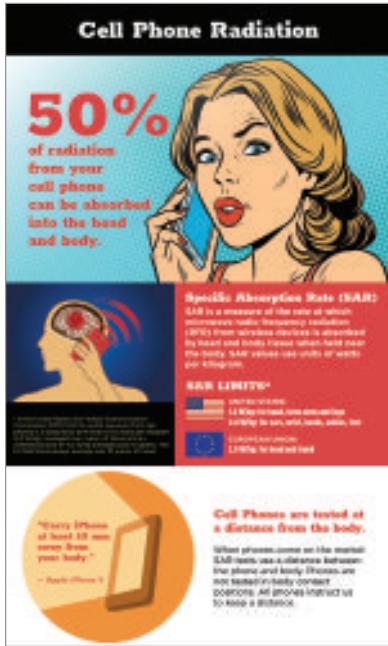


# 2018 HIGHLIGHTS

## EHT Shareable Resources



### EHT'S CELL PHONE RADIATION AND HEALTH INFOGRAPHIC

[Download infographic >](#)

**5G, SMALL CELLS AND MICROCELLS FACTSHEETS**  
EHT's factsheets on 5G are used nationally and internationally as an invaluable key resource in educating the public and policymakers on 5G.

### SOCIAL MEDIA GRAPHICS For Spreading Awareness >

**5G, SMALL CELLS AND MICROCELLS FACTSHEETS**  
EHT's factsheets on 5G are used nationally and internationally as an invaluable key resource in educating the public and policymakers on 5G.

## NEWSLETTERS

EHT's newsletters filled with the latest science and news are shared worldwide with an ever growing list of subscribers.

[Sign up >](#)



## PROTECT THE ONES YOU LOVE POSTCARDS

EHT's safety [postcards](#) have been widely distributed at health festivals, educational presentations, and scientific conferences. EHT has developed colorful postcards: for parents about the [American Academy of Pediatrics recommendations](#), for young adults who [sleep with their phones](#), for men regarding phones in pockets and for women to make the bra a [no-phone zone](#).

Do's and Don'ts for Safe Technology		
Technology	Do's	Don'ts
<b>Cell Phones</b>	<ul style="list-style-type: none"> <li>Use a speakerphone or airtube headphones.</li> <li>Turn the power off if you need to put a phone in your pocket.</li> <li>Use a wired phone when you can, especially for long calls.</li> <li>Don't encode ON with WiFi OFF more often.</li> <li>Power off Cell Phones in a car, a bus, train, airplane, elevator.</li> </ul>	<ul style="list-style-type: none"> <li>When using the phone, never touch your head or body with the phone.</li> <li>Don't use a phone when the network signal is weak, because then the radiation from the phone is stronger.</li> <li>Don't carry a cell phone in your bra. Don't carry a cell phone in any clothing pocket.</li> <li>Don't use a laptop or tablet or any wireless electronics near your head.</li> </ul>
<b>Home Phones</b>	<ul style="list-style-type: none"> <li>Get a Corded Phone for your home.</li> <li>Put a power cord in every room.</li> <li>Run lines into all the rooms where you sleep.</li> <li>Get a power cord.</li> <li>Use a corded VCP system.</li> </ul>	<ul style="list-style-type: none"> <li>Do not use a cordless home phone. The DECT part of a cordless phone is a major source of radiation. Many people have these bases directly beside their beds, and this is a significant source of microwave radiation to be avoided.</li> <li>Don't place a wireless printer in your office near your workplace. Wireless printers constantly emit microwave radiation and should not be placed near our bodies or near our manufacturer's telephones.</li> </ul>

## What Parents Need To Know About Safe Technology

Parents should not panic over the latest research, but it can be used to make informed decisions about children's screen time and exposure to wireless devices and the emitted radiation from electromagnetic fields.

THE AMERICAN ACADEMY OF PEDIATRICS, 2016

### What Does the Science Say about Wireless and Children?

- Children absorb more wireless microwave radiation: Research shows that children's brain, eyes and bone marrow absorb from three to ten times the radiation than adults.
- The World Health Organization's International Agency for Research on Cancer (IARC) has classified microwave frequency radiation as a Class B, Possible Human Carcinogen. Cell and cordless phones have been linked to increasing brain tumor rates. The first person to have first used a phone under the age of twenty.
- 2016: The National Institutes of Environmental Health Sciences (NIEHS) reported that the findings of increased brain tumors (gliomas), increased sperm counts and rates of birth defects increased DNA damage and repair in children's sperm.
- Wireless radiation during pregnancy has been linked to neurological and developmental abnormalities in the fetus. It has been linked to increased rates of damaged reproductive systems, altered brain development, and damaged nervous systems when exposed to wireless radiation.
- Wireless radiation at very low levels has been shown to change brain activity. In 2011, NIH researchers found higher brain metabolism increased from cell phone radiation.
- 2011 Yale Medicine science study found increased hyperactivity and memory impairment and Yale Doctors are recommending pregnant women reduce exposure. See [yalemed.org/project](#)

Children are disproportionately by percentage to absorb phone radiation.

THE AMERICAN ACADEMY OF PEDIATRICS

### The American Academy of Pediatrics Recommendations About Cell Phones, Cell Towers and Wireless

#### APP Recommendations:

- Avoid carrying your phone close against the body like in a pocket or bra. Carrying a phone close to the body can't guarantee that the amount of radiation you receive is safe.
- When talking on the cell phone, try holding it an inch away from your head.
- Use hands-free devices when possible, and use cell phones in a signal-free environment.
- If you plan to watch a movie on your device, download it to a tablet or computer and use a signal-free device.
- Keep cell phones away from pacemakers and hearing aids.
- Order to avoid unnecessary radiation exposure.
- Remember that cell phones have a signal through hands-free kits.
- Remember that cell phones are not toys or novelties.

#### APP on Cell Tower Radiation:

"In recent years, concern has increased about potential health effects of non-ionizing electromagnetic radiation emitted from cell phones and phone antennas."

"In 2012, the American Academy of Pediatrics (AAP) recommended that cell phone base stations increased the risk of childhood cancers, including brain tumors, Diabetes, Depression, Sleep problems."

"Short-term exposure to these fields in experimental studies has been associated with health problems, but this does not tell us our cumulative exposure from cell phones and cell towers. The AAP submitted a letter to the FCC with their official comment."

In 2012, the AAP published Pediatric Environmental Health, the American Academy of Pediatrics, Environmental Health and Chapter 4 is about Electromagnetic Fields.



## FACT SHEETS

We also have created [Safe Tech Do's and Don'ts](#), [factsheets on 5G](#), [cell phone radiation](#), [wireless](#) and ["What Parents Need to Know About Safe Technology"](#).

## RESOURCES IN SPANISH

### "How to Reduce Cell Phone Radiation." Hotbook

Magazine from Mexico featured "How to Reduce Cell Phone Radiation Tips" after Dr. Davis and EHT provide resources to one of Mexico's top Travel & lifestyle magazines.

EHT has translated several postcards into Spanish and is increasing our translated resources. See EHT's webpage on [Spanish information](#). After contact with an Italian organization that translated the Catalyst documentary, EHT developed a page on [Italian resources](#) as well. EHT plans to create pages in French, and Greek next year.

