

# EMF Sensitivity Screen

Screen for ElectroMagnetic Illness/EMF Sensitivity/ Electro HyperSensitivity

## Do you like Fluorescent light bulbs?

*Please select one*

- They are okay (not sensitive)
- I do not particularly like them (mild sensitivity)
- I absolutely hate them! (severe sensitivity)

## How many of the following symptoms do you have?

*Please select all that apply*

- Fatigue
- Sleep Disturbance/Insomnia
- Difficulty concentrating/Brain Fog
- Memory loss
- Visual disturbance
- Hearing disturbance (tinnitus)
- Skin problems
- Cardiovascular problems
- Dizziness and/or vertigo
- Loss of appetite
- Movement difficulties
- Heart palpitations
- Headaches and/or Migraines
- Chronic Pain
- Feelings of discomfort
- Irritability
- Anxiety
- Depression
- Nausea
- Nose Bleeds
- Bedwetting (children)
- Frequent night-time urination (adults)
- Frequent Illnesses
- HPA Axis dysfunction (aka "adrenal fatigue")
- Hormone Imbalances
- Cancer

**Consider what of the following to which you are exposed at home/work/school and write any comments into the box.**

**High Exposure (Limited Control)**

**Highest Exposures (controllable)**

**High Exposure (Controllable)**

Cell tower

WiFi

Heated blanket, heating pad

Broadcast antennas (TV or radio)

Cordless phone

Wireless games

Radar

Wireless baby monitor

Wireless printer, keyboard, mouse

Weather radar

Wireless home security system

Alexa, Siri, google assistant

Power lines, transformers

Energy efficient lighting: fluorescent or LED

Cell phone

Smart meter

Smart light bulbs

Computer

Smart appliances

TV

**Practice Electromagnetic Hygiene (from Dr. Magda Davis)**

practice **Electromagnetic Hygiene**



1. replace cordless phone with corded phone
2. disconnect WiFi and replace with ethernet cable for computer
3. use cellphone as little as possible & only in speaker mode
4. text instead of talk
5. keep cell phone away from body at all times
6. do NOT use compact fluorescent light bulbs
7. do NOT use electric blankets or water beds
8. keep alarm clock radios at least 2 meters from bed
9. measure radio frequency in your home & install RF-reflecting window film or fabric to shield from external sources
10. measure dirty electricity in your home & install filters if above 50 GS units.
11. ask utility to install "wired" smart meter (not wireless)
12. do not live in a home within 100 m of transmission lines or within 400 m of cell phone antennas