

Using Safer Technology ~ Citizens for 5G Awareness

1. **Distance is your friend:** Microwave radiation from all wireless devices greatly decreases with distance. Always keep wireless devices off your body.

2. **Use airplane mode:** Switch wireless devices to airplane mode to avoid radiation. Check phone from time to time to avoid missing important messages. Airplane mode saves battery life and the phone can still be used for other functions such as camera/video/alarm clock.

3. **Smaller bodies absorb more radiation:** Keep little ones away from wireless devices that are not in airplane mode. Set Wi-Fi and Bluetooth to off as well.

4. **Air Tube headsets are best:** Sound travels through the air tube rather than a wire, exposing you to less radiation. Use speaker or text. Never use Bluetooth.

5. **Opt-out of Smart Meters:** Smart Meters emit pulsed radio-frequency microwave radiation into your home and your body. Call your utilities to opt-out.

6. **Shut down at night:** There is no need to expose our bodies to microwave radiation from Wi-Fi or any wireless devices when we sleep. Shut down the Wi-Fi and all devices at night and when not in use. You will save energy too!

7. **Use hard-wired connections:** A network that provides access to the Internet by being hard wired to the provider is safer and more secure. Use a wired computer printer, keyboard and mouse. Turn off the Wi-Fi on your router and computer. See this helpful link: <http://www.sacsmartmeters.org/how-to-turn-off-your-wifi/>

8. **Use a landline home phone:** Cordless ones emit as much radiation as cellphones. The handset and the phone base both emit constant pulsed RF microwave radiation.

9. **Use wired video games:** When children hold wireless controllers close to their bodies, they absorb radiation. Use only games with wired controllers and consoles.

10. **Read the fine print:** Printers, computers and wireless routers instruct that the distance between the device and the body be no less than 20cm. Read the fine print and keep your distance or you may exceed the FCC limits for radiation exposure.

**Simple ways to
protect you and
your family now.**

<https://citizensfor5gawareness.org/>