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# **10 Things You can do NOW to Minimize Radiation Exposure in your HOME**

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# TEN Things You Can Do NOW to Minimize Your Exposure to Radiation



1. your cell phone, tablet, Kindle, and chargers away from night stand. All electronic devices should be as far away as possible. A cell phone, a tablet, and Kindle, that are left on and are being charged, generate radiation.

2. When you use a cell phone, always use it on **SPEAKER** phone. Never hold it up to your ear. If you have a weak signal, your cell phone will generate even more radiation trying to connect.



3. When you carry a cell phone close to your body, turn **OFF Bluetooth**, turn **ON AIRPLANE MODE**. Cell phones generate radiation even if you are not on a call.

\*When in Airplane Mode, you will **not** be able to receive phone calls, texts, or data.

4. Turn **OFF** the Router while you sleep. Routers that produce WiFi continue to generate radiation even though no one is using a portable electronic device. Move the Router as far away as possible from offices and bedrooms. Before you turn off the Router, ensure that the alarm system, your telephone, etc, do not go through the Router.



5. **REPLACE** cordless phones with phones that plug directly into the wall (land-lines). Eliminate all portable phones; they act just like a cell phone. Cordless phone bases generate radiation constantly, even if you are not on a call.

6. When reading or working on cell phone, laptop, tablet, or Kindle, turn **OFF Bluetooth** & turn **ON AIRPLANE MODE**. When in Airplane Mode, you will **not** be able to receive phone calls, texts, or data.



7. **LEAVE** the room when you use a microwave oven. The farther you remove yourself from the microwave, the less radiation you will receive. Reduce microwave use as much as possible.

8. Turn printer, computer, laptop, tablet, Kindle **OFF** when not in use. These devices will constantly try to connect to WiFi and will generate radiation when trying to connect. Avoid using these portable devices on your lap. Never use when they are plugged in and charging. Always use in the battery mode.





9. NEVER USE a Bluetooth wireless earpiece. They generate radiation. Even when you are not on a call, the Bluetooth device is constantly trying to connect to another Bluetooth device generating radiation.

10. Determine if you have a new Electrical Utility “Smart Meter” with a digital display. Smart Meters have been measured and are normally 10 to 70 times more powerful than a cell phone. REPLACE a “Smart Meter” with the previous analog meter. If your utility offers this, it is normally called an “opt-out” program.



**BONUS TIP1:** Never place a Baby Monitor near a baby’s head. Move the baby monitor as far away as possible. Baby monitors generate radiation constantly.

Source: [www.StopDirtyElectricity.com](http://www.StopDirtyElectricity.com)

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