

# EWG'S 2013 TIPS FOR SMART CELL PHONE USE

[ewg.org/cellphone-radiation](http://ewg.org/cellphone-radiation)

**Your health matters too:** At least six countries have issued warnings to consumers to reduce cell phone 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 cell phone radiation as those of adults.

Follow these five steps to help protect yourself against cell phone radiation:



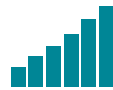
## Use a headset or speaker

Choose either wired or wireless. If you go wireless make sure to take your headset out of your ear when you're not on a call. Use your phone in speaker mode.



## When in use, hold the phone away from your body

Why? The amount of radiation absorbed by your head and body decreases dramatically with even a small distance. Don't put the phone in your pocket or clip it to your belt, even when using your headset.



## Call when the signal is strong

Fewer signal bars mean the phone must try harder to broadcast its signal. Research shows that radiation exposure increases dramatically when cell phone signals are weak.



## Don't store your phone in your pocket (or under your pillow)

When a phone is on and not in use, it still sends out an intermittent signal to connect with nearby cell phone towers, which means radiation exposure is still happening.



## Text more, talk less

Phones emit less radiation when sending text rather than voice communication.