

BE SUPER-SMART REDUCE WIRELESS

Simple steps to practice safe tech.



TURN IT OFF WHEN NOT IN USE.

Avoid unnecessary radiation by powering off wireless devices, network equipment, and hotspots when not in use, like at bedtime.



PRE-DOWNLOAD INSTEAD OF STREAMING.

Remember that when you wirelessly stream videos or music the radiation goes into your body. It is better to pre-download audio and video files and then watch or listen with wireless connections turned off.



USE A PLUG-IN ETHERNET CORD.

It is super fast. Whenever possible connect your laptop, tablet, or computer with an ethernet cord (with Wi-Fi OFF, and Bluetooth OFF).

CORDED PHONE

Corded phones do not emit wireless radiation.



WIRED (NOT WI-FI & NOT BLUETOOTH)

Use a wired mouse, speakers, printer, game system, keyboard, tv, etc.



DISTANCE MATTERS.

Maximize the distance between people and wireless devices.

HEALTHY SLEEP

Remove electronics and wireless devices from around your bed. Do not sleep with your cell phone.



MINIMIZE FACETIME AND SOCIAL MEDIA ON CELL PHONES.

When you use facetime or post images, your phone emits more radiation. Instead, do social media or video sharing on a computer connected to the Internet by ethernet cord (with Wi-Fi turned off).

