



# EWG's Guide to **SAFER CELL PHONE USE**

**Follow These Steps**  
to Help Protect Yourself  
Against Cell Phone Radiation

## **YOUR HEALTH MATTERS**

At least six countries have issued warnings to consumers to reduce cellphone radiation exposures, especially for children.

## **SO MANY LIKELY RISKS**

More research is needed, but we can't ignore the studies out there that suggest that caution is warranted.

## **IT'S A FACT**

We do know that young children's brains absorb twice as much cellphone radiation as those of adults.



## **1. USE A HEADSET OR SPEAKER**

Headsets emit much less radiation than phones. Choose either wired or wireless. Experts are split on which version is safer. Some wireless headsets emit continuous, low-level radiation, so take yours off your ear when you're not on a call. Using your phone in speaker mode also reduces radiation to the head.

## **2. HOLD PHONE AWAY FROM YOUR BODY**

Hold the phone away from your ear and your body when you are talking. If you are using a headset, don't put the phone in your pocket or clip it to your belt—put it in your bag, purse or on a nearby surface. The amount of radiation absorbed by your head and body decreases dramatically with even a small distance.

## **3. TEXT MORE, TALK LESS**

Phones emit less radiation when sending texts than during voice communications. Texting keeps radiation away from your head.

## **4. CALL WHEN THE SIGNAL IS STRONG**

Fewer signal bars mean the phone must work harder to broadcast its signal to the cell tower. As much as possible, make and take calls when your phone has a strong signal. Research shows that radiation exposure increases dramatically when cellphone signals are weak.

## **5. LIMIT CHILDREN'S PHONE USE**

Young children's brains can absorb twice as much cellphone radiation as those of adults. EWG joins health agencies in at least six countries in recommending limits for children's phone use, such as for emergencies only.

## **6. SKIP THE 'RADIATION SHIELD'**

Radiation shields such as antenna caps and keypad covers reduce the connection quality and force the phone to transmit with greater energy, generating more radiation.

For More Tips Visit  
[EWG.ORG/CELLPHONE-RADIATION](http://EWG.ORG/CELLPHONE-RADIATION)