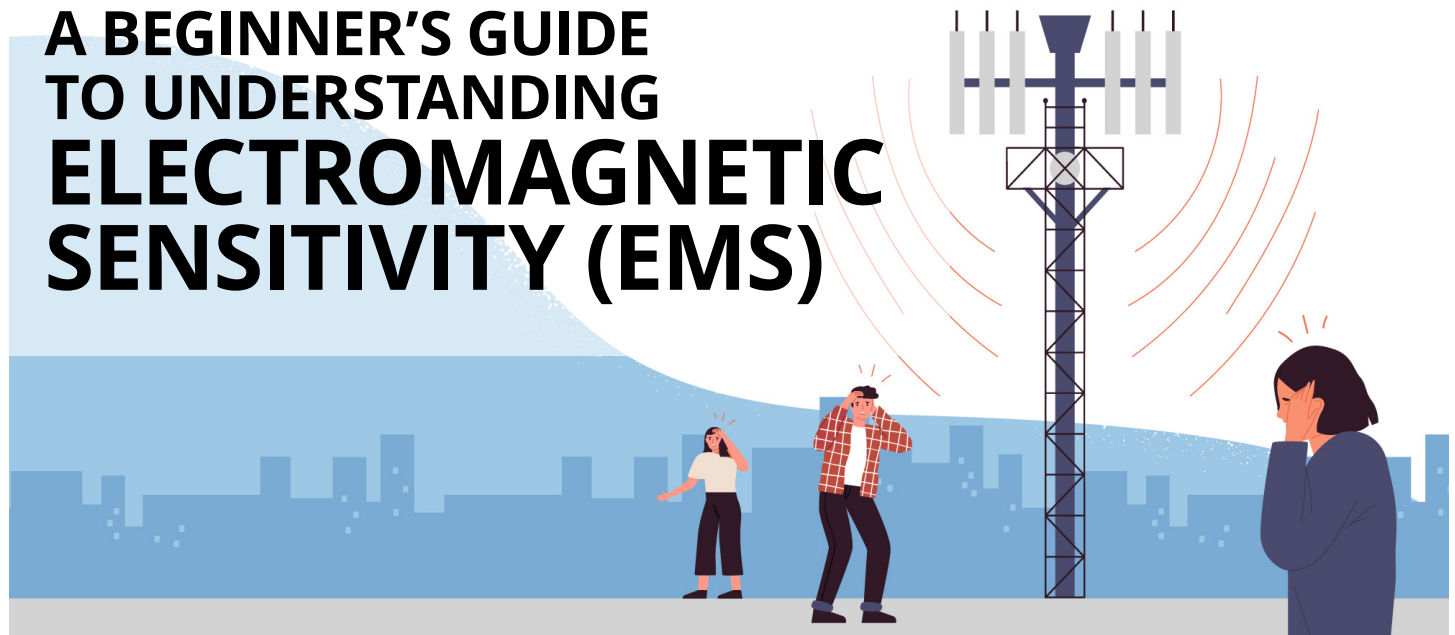


A BEGINNER'S GUIDE TO UNDERSTANDING ELECTROMAGNETIC SENSITIVITY (EMS)



WHAT IS ELECTROMAGNETIC SENSITIVITY?

Electromagnetic Sensitivity (EMS) is a federally recognized health condition in which individuals suffer from a wide range of adverse health effects due to **electromagnetic field (EMF) exposure**. EMS is also commonly referred to as **Electrosensitivity, Electrohypersensitivity, Microwave Syndrome, Microwave Illness and Radiofrequency Sickness**.

WHAT ARE COMMON SYMPTOMS OF ELECTROMAGNETIC SENSITIVITY?

Common symptoms of EMS include headaches, sensations of pressure in the head and ears, dizziness, tinnitus, difficulty concentrating, memory loss, sleep problems, depression, fatigue, flu-like symptoms, restlessness, anxiety, heart palpitations and muscle and joint pain.

HOW DO ELECTROMAGNETIC FIELDS CAUSE ELECTROMAGNETIC SENSITIVITY?

Since the human body requires specific internal and external electromagnetic and chemical environments to function properly, **EMF exposure can disrupt the electrochemical balance and function of cells**, resulting in adverse health effects.

WHAT ARE SOME COMMON SOURCES OF ARTIFICIAL ELECTROMAGNETIC FIELDS?

WIRELESS SOURCES

- Cell Towers & Small Cells
- Smart Utility Meters
- WiFi Routers & WiFi-Enabled Devices
- Bluetooth-Enabled Devices

NON-WIRELESS SOURCES

- Power Lines
- Electrical Wiring
- Household Appliances
- Lighting

IS ELECTROMAGNETIC SENSITIVITY CONSIDERED A DISABILITY?

In some cases, yes. According to the U.S. Access Board, **EMS may be considered a disability under the Americans with Disabilities Act** if it impairs a person's neurological, respiratory or other functions so severely that it substantially limits their major life activities.

HOW COMMON IS ELECTROMAGNETIC SENSITIVITY?

While we don't know exactly how common EMS is, a 2019 study published in the Journal of Environment and Health Science estimates that **up to 30% of the population suffers from some form of EMS**.

ARE CHILDREN AT HIGHER RISK FOR EMS?

Due to their smaller heads, thinner skulls and developing nervous systems, **children absorb more RF radiation than adults, which may increase their risk for EMS**.

Find out more at
childrenshd.org/emr