

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. *(Use airplane mode or turn off as often as possible)*



- **Learn more safety tips:**
<https://icbe-emf.org> (International Commission on Biological Effects of Electromagnetic Fields)
<https://www.saferemr.com> (Dr. Joel Moskowitz)
<https://ehtrust.org/> (Environmental Health Trust)
<https://mdsafetech.org/> (Physicians for Safe Tech)

What is 5G?

This powerful technology includes beam forming millimeter waves that demand higher levels of radiofrequency radiation (RFR). Cell towers and small cell antennas often use a combination of 4G and 5G technology which transmits at multiple frequencies. Cell towers can send signals for miles. Small cell signals don't travel as far and their antennas are often installed on light poles, utility poles and rooftops, closer to homes. All emit RFR that has negative effects on human bodies and biological life.



- **Hundreds of international scientists** and public health experts are demanding an accounting of biological harm from EMFs.
- **No Scientific evidence** exists to support any claim of 5G safety.

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

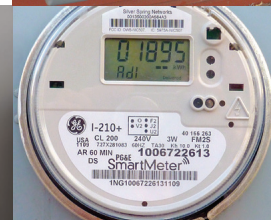


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EMF Safety Network is a 501(c)(3) not-for-profit organization

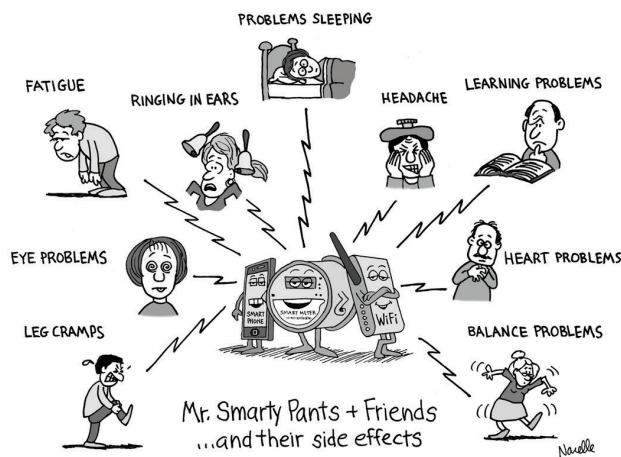
What are EMFs?



EMFs are electromagnetic fields.

They include electric and magnetic fields, and wireless radiation emitted by cell towers, cell and cordless phones, smart watches, smart meters, smart appliances, Bluetooth, wi-fi, computers, LED and compact fluorescent light bulbs, electric vehicles, inverters, power lines, indoor wiring, 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.

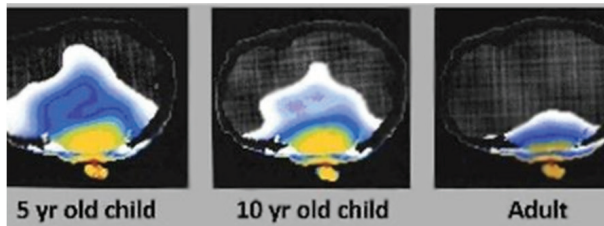


Studies show wireless radiation harms nature: birds, bees, and trees.

"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), 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 (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: Several organizations including Environmental Health Trust sued the FCC in 2021 for not considering 11,000 pages of evidence showing biological harm from wireless radiation. August 2025 update: <https://ehtrust.org/?s=FCC+compliance>

The National Toxicology Program found clear evidence of cancer in rats from exposure to cell phone frequencies. <https://ntp.niehs.nih.gov/research/topics/cellphones>

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.biointitiative.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