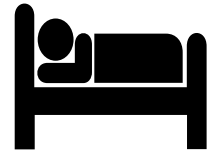


# WHAT CAN YOU DO RIGHT NOW?

- **Make a safe sleep environment for your body to "reset"**



- **unplug wifi routers** while you sleep!
- **keep cell phone away** from you (get a battery-operated alarm)
- **turn off wifi/bluetooth-enabled devices** or put them in "airplane mode" (turn off the wifi, bluetooth, and cell data)
  - Hardwire these devices if you need to stay connected (directions available on our website)
  - On Apple devices, toggling wifi/bluetooth to "standby" does not turn it "off"

- **Protect children, pregnant women, & small pets**



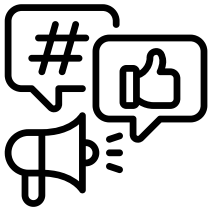
- **Minimize time near cell towers/antennas**, wifi routers, and wifi/bluetooth-enabled devices
  - this includes cell/smart phones (unless you put them on airplane mode) and computers (unless you hard-wire them via ethernet cables – yes, it IS possible and relatively easy!)

- **Support policy changes**

- Join in our efforts to make policies that prioritize public health (e.g., prohibit cell towers near schools, give municipalities local control over where towers/antennas are placed)
- Start by **signing our petition** calling on our local, state and federal officials to implement policies that protect the public from wireless radiation  
<https://ghc4safetech.com/>



- **Spread awareness**



- **Connect us with your local organizations** (e.g., PTO, School Board, Municipal Government, Senior Center) and tell them that you'd like us to give a presentation
- **Counter the stigma** against challenging wireless technologies
- **Share this information as widely as you can!**

