TIPS TO REDUCE YOUR WIRELESS RADIATION EXPOSURE

WHERE & WHEN

Keep a distance. Avoid holding your cell phone or cordless phone near your head or body during phone calls. Don't carry your cell phone in your pocket, in your bra, or close to your body when it is powered on. Especially keep the phone away from your head and reproductive organs. Use speakerphone, text, or wired headset. Avoid talking longer than necessary.

Wait for a good signal. When the signal is poor, your wireless devices emit more radiation so avoid use when surrounded by metal such as in an elevator, or while travelling in automobiles, buses, trains or aircraft.

Reduce secondhand exposure. Reduce the time you spend in locations where many people are using cell phones in close proximity to each another, especially on public transit.

Turn off wireless devices at bedtime. Turn off your cell phone, Wi-Fi router, and other wireless devices at bedtime and at other times when not in use.

WHO & HOW

Minimize children's use & exposure to wireless radiation. Children's health risks are greater so limit their use of cell phones and other wireless devices. Turn off Wi-Fi and cellular on devices used by kids. Teach children to use wireless technology safely.

Pregnancy & fertility. If you are pregnant or planning for a baby be especially careful as wireless radiation exposure is linked to reproductive health effects and also to sperm damage. Do not use a wireless tablet or laptop in your lap.

Use airplane mode. Turn off cell phones and other wireless devices when not in use or switch to Airplane Mode. Turn off Wi-Fi and Bluetooth when not in use.

Use wired connections. Use a wired, land line phone whenever possible. Forward cell phone calls to your land line and check on them when you get home. Use wired Internet connections.

TAKE ACTION

Electromagnetic hypersensitivity. If you think you are developing allergic symptoms from wireless radiation exposure, keep a log of your exposures and your symptoms. Then reduce your exposures for two weeks, and see if your symptoms are reduced. Discuss the results with your healthcare provider.

Governmental action is essential. Send the *International EMF Scientist Appeal* (**EMFscientist.org**) to your elected representatives. Ask them to adopt policies to make wireless technology safer. Encourage them to fund education and research through a modest fee on mobile device subscriptions (e.g. a nickel a month). Work with others to get schools to remove Wi-Fi and provide students with Internet access via wired networks.

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Electromagnetic Radiation Safety
Website: http://www.saferemr.com
Facebook: http://www.facebook.com/SaferEMR
News Releases: http://pressroom.prlog.org/jmm716/
Twitter: @berkeleyprc

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Are you experiencing **SYMPTOMS** of **EXPOSURE** to radiation?

Brain

- Headaches
- Dizziness
- Nausea
- Difficulty concentrating
- Depression
- Anxiety
- Memory loss
- Insomnia
- Fatigue
- Tremors
- Muscle spasms
- Tingling
- Altered reflexes
- Muscle & joint pain
- Leg/foot pain

Others

- Digestive problems
- Abdominal pain
- Enlarged thyroid
- Dehyciration
- Immune abnormalities
- Altered sugar metabolisms
- Redistribution of mentals within the body
- Hair loss



Eyes

- Pressure in/behind the eyes
- Deteriorating visions
- Cataracts

Heart

- Palpilations
- Arrhythmia
- Chest pain or pressure
- Low/high blood pressure

Respiratory

- Sinusitis
- Bronchitis
- Asthma
- Pneumonia

Skin

- Skin rash
- Itching
- Burning
- Facial flushing

US Naval Medical Research Institute (1972 Declassified)

THE ILLNESS
Electrohypersenstivity (EHS)

EHS refers to a physiological response to electromagnetic (EM) pollution at levels well below existing guidelines. It dates back to 1910 with switchboard operators when it was called **neurasthenia**. In the 1940s, radar workers complained of **microwave illness**, which is another term for EHS. The WHO refers to it as **idiopathic environmental intolerance** associated with electromagnetic exposure. Between 5% and 35% of the population may be adversely affected.

Symptoms include some combination of the following:



Difficulty sleeping
Chronic fatigue
Chronic pain
Headaches (migraines)
Difficulty concentrating
Poor short-term memory
Anxiety
Depression
Irritability
Tinnitus (ringing in the ear)
Noise bleeds
Frequency nightly urination
Bedwetting (children)
Rapid or irregular heart rate (sudden onset)
Elevated blood sugar (diabetics)
Dizziness and/or nausea
Skin problems
Loss of consciousness
Cancer and reproductive problems

THE CAUSE
Electromagnetic Radiation (EMR)

EHS often occurs with multiple chemical sensitivity (MCS) and tends to occur among people who have had any of the:

1. **Physical trauma** to brain or CNS [whiplash, conconsusion, etc.]
2. **Chemical exposure** [pesticides, mercury, lead or other neurotoxins]
3. **Electromagnetic exposure** [multiple shocks, electrocution, excessive exposure to electro-smog]
4. **Biological pathogens** [lyme disease or other pathogenic infections, includng excessive use of anitbiotics]
5. **Impaired immune system** [young & elderly, lupus]



Electromagnetic pollution is produced by:

1. Electricity in the form of extremely low frequency electric & magneic fields (**ELF EMF**)–power lines, electric appliances
2. Intermediate frequencies (IF) or **dirty electricity** produced by computers, TVs, energy efficient lights bulbs, dimmer switches, solar power, smart meters
3. **Radiofrequency** and **microwave** radiation generated by our wireless technology, mobile phones, WiFi, radio, TV, smart meters, smart appliances, etc.

THE SOLUTION
Electromagnetic Hygiene (EMH)

Electromagnetic Hygiene (EMH) refers to creating an electromagnetically "clean" environment–in other words–keeping the levels of electromagnetic exposure as low as possible. For people who are sensitive to this type of pollution, practicing electromagnetic hygiene is necessary to initiate their recovery. For those who are not sensitive, reducing exposure to potentially harmful frequencies is a good preventative measure to maintain good health.

Steps to take to reduce electrosmog:

1. Minimize use of wireless technology by replacing wireless technology with wired connections (i.e. replace Wi-Fi with ethernet, replace mobile phone with corded phone)
2. Turn wireless technology off (airplane mode) when not needed and especially at night while sleeping.
3. Increase your distance from electric/ electronic equipment (i.e. don't place cell phone in pocket or bra and don't hold up to your head.
4. See EMH FACT sheet for more tips.

www.saferemf.com
www.ehtrust.org
www.emfscientist.org
www.magdahavas.com

Prepared by Magda Havas 2018; available in English, French, Spanish, Italian, Germany and Hungarian

Pima County
5G Awareness Coalition

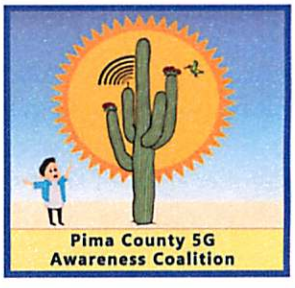
Our mission is to inform and educate people about the significant impact on citizens and local government agencies from nation-wide plans to accelerate 5th Generation wireless deployment and to overcome barriers. FCC rulings and a 2017 Arizona law prohibits Pima County and the municipalities within its jurisdiction from properly administering planning and zoning authorities.

Revenue losses to local government may affect funding for valued public services, preemption over local planning and zoning authorities, and increased antenna densification that can affect our health and safety, are among the many concerns that need to be addressed to reduce risk and identify safer solutions.

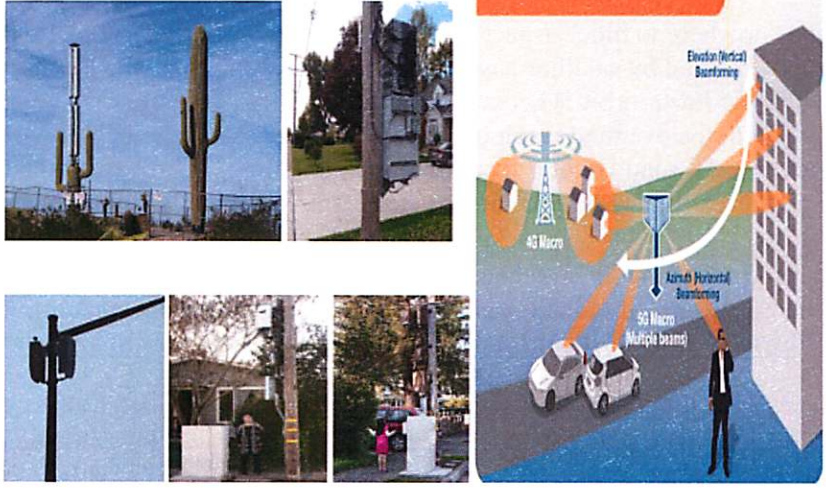
Contact us at PC5GAC@gmail.com

SIGN OUR LOCAL PETITION!
**We can email the petition to you for your review. If you would like to sign it, please send us a message authorizing us to add your name.
This petition can be signed by people who live or work in Pima County or any of the towns in the county.

JOIN US ON FACEBOOK!
** Enter PimaCounty5GAwarenessCoalition in the search bar.



4G and 5G antennas



Statement from the International EMF Scientist Appeal, signed by 247 concerned scientists as of January 1, 2019: "Scientific basis for our common concerns: Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans. Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life." www.emfscientist.org

STATEMENT BY DR RONALD R. KOSTOFF, PhD, Biophysics, former U.S. Government scientist: **"Why is Spectrum Frontiers 5G so especially outrageous to the public?** It would greatly extend FCC's current policy of the MANDATORY IRRADIATION OF THE PUBLIC without adequate prior study of the potential health impact and assurance of safety.

It would **IRRADIATE EVERYONE**, including the most vulnerable to harm from radiofrequency radiation: pregnant women, unborn children, young children, teenagers, men of reproductive age, the elderly the disabled, and the chronically ill.

It would likely rely on the 1996 Telecommunications Act to continue to deny state and local governments and municipalities the right to bar the installation of wireless technology on environmental/health grounds, perhaps the greatest offense to local rule of all time. The FCC's proposed move to 5G would offer no further study of safety, even though the new study by the National Toxicology Program at NIH has already found those same FCC guidelines unprotective.

It would set a goal of irradiating all environments, including the insides of homes, whether single family homes, townhouses, or apartments, ending any remnant of the notion that "your home is your castle" in which you are supposed to be safe and have a measure of control of your environment. Specifically, the proposed 5G technology would blast through walls and cribs just as the current wireless technologies do. The result would be to drive even more people out of their homes than are already being displaced by the current wireless technologies. It would force cell antennas onto residential streets, bringing the threat even more up close and personal to the public. **I urge you to oppose development of Spectrum Frontiers 5G."** http://nebula.wsimg.com/cd1ae35ac217f717d9ef624c8c34ca91

Statement by Robert F. Kennedy Jr.: The Dangers of 5G to Children's Health

"Unfortunately, the "nowhere to hide" aspects of 5G are even more serious, because ground-based 5G systems will be supplemented by satellite-based systems. In March, 2018, the FCC approved the initial launch of over 4,400 low-Earth-orbit 5G communication satellites, to be followed by thousands more over the next two years—with the eventual result being 11 times more satellites orbiting the Earth than currently. The satellites will send "tightly focused beams of intense microwave radiation at each specific 5G device that is on the Earth," while each device then sends "a beam of radiation back to the satellite."

In practical terms, this means that in crowded locations such as airports, individuals' bodies "will be penetrated by numerous beams of radiation as they walk or as other people walk around them with their 5G smartphones." **https://childrenshealthdefense.org/news/the-dangers-of-5g-to-childrens-health/**

For more information: www.AllianceForResponsibleTechnology.org; https://emsafetyalliance.org; www.EHTrust.org; www.saferemr.com; www.drmagdahavas.org; www.jolietalks.com; www.mdsafetech.org; Safe Living Technologies: www.slt.org, Windheim EMF Solutions: www.windheimemfsolutions.org; Microwave News: www.microwavenews.com

EMFscientist.org

International EMF Scientist Appeal calls for greater health protection

In May 2015, 190 scientists submitted the International EMF Scientist Appeal addressed to the top leaders at the **United Nations, the World Health Organization, and the UN Environment Program.** The Appeal **urgently calls for greater health protection,** in the midst of what has become an historic, global phenomenon -- the rapid expansion and proliferation of wireless communications and electrical technologies. The possible impact of deployment of these technologies on human health has not yet been thoroughly studied. **As of January 1, 2019, 247 scientists have signed the Appeal.**

These scientists have published over 2,000 research papers on electromagnetic fields (EMF) and biology or health. that Their concern is based on the vast number of studies that reported biological and adverse health effects of non-ionizing EMF far below the current exposure guidelines set by the FCC and other international EMF-exposure guideline setting organizations. Their concerns mainly include **radiofrequency radiation (RFR)** emitting devices, such as cellular and cordless phones, cell towers, Wi-Fi, radio and TV broadcast antennas, radars, smart meters, and baby monitors as well as **extremely-low frequency electromagnetic field (ELF EMF) emitted by** electric devices and infrastructures used in the delivery of electricity

The **scientific basis for their collective concern is** "numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, growth rate, and negative impacts on general well-being in humans."

These scientists make the following recommendations: protection of children and pregnant women; strengthened guidelines and regulatory standards; development of safer technology; utilities maintain adequate power quality and ensure proper electrical wiring; public "right to know" campaigns; medical education and training; establishment of independent, sustained government research programs; media disclosure of EMF expert's financial ties to industry; and designation of white zones (radiation free areas).

Ronald Melnick, Ph.D., (Retired Senior Toxicologist, former leader of the NTP's health effects studies of cell phone radio frequency radiation, National Toxicology Program, National Institute of Environmental Health Sciences, USA), and an advisor to the Appeal, states:

"I find it appalling that mobile phone emission standards do not adjust for children when it is well established that the absorption of radiofrequency radiation by the brain is greater in children than in adults, the developing brain is highly susceptible to tissue damaging agents, and the use of wireless devices is being actively marketed to children. At a minimum, regulatory agencies need to make strong recommendations for consumers to take precautionary measures and avoid close contact with their mobile phones."

For the complete Appeal, go to www.EMFScientist.org; For more information **contact: Joel Moskowitz Ph.D.,(jmm@berkeley.edu) or Elizabeth Kelley (info@emfscientist.org).**