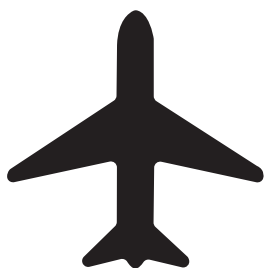


# Ways to **REDUCE** Cell Phone Radiation

Here are some examples of recommendations made by the American Academy of Pediatrics, the Vienna Medical Association, and the Cyprus Medical Association.

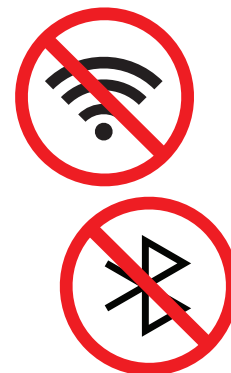


## AIRPLANE MODE

Learn how to set your phone to Airplane Mode with antennas OFF. Airplane Mode turns off most of the wireless antennas.

## ANTENNAS OFF

Also be sure the Wi-Fi, Bluetooth, and Mobile Data antennas are OFF in the phone settings. Even with antennas off, you still can play music, take photos, and make videos.



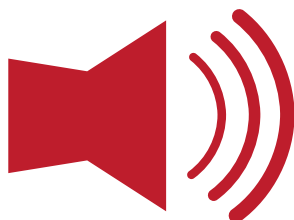
## AVOID MAKING CALLS IN CARS

The cell phone works harder to get a signal through metal, so the radiation is stronger.



## TEXT INSTEAD OF TALK

Remember to hold the phone away from your body. Pics and video increase radiation.

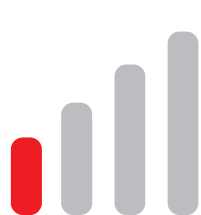


## SPEAKERPHONE

Keep the phone away from your brain by using speakerphone.

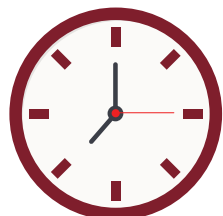
## DO NOT SLEEP WITH YOUR PHONE

Use a battery-powered alarm clock, and power off the phone.



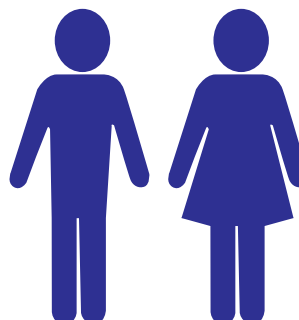
## BEWARE THE LOW SIGNAL

The weaker your signal strength, the stronger the radiation from your phone.



## REDUCE TIME

Reduce the time you spend on cell phone and wireless overall. Choose safer tech.



## DISTANCE IS YOUR FRIEND

Phones should not be in your pocket, bra, or touching your body.