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Health
Sciences**

[COMMUNICATION](#) •

[SOLUTIONS](#) •

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[SCIENCE](#) • [POLICY](#) • [TECHNOLOGY](#) • [RESOURCES](#) •

[PRESS RELEASES](#)



Doctors and Scientists on Cell



Phone Radiation

Expert Recommendations

The widespread use of cell phones and wireless technologies is steadily increasing our exposure to radio-frequency radiation (RFR). In response to mounting scientific evidence, scientists and leading medical organizations around the world are calling on us to take proactive steps to reduce this exposure—safeguarding not only our health, but also the well-being of our planet.

The majority of animal and cell studies have found non-ionizing RFR can induce oxidative stress—a key characteristic of human carcinogens and a way that RFR can initiate or promote tumor development as well as play a role in the development of other diseases.

Recent experimental and epidemiological studies indicate that RFR also induces cancers of the thyroid and breast. DNA damage and cancer in these state-of-the-art studies signal the need for the public to reduce exposures to RFR now.

-Birnbaum et al. (2022) in the Journal of the National Cancer Institute

This webpage lists the recommendations of expert medical and scientific organizations on how to minimize the risk from cell phone and wireless radiation.

The American Academy of Pediatrics

The American Academy of Pediatrics (AAP) has written several letters to the FCC calling on them to update their 1996 wireless safety limits to protect children, stating that:

"Children are disproportionately affected by environmental exposures, including cell phone radiation."

"Current FCC standards do not account for the unique vulnerability and use patterns specific to pregnant women and children. It is essential that any new standard for cell phones or other wireless devices be based on protecting the youngest and most vulnerable populations to ensure they are safeguarded throughout their lifetimes."

In response to the National Toxicology Program animal study findings of cancer and DNA damage from cell phone radiation, the AAP also issued cell phone safety tips specifically for families to reduce exposure to cell phone radiation.

They're not toys. They have radiation that is emitted from them and the more we can keep it off the body and use (the phone) in

other ways, it will be safer.

**-Jennifer A. Lowry, M.D., FAACT, FAAP, chair of the AAP Council on Environmental Health
Executive Committee, 2016**

American Academy of Pediatrics Cell Phone Safety Tips

American Academy of Pediatrics Letters to the US Government

The American Academy Of Pediatrics has a webpage on the science regarding cell towers and non-ionizing EMFs

"An Egyptian study confirmed concerns that living nearby mobile phone base stations increased the risk for developing:

- Headaches
- Memory problems
- Dizziness
- Depression
- Sleep problems

Short-term exposure to these fields in experimental studies have not always shown negative effects, but this does not rule out cumulative damage from these fields, so larger studies over longer periods are needed to help understand who is at risk. In large studies, an association has been observed between symptoms and exposure to these fields in the everyday environment."

American Academy Of Pediatrics Webpage on Cell Towers and EMF

The California Department of Health

The California Department of Health released an advisory on how to reduce cell phone radiation stating:

“Children may be more at risk for harm from exposure to RF energy because:

- 1. A child’s brain and body grow and develop through the teen years. During this time, the body may be more easily affected by RF energy and the effect may be more harmful.**
- 2. RF energy can reach a larger area of a child’s brain than an adult’s.**
- 3. A child who uses a cell phone will have many more years of exposure to RF energy in his or her lifetime than someone who started using a cell phone as an adult.”**

The advisory detailed several recommendations to reduce exposure, including using speakerphones to distance the phone from the head, and not sleeping with the phone near your body. These recommendations also detail why and how to minimize use when RF levels are the highest.

California Department of Health Cell Phone Safety Tips

California to set guidelines limiting cellphone radiation exposure



California Department of Health Cell Phone Advisory

Press Release

The Santa Clara County California Medical Association

The Santa Clara County Medical Association has investigated this issue for years, publishing several scientific articles with recommendations.

In 2024, they released Best Practices for Technology in Schools. A key solution to reduce health risk to children is for schools to connect students to the internet via safer corded Ethernet connections, instead of Wi-Fi. They recommend the minimization of Wi-Fi exposure in the classroom and highlight the need to restrict cell towers near schools.

Santa Clara County Medical Association Best Practices for Technology in Schools

Santa Clara County Medical Association Best Practices for Technology in School

California Medical Association

In 2014, the California Medical Association passed two resolutions regarding wireless standards:

1. To "support efforts to reevaluate microwave safety exposure levels associated with wireless communication devices, including consideration of adverse non-thermal biologic and health effects from non-ionizing electromagnetic radiation used in wireless communications"
2. To "support efforts to implement new safety exposure limits for wireless devices to levels that do not cause human or environmental harm based on scientific research."

These resolutions were featured in the Santa Clara California Medical Association bulletin article.

Santa Clara California Medical Association Bulletin "Wi-Fi in Schools"

The North Carolina Public Health Department

The North Carolina Public Health Department lists the full cancer findings of the NTP study, the FDA's stance and also the American Academy of Pediatrics' recommendations to reduce cell phone radiation, stating "there is some concern that exposure to non-ionizing radiation, also called radio frequency radiation, that is emitted by cell phones may result in an increased risk of cancer or other health effects"

North Carolina Public Health Department

The Maryland State Children's Environmental Health And Protection Advisory Council

The Maryland State Children's Environmental Health And Protection Advisory Council, whose 19 member Commission includes experts in public health, pediatricians, epidemiologists, state health and environment agencies and legislators, sent a Letter to the Federal Communications Commission on the need for stronger regulations, issued a "Wi-Fi in School Report" recommending schools reduce wireless exposure , and released "Guidelines to Reduce Cell Phone and Electromagnetic Field Radiation" for parents.

Maryland State Children's Environmental Health And Protection Advisory Council Guidelines

Maryland Children's Environmental Health And Protection Council EMF Guidelines

Letter to the FCC

New Hampshire State Commission on 5G Health and Environment

In 2019, the New Hampshire government passed House Bill 522 "An act establishing an expert commission of physicians, engineers and representatives of state government and agencies to study the environmental and health effects of evolving 5G technology."

The Commission released its Final Report on Commission to Study the Environmental and Health Effects of Evolving 5G Technology in 2020 with findings that safety assurances for wireless technology "come into question because of the thousands of peer-reviewed studies documenting deleterious health effects associated with cellphone radiation exposure."

The Commission recommended 15 measures to reduce wireless exposure and ensure accountability.

"The objective of those recommendations is to bring about greater awareness of cell phone, wireless and 5G radiation health effects and to provide guidance to officials on steps and policies that can reduce public exposure. We also recommend partnering with our federal delegation to facilitate the reevaluation of radiation exposure guidelines and policies by federal agencies (i.e., the FCC, FDA, NASA, NOAA, FAA, EPA, etc.) to protect people, wildlife, and the environment from harmful levels of radiation."

New Hampshire Commission on 5G Health and Environment

New Hampshire Commission Report on 5G Health and Environment

The International Commission on Biological Effects of Electromagnetic Fields

The International Commission on the Biological Effects of Electromagnetic Fields (ICBE-EMF) is an independent, multidisciplinary consortium of scientists, medical doctors, and professionals specializing in the biological and health impacts of non-ionizing electromagnetic fields. The commission's primary mission is to provide science-based recommendations that extend beyond numerical exposure guidelines, aiming to protect human and environmental health from potential harms associated with EMF exposure. Their work includes critically evaluating existing safety standards, such as those set by the FCC and ICNIRP, and advocating for the recognition of conditions like electromagnetic hypersensitivity (EHS) as legitimate health concerns requiring urgent attention.

Exposure limits of the FCC and ICNIRP "are based on false suppositions, do not adequately protect workers, children, hypersensitive individuals, and the general population from short-term or long-term RFR exposures. Thus, urgently needed are health protective exposure limits for humans and the environment. These limits must be based on scientific evidence rather than on erroneous assumptions, especially given the increasing worldwide exposures of people and the environment to RFR, including novel forms of radiation from 5G telecommunications for which there are no adequate health effects studies."

The International Commission on Biological Effects of Electromagnetic Fields

Physicians for Safe Technology

Physicians for Safe Technology is a group of medical professionals and scientists focused on promoting safer use of wireless and digital technologies. Their website provides research summaries, safety guidelines, and educational materials for clinicians, educators, and the public related to the health risks of non-ionizing electromagnetic fields covering topics such as wireless radiation, digital addiction, and technology's impact on health. The doctors advocate for precautionary measures and updated safety standards to better protect vulnerable populations.

"The abundance of peer reviewed science showing harm coupled with obsolete radio-frequency safety guidelines that fail to address long term health effects and non-thermal biological effects indicate that a precautionary approach is essential to reduce potential harm to the public and the environment."

Physicians for Safe Technology Safety Tips

Physicians for Safe Technology

Environment and Human Health, Inc.

This report on cell phones and health was penned by Yale doctors and public health experts.

John Wargo, Ph.D., professor of Environmental Risk and Policy at Yale University and a lead author of the Environment and Human Health Report said, "The scientific evidence is sufficiently robust showing that cellular devices pose significant health risks to children and pregnant women. The weight of the evidence supports stronger precautionary regulation by the federal government. The cellular industry should take immediate steps to reduce the emission of electromagnetic radiation (EMR) from phones and avoid marketing their products to children."

While the report is from 2011, the recommendations to protect public health remain valid today as the government has not updated its safety guidelines since 1996.

Environment and Human Health Report on Cell Phones

INTERNATIONAL

Italian Association of Doctors for the Environment (ISDE)

ISDE Italia has urged the local and regional officials of municipalities across Italy—to adopt local regulations and cell tower antenna decisions to minimize public exposure to wireless electromagnetic fields, applying the Precautionary Principle to protect public health.

ISDE Italia Letter

ISDE Publication Calling for Caution with Wireless

ISDE Statement Calling For Responsible Placement for Cell Towers

Ibero-American Commission on Radiological Protection from Electromagnetic Fields

The Inter-American Commission on Radiological Protection from Electromagnetic Fields (CIPRACEM) is an organization of radiation experts who are part of the Latin American and Caribbean Radiological Protection Federation, which is part of the International Radiological Protection Association.

They have issued several advisories and communications on the need for updated exposure limits and minimizing exposure to the public.

Dr. Daniel Orfila, a member of CIPRACEM and a specialist in neurology and auditory pathway tumors, worked with teacher Fernanda Palacios on a cell phone radiation awareness project they called "Sleeping with the Enemy".

Ibero-American Commission on Radiological Protection from Electromagnetic Fields

Spanish Society of Radiological Protection

The Spanish Society for Radiological Protection (SEPR) published resources compiling simple actions that will minimize exposure to electromagnetic emissions from mobile phones in 2022.

"The SEPR supports the recommendations of international organizations to minimize exposure to mobile phone emissions, especially among minors."

Spanish Society of Radiological Protection Cell Phone Health Safety Tips

Spanish Society of Radiological Protection

Switzerland Doctors for the Environment

The Switzerland Doctors for the Environment recommends precautionary measures and issued a report recommending the establishment of an environmental medicine advisory service for non-ionizing radiation.

The Federal Council decided on April 22, 2020, to establish such an advisory center and the Swiss Medical Advisory Network on Non-Ionizing Radiation (MedNIS), headed by Dr. Diana Walther, has been operational since September 2023 at the Institute of General Medicine at the University of Fribourg. It offers people suffering from electrosmog-related complaints medical advice.

The Switzerland Doctors for the Environment Recommendations on EMF and Wireless

Switzerland Doctors for the Environment Wireless Recommendations

**Austrian Medical Chamber, Cyprus Medical Association,
a Cyprus Committee on Environment and Children's**

Health

In 2017, the Cyprus Medical Association, the Vienna Austrian Medical Chamber and the Cyprus National Committee on Environment and Children's Health signed the Nicosia Declaration on Electromagnetic and Radiofrequency Radiation and issued 16 ways to minimize risk.

"Potential health Impacts of non ionizing radiation from EMF/RF of 30KHz-300GHz include carcinogenicity (class 2b IARC 2011), developmental neurotoxicity, effects on DNA, on fertility, Hypersensitivity and other serious effects are well documented in peer reviewed studies. RFR can increase oxidative stress in cells and lead to increase of pro-inflammatory cytokines and lower capacity to repair DNA single and double strand breaks. Cognitive impairments in learning and memory have also been shown."

Nicosia Declaration on Electromagnetic and Wireless Radiofrequency Radiation

Nicosia Declaration and 16 Practical Rules

Athens Medical Association

In 2017, the Athens Medical Association held a scientific conference and recommended:

- 1.Regulations be reviewed with the latest scientific evidence.
2. nplementation of measures to reduce children's exposure, such as wired

3.networks instead of Wi-Fi in kindergartens and schools.

4.Cell towers and wireless base stations should not be permitted near schools, day care centers, nursing homes, hospitals etc.

5.The public needs to be informed about ways to reduce cell phone and wireless radiation exposure.

Athens Medical Association Recommendations to Minimize Cell Phone and Wi-Fi

Athens Medical Association

Cyprus National Committee on Environment and Children's Health

The Cyprus National Committee on Environment and Children's Health (CNCECH) has launched a national effort to protect children from wireless radiation and other environmental risks such as smoking and plastics. Their strategy includes public education, changes in healthcare and school practices, and policy advocacy—all based on the precautionary principle.

Public education has been central to their work. They created multilingual brochures, such as "What You Need to Know About Wireless Radiation and Your Baby," and distributed them through hospitals and health professionals. Their multimedia campaigns include videos, podcasts, and infographics to educate parents, teachers, and the general public on minimizing wireless exposure.

In healthcare settings, the Committee collaborated with Archbishop Makarios III Hospital to eliminate Wi-Fi sources in their neonatal and pediatric intensive care units, replacing it with wired internet. Educational videos and posters are displayed in waiting areas, and parents are advised to keep mobile devices away from children during visits.

In the education sector, the Committee worked with the Ministry of Education on a Directive to remove Wi-Fi from kindergartens and elementary classrooms and promote wired connections. They provide training for teachers, preschool educators, and parents on safer use of technology and reducing children's wireless exposure at home and school.

Cyprus National Committee on Environment and Children's Health

Vienna Medical Association

The Vienna Medical Association issued Ten Medical Rules for Cell Phones in 2016.

The radiation from mobile phones or smartphones is most likely not as safe as cell phone providers claim it to be. Therefore, the Vienna Medical Association has decided to do the responsible thing and inform the Austrian public about possible adverse effects from a medical perspective.

MOBILE PHONE INFORMATION.

The radiation from mobile phones or smartphones is most likely not as safe as cell phone providers claim it to be. Therefore, the *Ärztammer Wien* [Vienna Medical Association] has decided to do the responsible thing and inform the Austrian public about possible adverse effects from a medical perspective.



10 MEDICAL RULES FOR A SAFER USE OF MOBILE PHONES!

- **In general, keep calls short and as few as possible.** Use a landline or write an SMS. Children and teenagers under the age of 16 should carry mobile phones for emergencies only!
- **"Distance is your friend."** Keep the phone away from your body and head during dialing and maintain at least the minimum distance recommended in the user guide. Take advantage of the built-in speakerphone or use a headset!
- **Do not keep the phone directly on your body when using a headset or the built-in speakerphone.** Pregnant women should be especially cautious. In men, mobile phones are a risk to their fertility when carried in the pant pocket. Persons with electronic implants (pacemaker, insulin pump, etc.) must pay particular attention to distance. If no other option is available, use the outer coat pocket, a backpack or a purse/handbag to carry the phone!
- **Do not use in vehicles (car, bus, train).** Without an external antenna, the radiation inside the vehicle is higher. In addition, the user is distracted and becomes a nuisance to others on public transport!
- **No texting while driving – ever!** The distraction causes you to become a danger to yourself and a danger to other road users!
- **Make phone calls at home and at work via a hardwired network.** Internet access via a hardwired connection such as LAN (e.g. via ADSL, VDSL, fiber optics) does not emit radiation: it is fast and secure. Constantly radiating DECT cordless phones, Wi-Fi access points, data sticks and LTE modems should be avoided!
- **Work offline more often or put your phone in airplane mode.** For functions such as listening to music, camera, alarm clock, calculator or offline games, you do not always need an Internet connection!
- **Fewer apps means less radiation.** Minimize the number of apps and disable the most unnecessary background services on your smartphone. Disabling "mobile services"/"data network mode" turns the smartphone into a conventional mobile phone. You can still be reached, but you avoid a lot of unnecessary radiation from background data traffic!
- **Avoid making calls in places with poor reception (basement, elevator and the like).** In such instances, a mobile phone increases its transmission power. When there is poor reception, use a headset or the speakerphone instead!
- **Buy mobile phones with a very low SAR value and an external antenna connector, if possible!**

The Council of Europe

In 2011 The Parliamentary Assembly of the Council of Europe issued Resolution 1815: entitled "The Potential Dangers of Electromagnetic Fields and Their Effect on the Environment" which called on European governments to "take all reasonable measures" to reduce exposure to electromagnetic fields particularly for children and young people "who seem to be most at risk from head tumours."

This resolution emphasizes the application of the precautionary principle and the ALARA (As Low As Reasonably Achievable) principle to mitigate potential risks.

"For children in general, and particularly in schools and classrooms, give preference to wired Internet connections, and strictly regulate the use of mobile phones by school children on school premises."

Council of Europe Resolution 1815

Parliamentary Assembly of the Council of Europe issued Resolution 1815

Scientific Appeals on Wireless and EMF

Environmental Health Sciences

Environmental Health Sciences is a nonprofit, nonpartisan organization dedicated to driving science into public discussion and policy on environmental health issues, including climate change.

Environmental Health Sciences is a nonpartisan, 501(c)(3) nonprofit corporation based in Bozeman, Montana.

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