



# REDUCING RADIOFREQUENCY (RF) EXPOSURE AT HOME



## POWER OFF YOUR WIFI ROUTER AT NIGHT

Powering down your WiFi router at night can significantly reduce unnecessary RF exposure. **WiFi-enabled devices and routers constantly transmit and receive RF signals** to form an active internet connection which **can disrupt melatonin production** at night and lead to poor quality sleep.

## CREATE WIFI-FREE ZONES FOR CHILDREN

Due to their smaller heads, thinner skulls and more conductive brain tissue, **children are particularly vulnerable to RF exposure**. All wireless devices such as tablets, TVs, gaming consoles and baby monitors should be kept out of playrooms, children's bedrooms and wherever they spend the most time.



## WIRE YOUR CONNECTION

WiFi-enabled devices and routers constantly transmit and receive RF signals in order to form an active internet connection, using the air as a medium to do so. Connecting to the internet via ethernet cables **eliminates this unnecessary exposure and provides faster internet speeds**.

## ACTIVATE AIRPLANE MODE AND DISABLE ALL WIRELESS ANTENNAS

When devices are not in use, every wireless antenna should be disabled to reduce unnecessary RF exposure. Keep in mind that activating airplane mode may not disable every antenna. **Ensure that WiFi, GPS, NFC and Bluetooth antennas are disabled**.



## DISTANCE IS KEY

RF exposure from electronic devices such as WiFi routers and smartphones generally decreases with distance from the source. **Ensure the distance between devices and bodies is maximized** e.g. use speakerphone instead of holding the phone up to your head and do not sleep with your phone under your pillow.

## LIMIT YOUR TIME

Educate yourself and your family to be conscious about the time spent engaging with wireless devices, especially smartphones. As an alternative, **opt for a landline with a corded phone instead** (yes, the “old-fashioned” kind), and avoid DECT cordless phones as they constantly emit wireless signals.



## UNSMART YOUR HOME

Smart devices use RF signals to share information with users and other devices via the internet, increasing your family’s overall RF exposure. **Reduce your exposure by opting out of smart cars, smart meters, smart thermostats, smart doorbells, smart speakers, smart watches, etc.**

## AVOID BLUETOOTH DEVICES

The frequencies used by Bluetooth devices are similar to those used by WiFi routers. **Wireless home phones, headphones, keyboards, mice, smartwatches and fitness trackers emit RF radiation close to the body.** Wired alternatives are widely available and should be preferred over wireless options.



- In 2011, the World Health Organization’s (WHO) International Agency for Research on Cancer (IARC) **classified wireless radiation as a Group 2B “Possible Human” carcinogen.** This conclusion was based upon an increased risk of malignant brain cancer (glioma) identified in those who used cell phones for over 10 years for an average of 30 minutes per day.

- **Children, particularly the unborn, are more vulnerable to RF radiation** because of the greater susceptibility of their developing nervous systems. Their brain tissue is more conductive, meaning they absorb more radiation than adults. RF penetration is greater relative to head size, and they will have a longer lifetime of exposure than adults.

- There is strong evidence that long-term exposure to EMFs is a **risk factor for diseases such as certain cancers, Alzheimer’s disease, and male infertility.**

- Cell phone “safety” tests are performed on a mannequin to test the heating effects of wireless radiation of mobile phones. The test involves filling the mannequin’s plastic head with a liquid to determine if it heats up one degree during a 6-minute call. The mannequin is a model of a 100 kg, six-foot tall adult male military recruit – **not representative of the vast majority of the human population, particularly children.**