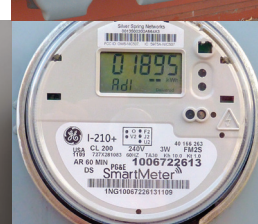
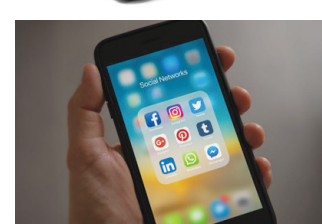


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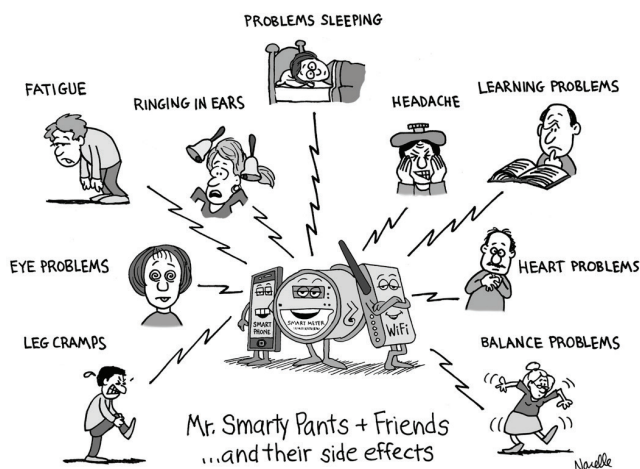
EMF Safety Network is a sponsored project of Ecological Options Network (EON) a 501 (c)(3) not-for-profit organization.

## What are EMFs?



**EMFs are electromagnetic fields.** They include electric and magnetic fields, and wireless radiation emitted by cell towers, cell and cordless phones, smart meters, smart grid, wi-fi, computers, power lines, fluorescent lights, indoor wiring, appliances, cars, inverters and other electronic devices.

## Why are EMFs a problem?



EMFs can cause fatigue, headaches, sleep problems, anxiety, ringing in the ears, heart problems, learning and memory disorders, fertility problems, electrosensitivity, increased cancer risk and more. Children, the ill, and the elderly are more vulnerable.

**EMFs are now so common and widespread that they've become environmental pollution.**

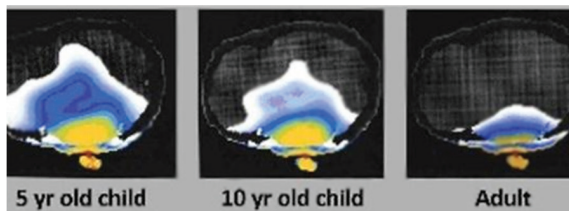


**Studies show wireless radiation harms nature: birds, bees, and trees.**

*"Man-made electromagnetic fields impact all living organisms. We must reduce our dependence on wireless technologies."*

Marie-Claire Cammaerts, PhD, Belgium

## Studies show children's brains absorb more radiation than adults'



Brain scans of radiation absorption at different ages. Reprinted from O. Gandhi et al., IEEE Transactions on Microwave Theory & Techniques, 1996.

*"The harmful effects of electromagnetic fields, regardless of their frequencies, are now scientifically settled. Pregnant women (the fetus) and children and adolescents are particularly vulnerable."* Dominique Belpomme, MD, France

**Aren't EMFs regulated by the government?** Many common EMF devices sold today have not been proven safe for long term exposure. The Federal Communications Commission (FCC) safety guidelines are outdated. The FCC is promoting rapid expansion of higher frequency (5G) cell towers in our communities. The FCC cannot be relied on to protect public health or the environment.

**Learn about the science:** The International Agency for Research on Cancer at the World Health Organization classifies EMFs as possible carcinogens. <https://goo.gl/9DQC6M>

The National Toxicology Program found clear evidence of cancer in rats from exposure to cell phone frequencies. <https://goo.gl/jgh5kf>

The BioInitiative Reports reference more than 3,800 peer-reviewed published studies. The authors conclude that EMFs jeopardize global health and recommend stricter biologically-based standards and lower exposure limits. [www.bioinitiative.org](http://www.bioinitiative.org)

Independent scientists who have published peer-reviewed studies on EMFs signed the International Scientists Appeal, which calls for greater public and environmental protections from EMF exposure. [www.emfscientist.org](http://www.emfscientist.org)