



Protect the ones you love.♥

AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS: **REDUCE CELL PHONE AND WIRELESS RADIATION**

- Do not hold the cell phone up to your head. Use speaker mode or hands free to limit radiation exposure to the brain.
- Avoid carrying your phone against the body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.
- Make only short or essential calls on cell phones.
- If you plan to watch a movie on your device, download it first, then switch to airplane mode while you watch in order to avoid unnecessary radiation exposure.
- Keep an eye on your signal strength (i.e. how many bars you have). The weaker your signal, the harder your phone has to work and the more radiation it gives off.
- Avoid making calls in cars, elevators, trains, and buses. The cell phone works harder (and emits more radiation) to get a signal through metal.
- Remember that cell phones are not toys or teething items.

from AAP's *HealthyChildren.org*

RESEARCH SHOWS:

Cell phone/Wi-Fi radiation can damage the developing **brain**, **sperm**, and **sleep**. Research indicates increased **cancer risk**, **headaches**, **hyperactivity**, and **memory problems** from cell phone radiation.

All wireless devices emit the same type of radiation as cell phones.

AT HOME:

Easily reduce wireless radiation at home. Get a **corded landline phone** and forward cell phones to it.

100% SAFETY = CORDED ETHERNET CONNECTIONS

Use **non-wireless corded connections** for printers, mouse, computers, laptops, tablets, video game systems, e-readers, routers, keyboards, headphones, speakers, and other accessories – **with all wireless functions off**.

More at **EHTrust.org** and
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Pre-download videos, programs & games onto tablet/phone/laptop so you can ensure Wi-Fi/Bluetooth/Cellular is off before handing device to child. Always keep digital devices OFF a child's lap.

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More at **EHTrust.org** and
healthychome.org





Protect Yourself.

CELL PHONES EXPOSE YOUR BODY TO RADIATION

Research links this
microwave radiation to:

- Damaged sperm
- Reduced sperm count
- Erectile dysfunction
- Memory problems
- Cancer

5G and 4G cell antennas will
increase your daily dose of
radiation. Not to mention, it will
also impact the birds, bees and
trees. Educate yourself on 5G.

All cell phones and wireless devices
have fine print warnings hidden
deep in manuals advising the device
not be in contact with the body.

More at [EHTrust.org](https://ehtrust.org) and
healthytechhome.org

DOCTORS' RECOMMENDATIONS

1. PROTECT YOUR BODY

Do not carry cell phones in your pockets or
bra. No laptops or tablets on your lap.

2. PROTECT YOUR BRAIN

Prefer a corded landline phone. Hold cell
phones away from the head and body by
using speakerphone.

3. PROTECT YOUR FERTILITY

No wireless devices near reproductive
organs or near a pregnant woman's
abdomen.

4. REDUCE WIRELESS

Turn off Wi-Fi and use cords to connect
routers, phones, computers and other
devices. Airplane Mode ON with Wi-Fi OFF
turns off wireless.

5. DO NOT SLEEP WITH YOUR CELL PHONE

Cell phones and Wi-Fi devices are radiating
even when not in use. Power off all devices
at night, and keep them out of the bedroom.



Protect Yourself.

CELL PHONES AND BREAST CANCER

Women are developing breast cancer in the exact same place they kept cell phones in their bras, according to an increasing number of medical reports.

Cell phones emit microwave radiation linked to brain cancer and damaged DNA.

Cell phone manuals contain fine print directing users to put some distance between the phone and the body.

Learn how to reduce your exposure. Do not carry your cell phone in your bra.

More at EHTrust.org and healthytechhome.org



DOCTORS' RECOMMENDATIONS

1. PROTECT YOUR BODY

Do not carry cell phones in your pockets or bra. No laptops or tablets on your lap.

2. PROTECT YOUR BRAIN

Prefer a corded landline phone. Hold cell phones away from the head and body by using speaker-phone.

3. PROTECT YOUR FERTILITY & YOUR PREGNANCY

No wireless devices near reproductive organs or near a pregnant woman's abdomen.

4. REDUCE WIRELESS

Turn off Wi-Fi and use cords to connect routers, phones, computers and other devices. Airplane Mode ON with Wi-Fi OFF turns off wireless.

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#PracticeSafeTech



BE SMART. REDUCE WIRELESS RADIATION.

- Don't sleep with your cell phone or wireless device.
- Prefer phoning in speaker mode or hands-free.
- Avoid carrying a phone near your body—like in pants, pockets or bra.
- Text with phone away from your body.
- Use a corded landline and minimize wireless.
- Switch to airplane mode in cars, elevators, trains, buses, planes. Your device pumps out more radiation in metal surroundings.
- Turn Airplane mode on with Wi-Fi/Bluetooth OFF under settings to eliminate radiation.
- Use laptops, tablets, and all electronic tech away from your body – NOT on your lap.
- Connect to the internet with wired cables & Wi-Fi settings OFF.
- Go corded for mouse, headphones, keyboard, router, speakers, printer, gaming, tv, microphone etc.
- Streaming large files like video and music results in higher radiation exposure.
- 5G and 4G cell antennas will increase your daily dose of radiation. Not to mention, it will also impact the birds, bees and trees. Educate yourself on 5G.

RESEARCH SHOWS:

Cell phone/W-Fi radiation can damage the **brain**, **sperm**, **your mood**, and **your sleep**, in addition to increasing cancer and **memory problems**.

MUSIC & VIDEOS:

Instead of streaming, download first, switch to airplane mode then click play **to avoid unnecessary radiation**.

100% SAFETY = CORDED CONNECTIONS

GET INVOLVED:

Your elected officials need to hear from you. Ask for **safe technology** and updated radiation limits that protect the public. You have a **right to know** that cell phones & wireless devices emit radiation.

More at **EHTrust.org** and **healthytechhome.org**

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Easy Wi-Fi ON/OFF Timer^{*}

Enables or disables Wi-Fi Access Point at the touch of a button



WHAT?

This switch enables Wi-Fi if needed
ONLY for instruction

HOW?

Simply turn ON switch for **SHORTEST**
length of time needed, light will
indicate time selected^{**}

WHEN?

TO BE USED BY TEACHER/STAFF ONLY
when *****Wi-Fi is needed*****

Remember: In order to successfully reduce RFR
exposure don't forget to disable the Wi-Fi on
individual devices as well!^{***}

THANK YOU FOR YOUR COOPERATION!

^{*} Easily connects in line with existing POE service to access points.

^{**} Switch allows for a Wireless Access Point to be powered on for specific periods of time (30, 60, 90, 120 minutes), and defaults to OFF setting when not in use. ^{***}This is an easy solution for classrooms and also residential dorm rooms to help students reduce exposure to RFR while they sleep. Students have permission to use timer in dorm rooms if Wi-Fi access point is present.

This switch helps to reduce RFR exposure from the Wi-Fi access point. It's important to also disable the Wi-Fi on individual wireless devices as well. *The safest, fastest and most energy efficient way to connect is always via ethernet - not Wi-Fi!*



Improving Sustainability On College Campuses

In addition to efficient lighting, heating, cooling and air exchange improvements, college campuses are instituting best practices when it comes to internet accessibility using strategies that reduce both energy and environmental impacts.

Streaming Content is Energy Intensive

For an individual to stream video content, it has to travel through a complex network – i.e. cables, routers, data centres etc. – that runs on vast sums of electricity. This electricity in turn generates carbon dioxide – which can leave a devastating impact on the environment.

The advent of zoom and hybrid classes and video consumption by young adults overall has unintended implications for energy consumption.

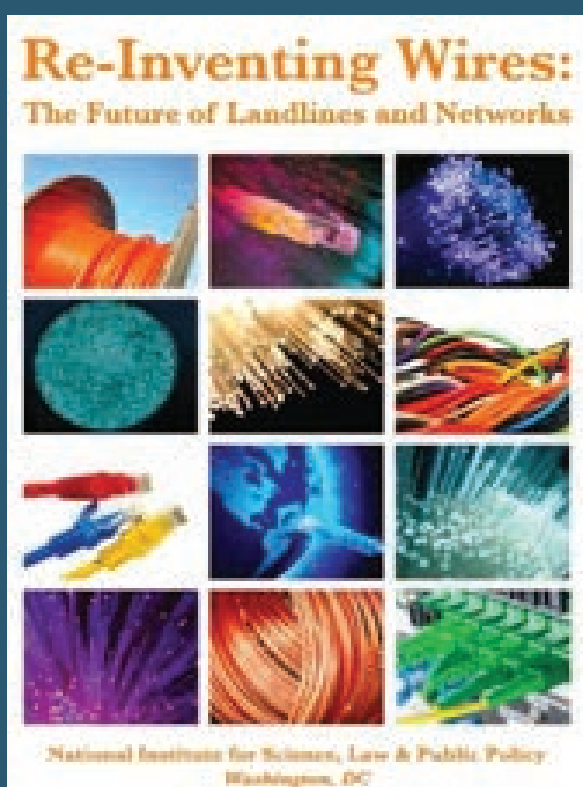
A recent analysis showed that if 64 million people stream Season 3 of Stranger Things the energy use is equivalent to driving 420, 977,778 miles and emitting 189,440,000 KG of Co2

...but it can be done more energy efficiently...

For instance, TV shows, movies or educational content from the internet can be downloaded when you're connected on a wired connection (the fastest way) or via wi-fi, and watched later without using any cellular data or internet connection.



The report: “***Re-Inventing Wires: The Future of Landlines and Networks***,” reveals:



“Internet energy consumption is growing at an unsustainable rate, with the biggest culprits being data centers and (most significantly) wireless access networks.

The main energy culprit is wireless video. A wired connection (copper, DSL, cable, fiber) is the most energy efficient method to access the network. ***Access through WiFi increases the energy use.***

However, if wireless access is made through a cellular network tower, energy use soars. Wireless traffic through 3G uses 15 times more energy than WiFi, while 4G consumes 23 times more...”

Colleges Campuses should rely on Fiber to the Premises (FTTP) and can take advantage of new cabling standards such as Single-Pair-Ethernet with Power-Over-Ethernet (SPE/POE or PoDL) that allow portables (phones and tablets) to operate in a wired mode and charge their battery at the same time.

Automated Solutions

Some College facilities use more energy than others but can take advantage of ***automated technology*** to reduce energy consumption. For example, ***utilizing appliance timers*** and automated ***power strips*** for all appliances can reduce energy use during off peak times and cut down on phantom energy use overnight in all campus spaces. There are also ***patented techniques*** that can reduce energy use and environmental contaminants from wireless access appliances.