



Reducing EMF Exposure / Bulleted List

This handout serves as a supplement to the material “Reducing EMF Exposure / Detailed List” and “EMF References”. This information should be perceived as educational vs absolute as much more detail regarding background and supporting material can be found in the other material.

- Life
 - Reduce wireless anything
 - Reduce “smart” anything
 - Reduce exposure to high tech gadgets and environments
 - Reduce use of electrical items and unplug when not using
 - Be aware of areas of high tech use (i.e. airports, malls, schools)
 - Be aware of high electrical areas (i.e. big box stores, power lines)
 - Be outside and practice Earthing/Grounding as often as possible
- General considerations
 - Distance
 - Time
 - Frequency
 - Amount
 - Susceptibility
 - Sensations
 - Necessity
 - Perspective
- Home
 - Move wi-fi router as far from living area as able to still get signal
 - Do not hang out near / reduce exposure to:
 - Wi-fi router
 - Circuit panels (i.e. directly above it if in basement)
 - Appliances with high wireless use:
 - Smart televisions
 - Security systems
 - “Smart” refrigerators
 - Video baby monitors
 - Appliances with high electric use:
 - Stereo receivers
 - Televisions
 - Microwaves
 - Cordless telephones
 - Hair dryers
 - Irons
 - Electric toothbrushes and shavers
 - Refrigerators
 - Fluorescent lights, CFL bulbs, dimmer light switches
 - Alexa and other home “smart” units
- Smart/cellular “phone” (would be better considered a smart device vs phone)
 - Use Airplane/Safety mode as often as possible
 - Do not use talk on the phone with it next to your ear
 - Do not carry it or rest it on your person or near your body
 - Use it sparingly

- Turn off whenever possible
- Reduce using when traveling in car, bus or train
- Connect with USB in car vs using Bluetooth
- Do not charge it near you, especially overnight
- Do not use it while it is charging
 - Except when using in car
- Use it while it is on a table, counter, etc. instead of holding it
- Use blue light reducing/blocking glasses
- Do not use it when not good service (wi-fi or 5G)
- Turn it off, to Airplane/Safety mode, or leave at home when going outside:
 - For exercise (i.e. cycling, running, hiking, etc.)
 - For a walk/walk the dog
- Give it space when:
 - Turning it on
 - Connecting
 - Streaming
 - Downloading
 - Looking for a signal
- Bluetooth
 - Don't, or use sparingly
- Smartwatch
 - Don't, or use sparingly
 - Airplane/Safety mode
- Computer / laptop
 - Hardwire with ethernet cable
 - Turn off wi-fi as much as possible (if unable to hardwire)
 - Use corded keyboard and mouse (vs wireless or the laptop keyboard and mouse)
 - Use blue light reducing/blocking glasses at all times
- Sleeping
 - Turn off wi-fi router
 - Turn off electricity to bedroom
 - Phone not in the room or as far as possible
 - Use an analog battery-operated alarm clock vs digital
 - Consider other sources of "white noise" than those produced by wi-fi
 - If electrical, keep them six feet from you
 - Consider using Grounding sheets or pad connected directly into ground
- Environments
 - Be aware of those with high amounts of wireless and EMF influence
 - Wi-fi, security systems, video monitoring, security scanners, fluorescent lighting
 - Airports, malls, large stores, schools, venues with lots of electronics
- Children and babies
 - Consider anything they are exposed to that requires wi-fi or 5G
 - Limit as much as possible
 - Start as late in their lives as possible
 - Teach them to use tech safely (see "General considerations" above)
 - Change video baby monitors to audio