

Radiofrequency (RF) Radiation Reduction

RRR 'How to' Guide

1. Mobile phones: Ideally, use **mobile phones for emergencies only**. Store them in 'airplane' or 'flight' mode (with all wireless services disabled) and switched off. They can also be used to connect to the internet via wired Ethernet adaptors whilst in airplane mode. **If you feel you must use them wirelessly then use speakerphone or an air tube headset.**

2. Wireless internet: Swap your **wireless internet for a hardwired system by using wired Ethernet connections** (adaptors are available for tablets also). Disable all wireless services on your router *as well as* your devices. You can reduce emissions from computers by disabling the wireless card in the device manager, by using airplane/flight mode, or by turning off wireless services (e.g. Wi-Fi and Bluetooth) in network settings. 

3. Landline phones: Swap your **cordless landline for a corded speakerphone**. If you must have wireless capability, get an ECO DECT phone with a good quality speakerphone, so that it can be used away from your brain, and always use ECO mode. 

4. Smart meters: Request a **hardwired (non-RFR emitting) meter** to ensure you and your neighbours are not subject to additional wireless radiation. 

5. Other sources in the home: Household exposures may come e.g. from wireless: baby monitors and security systems, headphones / earphones, smart speakers and virtual assistants, smart TVs, TV boxes, and sticks, media players and printers, games consoles and controllers, and smart watches and fitness monitors – among various other 'smart' appliances, IoT devices, and wearables. **In most cases there are hardwired alternatives which can be used instead**, or flight modes which disable emissions when desired. 

6. Sources outside the home: Emissions from publicly placed antennas and neighbours' homes might be possible to shield against, but expert advice and **metering is recommended** to best help reduce exposures.

7. Help each other: Improving **awareness and education** in your community can help to reduce exposure for everyone via simple measures such as disabling all emissions overnight. RF radiation was classified in 2011 as a Group 2B possible human carcinogen and evidence of toxicity since then has grown, so we hope you all support each other for a better night's sleep



OTHER INDEPENDENT SCIENTIFIC RESOURCES

ehtrust.org
mdsafetech.org
orsaa.org
phiremedical.org
wirelessriskassessment.org



RF Radiation Reduction Extra Info

Why reduce exposure?

RF radiation is associated with a variety of biological effects. At a cellular level, oxidative stress has been shown to take place below 'international guideline safety levels', and downstream risks include **cancer, neurological disease, and reproductive impairment** (5G Appeal, 2017).



Who is most vulnerable?

Children are more vulnerable than adults (Morgan et al. 2014), as are the elderly, pregnant, infirm and hypersensitive.



What about wildlife?

All life is susceptible to RF biological damage, including microbes, plant life, animals and indeed ecosystems. Effects of high frequencies on insects is of particular concern (e.g. 5G) (Balmori, A., 2014).



How do we 'hardwire'?

Use an Ethernet cable

To connect your computer to your router. Make sure you disable all radiofrequency emissions from both devices after doing this. You might want to use a radio-frequency radiation meter to check you have achieved this, as it can be hard to be sure otherwise.



RF meters vary in terms of sensitivity and frequencies measured: check with the vendor it is suitable for your use.

Hardwire your phone or tablet

You can use the internet on some phones via an Ethernet adapter. Make sure you then put it in flight mode and disable all RF emissions such as Bluetooth, GPS, Wi-Fi, 3G, 4G, 5G. You can still receive calls/texts in this mode via internet phone apps such as Skype, Whatsapp, or Facebook calling 😊



Lower RF choices

Speaker phones

Enable you to remain mobile whilst speaking, and without RF emissions close to your head.



Air tube headsets

Allow you to keep devices away from your body, which can significantly lower the intensity of radiation that you're exposed to. Remember to keep the device as far as possible from your body to ensure that exposure is minimised.



The golden rule with wireless emissions: distance is your friend.

Flight (airplane) mode

Use this as much as possible, and remember to ensure that individual wireless functions/services are also disabled.



Consider joining us (free) at **Physicians' Health Initiative for Radiation and Environment (PHIRE): PHIREmedical.org**

