

BE THE MOVEMENT:

PRACTICE SAFE PHONE



The Global Campaign for Safer Cell Phones provides open-source resources that educate and motivate health professionals, teachers, parents, and students about simple and safer ways to use cell phones. Our goal is to protect health by creating and disseminating a multi-media kit through print, radio, and television. This toolkit will be translated into other languages in more than a dozen countries and made available for downloading from our website.

Together we can stay safe while staying connected.

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**ENVIRONMENTAL
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Campaign for Safer Cell Phones



@SaferPhones

PROTECT YOURSELF NOW!

1. Use a head set.

Using a speaker, hands-free device, or earphones when speaking on a cell phone distances it from the body and head and minimizes your exposure to radiation.

2. Don't carry a cell phone in your pocket.

Even when a cell phone is not in use, it emits radiation.

3. Beware of weak signal.

When a cell phone is in standby mode or when the signal strength is weak or blocked, exposure to radiation increases. Limit use at this time.

4. Keep it away from children.

Studies consistently show that children are especially vulnerable to the effects of cell phone radiation. Generally, the younger the child, the more at risk they are.

5. Don't leave a cell phone on your nightstand.

You may be sleeping, but your cell phone is busy emitting radiation.

Please recycle and pass on.

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