



# Is wireless radiation making you sick?

## ***Health effects from wireless exposure include:***

- heart arrhythmia
- nausea, vomiting
- dizziness or fainting
- seizures
- stroke
- migraines, headaches
- ringing in the ears
- sleep problems
- heart, eye, or ear pain
- brain fog, memory loss
- ear or nose bleeding
- chest pressure
- flu-like symptoms
- cognitive problems
- mood disorders
- agitation, shakiness
- abnormal fatigue
- autoimmune disorders
- worsened health
- electromagnetic sensitivity

## **Reduce your exposure. Wire your connections.**

Use a corded landline for telephone service.

Use ethernet cable and non-wireless modems for internet.

Only use wired baby monitors.

Disable wireless functions on computer, laptop, printer, modems, and electronics.

Opt-out of "Smart" wireless meters and request analogue, non-digital meters.

Keep electronics out of your bedroom and ideally, turned off at night.

Keep wireless devices away from children.

## ***Create a safer, cleaner environment for you and your loved ones.***

### **For research, information, and safety tips:**

Physicians for Safe Technology [www.mdsafetech.org](http://www.mdsafetech.org)

Environmental Health Trust [www.ehtrust.org](http://www.ehtrust.org)

Smart Meter Harm [www.smartmeterharm.org](http://www.smartmeterharm.org)

Stop Smart Meters (UK) [www.stopsmartmeters.org.uk](http://www.stopsmartmeters.org.uk)

<https://rfinfo.co.uk/inform/>    <https://www.mothersforsafetech.co.uk/>

See also a short film **Remembering Nearfield**, Film on Electromagnetic Radiation ([ehtrust.org](http://ehtrust.org))

