



WIRELESS SAFETY TIPS



Distance is your friend. Keep cell phones away from your head (use the speaker or air tube earbuds; not Bluetooth) and out of your pocket, bras, etc.



Don't sleep with an active cell phone near you.



Keep cell phones and tablets away from small children.



Replace a wireless baby monitor with a wired monitor.



Replace wireless home Wi-Fi with wired options. If impossible, put the router on a timer to turn off at night. Remove from high-use and sleeping areas.



Mothers to be, keep all wireless devices away from your abdomen.



Opt out of any smart meters. If possible, keep your analog utility meter or request its return.



Do not use personal "wearable" wireless devices. If necessary, keep their use to a bare minimum.



Remove all cordless phones, and replace with wired ones.