

I am a 50 year old married professional and Mom. I have a BS in Chemical Engineering, an MS in Information Systems and worked in Tech Support for scientific software companies in the San Francisco Bay area for over 20 years. I started having problems with wireless technologies in 2011. This was about a week after a T-Mobile Cell Tower went live right across the street from my house. Prior to this, I used wireless technologies all the time without any problems. I carried a Blackberry for my job and had Wifi in my house and at the office. It started with what felt like sinus headaches whenever I was at home. Normally, I did not get headaches unless I was sick. It had previously been a very rare occurrence. After leaving my house for an hour or two, the headache went away. I also started having problems sleeping at night. Noticing the pattern, I started to wonder if it was the cell tower causing the problems. After doing significant research online, I found many other people who had also experienced these problems after a cell tower was built close to them. Over the course of a month or two, the problems got much worse. I developed Tinnitus (ringing in my ears), hearing sensitivity, and the feeling of electric currents going through my head, in addition to worsening headaches and insomnia. I learned from others in my neighborhood that I was not the only one having these new problems.

I also started having problems whenever I used a cell phone and if I was close to a wireless router for about 30 min or more. I spent thousands of dollars and tried everything I could to try and solve these problems. I purchased an EMF meter. I turned off our Wi-fi and had our Smart Meter removed. I removed anything wireless from our house. I had special window tints put on all our windows to block the radiation from the cell tower. I purchased a Faraday canopy to sleep under at night and for the first time I was able to get a good night sleep again. I purchased a silver-laced scarf and wore it around my head whenever I was home, which helped with the headaches. I tried to stay in the back of my house as much as possible to be farther away from the cell tower, and tried to leave the house whenever I could. Unfortunately, this was not enough and my husband and I decided we need to move. It had been the worst year of my life.

It was not easy to find a home away from a cell tower and keep our kids in the same school district. After about a year, we finally found a new home, which is where we have lived for the last 14 years. At least one other family who used to live close to us also moved because of health issues from the same cell tower. Another person I know got cancer less than 2 years after living close to the same cell tower and eventually moved. We later found out our next door neighbor died of cancer as well within a few years of living next to the same cell tower.

Unfortunately, my life has never been the same, and I have been living with EMF sensitivity ever since. It has caused significant problems at my job. At first, I was fine as long as I wasn't close to a wireless router for a long period of time. I would look for all the wireless routers on the ceiling in a meeting room and always try to sit as far away as I could. Then one day, our IT Dept upgraded the wireless in our office and I started getting terrible headaches and couldn't work. I went to HR and told them about my problem. Thankfully, they were very

accommodating and turned the wireless router close to me off. My headache went away and I was able to work again. Several years went by and my company moved locations and downsized to a much smaller office. There was no place I could sit that was far enough away from the wireless routers without getting a headache and I could not work. After discussions with management, my company agreed to let me work from home full-time, which I did for many years without any issues.

We have made several modifications to our current home so that I could live and work without EMF sensitivity problems. We hired an EMF consultant and have removed all sources of wireless radiation from our current home. I do not use a cell phone in my home and only for very short periods of time when I am away. We do not use wifi; our home is wired. We had our smart meter removed. We make sure we do not buy any SMART devices/appliances as they always seem to emit wireless frequencies. I continue to try many of the latest devices which make claims to help those with EMF sensitivity. While I do find some of them helpful, there hasn't been anything I've tried which completely takes away the EMF sensitivity. It seems this is something I will have to live with the rest of my life.

My son (now 20 years old) also suffered from EMFs in the past, although not nearly as much as me. When he was in 4th grade, he started getting headaches shortly after the wireless was upgraded at his school and they continued to get worse and worse, until he finally told me about it 1-2 months later. He told me the headaches would start after sitting in the classroom for an hour or two, and would go away about 10 minutes later after he left the classroom. He had never complained about a headache before and never got headaches outside the classroom. He told me it was so bad that he had been going to the bathroom extra just to get away from it. He was not able to concentrate. After visiting the classroom with my EMF meter and seeing that my son sat very close to the newly upgraded router, and talking to the principal and teacher, he was moved to a location further away in the classroom. He did not have any more headaches after the move. For him, it was simply a matter of not sitting directly under the wireless router on the ceiling. Fortunately, he has not had any problems since.

While I don't know what the ultimate solution looks like, I would like to ask our government agencies do the following at a minimum:

- Update the safe exposure limits. The current limits are very out of date and don't take into account long term exposure. Many scientists and other countries have already done this.
- Establish regulations so that cell towers are not allowed close to homes or schools.
- Establish regulations for work and school so that wireless routers are not close to where people sit.
- Recognize that EMF sensitivity is real, and provide help and support for those who are dealing with this. Having EMF free locations would be very helpful.

-Study the link between those with Tick-borne disease and EMF sensitivity. I got Lyme Disease in 2000, and even though I was treated, it does not appear to have completely resolved. There seems to be a strong correlation between those with Lyme Disease and those with EMF sensitivity.

Thank you for providing an opportunity to be heard. I hope appropriate actions can be taken as a result.