For 5G and pre-5Gs. Health Canada's Safety Code 6 is not protective of our health or the environment and needs to be revised.

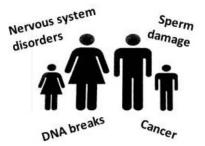
Modified from the Urgent Appeal to Suspend 5G in Canada <u>http://c4st.org/5Gappeal/</u> (Please sign and share)¹

<u>Safety guidelines/standards</u>: Health Canada's Safety Code 6 (2015)² sets the safety limits for human exposure to radiofrequency (radiation in the frequency range from 3 kHz to 300 GHz. Health Canada recommends limits for safe human exposure but does not regulate the general public's exposure to radiofrequency (RF) radiation. Innovation, Science and Economic Development (ISED) Canada has adopted Safety Code 6 (2015) as its standard and applies it in the regulation of wireless devices such as cell phones and cell towers.

There is strong scientific evidence that Safety Code 6 does not protect Canadians' health^{3,4,5,6}, nor does it address potential harm to the natural environment. Health Canada's process in updating Safety Code 6 (in 2015) was deeply flawed^{7,8,9,10,11}.

Safety Code 6 guidelines for the frequencies used for telecommunications are based on the premise that radiofrequency radiation causes harm only at exposure levels that produce excessive heat ¹². Simply put, Health Canada says: if it does not heat, it does not harm. This premise is outdated and has been disproven.

Present RF Environment: Hundreds of peer-reviewed scientific publications describe biological effects and harms with exposures far below Safety Code 6 limits, in humans, plants e.g. trees¹³, laboratory animals and wildlife such as birds¹⁴,¹⁵ and pollinators^{16,17}. In spite of claims to the contrary, Canada's guidelines for cell tower antenna emissions lag behind those of many other countries including China, Russia and parts of Italy and Switzerland.¹⁸



Biological Effects: Existing cell antennas emit RF radiation, which is scientifically demonstrated to cause or contribute to numerous health effects including

cancers^{19,20}, sperm damage²¹, reproductive harms, learning and memory deficits, neurodegenerative, cellular and genetic damage^{22,23,24,25,26,27}. A growing number of Canadians also experience immediate and debilitating health problems such as headaches, irregular heartbeats, cognitive difficulties and insomnia, resulting in poor quality of life²⁸. All Canadians are susceptible to developing such health issues, unless their ever-increasing exposure to RF radiation is curtailed.

Chemical reactions can be sped up at non-thermal levels by exposure to microwave radiation:

Besides the effects at non-thermal (non- heating) levels documented in biological systems, there is also supporting evidence from chemistry. Microwave radiation is within the radiofrequency range. "Microwave assisted chemistry" accelerates particular chemical reactions with low non-heating levels of radiofrequency radiation²⁹ and has been commercialized ^{30 31}. In living systems, the acceleration of some chemical reactions would cause molecular damage, chemical imbalances and dysfunction. This is consistent with observations of significant effects in humans, animals, plants and isolated cells.

<u>No safety testing on 5G.</u> There has been **no testing** to ensure that 5G technology is safe for humans and the natural environment^{32,33}. In addition to the possible harm from non-heating effects from the pre-5Gs, 5G millimeter frequency radiation may cause overheating of small invertebrates such as insects, including bees^{34,3536}.

Hundreds of scientists and medical doctors who work in the field of radiofrequency radiation and health are warning that "5G will substantially increase exposure to radiofrequency electromagnetic fields RF-EMF, that has been proven to be harmful for humans and the environment". *5G Appeal to the European Union*³⁷.

More than 1,000 beekeepers have signed the International Appeal. Stop 5G on Earth and in Space³⁸.

SAFER ALTHERNATIVES

Fibre optics can provide Internet access that is safe, faster, reliable, resilient, secure, affordable, and, in the long-term, more environmentally and economically sound than wireless connections.

NEEDED ACTIONS

- All telecommunications providers should be required to connect fibre directly to the premises (FTTP) that can connect to wireline equipment in the premises, and to not replace existing wired telephone and Internet services with wireless.
- Immediately suspend the installation of new antennas, especially "small cell" antennas near homes, hospitals, schools, public buildings and sensitive wildlife habitats, until safety guidelines have been appropriately revised and implemented;
- Immediately suspend the auctioning and transferring of all spectrum licences, until safety guidelines have been appropriately revised and implemented, and until the total economic implications are understood.

Canadians' health and the environment should be protected <u>before further rollout of wireless</u> <u>infrastructure, including 5G</u>:

- Health Canada's *Safety Code 6* must be revised. A truly independent panel with appropriate expertise must systematically review the scientific evidence of the effects of RF radiation. This requires rigorous scientific methods, transparency, full public consultation from initial scoping throughout the process, and health-protective precautionary interpretation of findings;
- Binding guidelines must be established to protect wildlife and the environment from RF radiation using a similar process;
- Building on the regulation of chemicals, the burden of proof should be shifted to the telecommunications industry, so the requirement is that it proves that its products are not harmful to Canadians or the environment;
- Keep as low as possible (ALARA or "as low as reasonably achievable") Canadians' indoor and outdoor exposure to RF radiation from wireless technologies through proper regulation, monitoring, enforcement and ongoing public education and technical device management. One of many examples would be to require that some wireless devices e.g. cordless phones not transmit (i.e., not emit radiation) when not in use.

FOR MORE INFORMATION: Email: <u>5G.Winnipeg.Awareness@gmail.com</u> Website: 5gwinnipegawareness.ca Facebook: 5GWinnipegAwareness

Endnotes

¹ Suspend 5G Canada Appeal. http://c4st.org/5Gappeal/

- ² Health Canada, (2015). Limits of human exposure to radiofrequency electromagnetic energy in the frequency range from 3 KHz to 300 GHz. Safety Code 6 (2015), 24. <u>https://www.canada.ca/en/health-canada/services/publications/health-risks-safety/limitshuman-exposure-radiofrequency-electromagnetic-energy-range-3-300.html</u>
- ³ Pall, M. L. (2015). Scientific evidence contradicts findings and assumptions of Canadian Safety Panel 6: microwaves act through voltage-gated calcium channel activation to induce biological impacts at non-thermal levels, supporting a paradigm shift for microwave/lower frequency electromagnetic field action. *Reviews on Environmental Health*, 30(2), 99–116. https://doi.org/10.1515/reveh-2015-0001
- ⁴ Declaration: Doctors Call for Protection from Radiofrequency Radiation Exposure. (2014, September 28). Retrieved July 13, 2014, from <u>http://www.c4st.org/images/documents/hc-resolutions/medical-doctors-submission-to-health-canada-english.pdf</u>
- ⁵ Declaration: Scientists call for Protection from Radiofrequency Radiation Exposure. (2014, July 9). Retrieved July 13, 2014, from http://www.c4st.org/images/documents/hc-resolutions/scientific-declaration-to-health-canada-english.pdf
- ⁶ Canadians for Safe Technology. (2014). Relevant scientific studies (140) omitted by Health Canada in its scientific review of draft Safety Code 6 (2014), Canada's safety guidelines for safe exposure to radiofrequency/microwave radiation. Retrieved from <u>http://c4st.org/minister-health-response-hesa-recommendations/</u>
- ⁷ Webster, P. C. (2014). Federal Wi-Fi safety report is deeply flawed, say experts. CMAJ: Canadian Medical Association Journal = Journal de l'Association Medicale Canadienne, 186(9), E300. <u>https://doi.org/10.1503/cmaj.109-4785</u> <u>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4050007/</u>
- ⁸ Huh, N. Y. (2014, April 15). Canadian scientists urge more research into safety of wireless technology, saying recent report downgrades cancer risk. *National Post*. Retrieved from <u>https://nationalpost.com/health/canadian-scientists-urge-more-research-into-safety-of-wireless-technology-saying-recent-report-downgrades-cancer-risk</u>
- ⁹ Webster, P. C. (2015). Scientists decry Canada's outdated Wi-Fi safety rules. *Canadian Medical Association Journal*, 187(9), 639– 640. <u>https://doi.org/10.1503/cmaj.109-5061 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4467923/</u>
- ¹⁰ Zarrett, David. (2020, February 19). Threats to security, health, public infrastructure—and other potential costs of Canada's 5G rollout. *Macleans*. Retrieved from https://www.macleans.ca/opinion/threats-to-security-health-public-infrastructure-and-other-potential-costs-of-canadas-5g-rollout/
- ¹¹ Canadians for Safe Technology. (2014). Relevant scientific studies (140) omitted by Health Canada in its scientific review of draft Safety Code 6 (2014), Canada's safety guidelines for safe exposure to radiofrequency/microwave radiation. Retrieved from http://c4st.org/c4st-reviews-ignored-studies/
- ¹² Health Canada. (2015). Limits of human exposure to radiofrequency electromagnetic energy in the frequency range from 3 KHz to 300 GHz. Safety Code 6 (2015), 24. [See Section 2. MAXIMUM EXPOSURE LIMITS, paragraph 2 first sentence.] <u>https://www.canada.ca/en/health-canada/services/publications/health-risks-safety/limits-human-exposure-radiofrequency-electromagnetic-energy-range-3-300.html</u>
- ¹³ Waldmann-Selsam, C., Balmori-de la Puente, A., Breunig, H., & Balmori, A. (2016). Radiofrequency radiation injures trees around mobile phone base stations. *The Science of the Total Environment*, *572*, 554–569. https://doi.org/10.1016/j.scitotenv.2016.08.045
- ¹⁴ Engels, S., Schneider, N.-L., Lefeldt, N., Hein, C. M., Zapka, M., Michalik, A., ... Mouritsen, H. (2014). Anthropogenic electromagnetic noise disrupts magnetic compass orientation in a migratory bird. *Nature*, *509*(7500), 353–356. https://doi.org/10.1038/nature13290
- ¹⁵ Schwarze, S., Schneider, N.-L., Reichl, T., Dreyer, D., Lefeldt, N., Engels, S., ... Mouritsen, H. (2016). Weak Broadband Electromagnetic Fields are More Disruptive to Magnetic Compass Orientation in a Night-Migratory Songbird (Erithacus rubecula) than Strong Narrow-Band Fields. *Frontiers in Behavioral Neuroscience*, 10, 55. https://doi.org/10.3389/fnbeh.2016.00055
- ¹⁶ Russell, C. L. (2018). 5 G wireless telecommunications expansion: Public health and environmental implications. *Environmental Research*, 165, 484–495. <u>https://doi.org/10.1016/j.envres.2018.01.016</u>
- ¹⁷ Lázaro, A., Chroni, A., Tscheulin, T., Devalez, J., Matsoukas, C., & Petanidou, T. (2016). Electromagnetic radiation of mobile telecommunication antennas affects the abundance and composition of wild pollinators. *Journal of Insect Conservation*, 20(2), 315–324. https://doi.org/10.1007/s10841-016-9868-8

- ¹⁸ Clegg, F. M., Sears, M., Friesen, M., Scarato, T., Metzinger, R., Russell, C., ... Miller, A. B. (2020). Building science and radiofrequency radiation: What makes smart and healthy buildings. Building and Environment, 176, 106324. https://doi.org/10.1016/j.buildenv.2019.106324
- ¹⁹ Miller, A. B., Morgan, L. L., Udasin, I., & Davis, D. L. (2018). Cancer epidemiology update, following the 2011 IARC evaluation of radiofrequency electromagnetic fields (Monograph 102). *Environmental Research*, 167, 673–683. <u>https://doi.org/10.1016/j.envres.2018.06.043</u>
- ²⁰ Hardell, L., & Carlberg, M. (2018). Comments on the US National Toxicology Program technical reports on toxicology and carcinogenesis study in rats exposed to whole-body radiofrequency radiation at 900 MHz and in mice exposed to whole-body radiofrequency radiation at 1,900 MHz. *International Journal of Oncology*. <u>https://doi.org/10.3892/ijo.2018.4606</u>
- ²¹ Houston, B. J., Nixon, B., King, B. V., De Iuliis, G. N., & Aitken, R. J. (2016). The effects of radiofrequency electromagnetic radiation on sperm function. *Reproduction (Cambridge, England)*, 152(6), R263–R276. <u>https://doi.org/10.1530/REP-16-0126</u>
- ²² Aldad, T. S., Gan, G., Gao, X.-B., & Taylor, H. S. (2012). Fetal radiofrequency radiation exposure from 800-1900 mhz-rated cellular telephones affects neurodevelopment and behavior in mice. *Scientific Reports*, 2, 312. <u>https://doi.org/10.1038/srep00312</u>
- ²³ Panagopoulos, D. J. (2019). Comparing DNA damage induced by mobile telephony and other types of man-made electromagnetic fields. *Mutation Research/Reviews in Mutation Research*, 781, 53–62. <u>https://doi.org/10.1016/j.mrrev.2019.03.003</u>
- ²⁴ National Toxicology Program, National Institute of Environmental Health Sciences. (2018). Toxicology and carcinogenesis studies in Hsd: Sprague Dawley SD rats exposed to whole-body radio frequency radiation at a frequency (900 MHz) and modulations (GSM and CDMA) used by cell phones. *NTP Technical Report 595*, 384.
- ²⁵ National Toxicology Program, National Institute of Environmental Sciences. (2018). Toxicology and carcinogenesis studies in B6C3F1/n mice exposed to whole-body radio frequency radiation at a frequency (1,900 mHz) and modulations (GSM and CDMA) used by cell phones. *NTP Technical Report 596*, 260.
- ²⁶ Miller, A. B., Sears, M. E., Morgan, L. L., Davis, D. L., Hardell, L., Oremus, M., & Soskolne, C. L. (2019). Risks to Health and Well-Being From Radio-Frequency Radiation Emitted by Cell Phones and Other Wireless Devices. *Frontiers in Public Health*, 7. <u>https://doi.org/10.3389/fpubh.2019.00223</u>
- ²⁷ BioInitiative 2012 Report. (2012). A rationale for biologically based exposure standards for low-intensity electromagnetic radiation. Sections 5-11,14,15,20. C. Sage, and D.O. Carpenter (Eds) *BioInitiative Working Group*. <u>https://bioinitiative.org/</u>
- ²⁸ Havas, Magda. "Electrohypersensitivity (EHS) Is an Environmentally-Induced Disability That Requires Immediate Attentions." J. Sci. Discov. 3, no. 1 (2019): 20. <u>https://doi.org/jsd18020</u>.
- ²⁹ Current Microwave Chemistry. https://benthamscience.com
- ³⁰ Ahirwar R, Tanwar S, Bora U, Nahar P. 2016. Microwave non-thermal effect reduces ELISA timing to less than 5 minutes. *RSC Adv.* 6(25):20850–57
- ³¹ Lidström P, Tierney J, Wathey B, Westman J. 2001. Microwave assisted organic synthesis—a review. *Tetrahedron*. 57(45):9225–83
- ³² 5G Appeal of International Scientists. 5G Appeal, September 2017. <u>http://www.5gappeal.eu/</u>
- ³³ United States Senator Richard Blumenthal. (2019, February 7). Press release: At Senate Commerce Hearing, Blumenthal Raises Concerns on 5G Wireless Technology's Potential Health Risk. Retrieved April 22, 2020, from <u>https://www.blumenthal.senate.gov/newsroom/press/release/at-senate-commerce-hearing-blumenthal-raises-concerns-on-5g-wireless-technologys-potential-health-risks</u>
- ³⁴ Thielens, A., Bell, D., Mortimore, D. B., Greco, M. K., Martens, L., & Joseph, W. (2018). Exposure of Insects to Radio-Frequency Electromagnetic Fields from 2 to 120 GHz. *Scientific Reports*, 8(1), 3924. https://doi.org/10.1038/s41598-018-22271-3
- ³⁵ Thielens, A., Greco, M. K., Verloock, L., Martens, L., & Joseph, W. (2020). Radio-Frequency Electromagnetic Field Exposure of Western Honey Bees. *Scientific Reports*, 10(1), 1–14. https://doi.org/10.1038/s41598-019-56948-0
- ³⁶ Friesen, Margaret, and Magda Havas. "Effects of Non-Ionizing Electromagnetic Pollution on Invertebrates, Including Pollinators Such as Honey Bees: What We Know, What We Don't Know and What We Need to Know." *In Press. Proceedings, Prairie Conservation and Endangered Species Conference 2019.*
- ³⁷ 5G Appeal European Union <u>http://www.5gappeal.eu/</u> Close to 400 signatories as of 10 August 2020.
- ³⁸ International Appeal. Stop 5G on Earth and in Space. More than 290,000 signatories as of 10 August 2020. https://www.5gspaceappeal.org/the-appeal#fn49b