

Fundamental Steps to Prevent Electrosensitivity

- Use Landline Phones as much as possible
- Cell Phones – use with speaker or wired headset and briefly
- Develop the Practice of Powering Down Your Cell Phone or Using Airplane Mode and checking it only periodically
- Never Put a Cell Phone in Pockets while it is ON
- Develop the Habit of Forwarding Cell Phone to Landline Phones when home or in an office
- Use Portable Phones for Special Circumstances Only (keep them unplugged otherwise)
- Hard Wire Internet Connection with cable/fiber (VIP to disable WiFi setting)
- Double check (with an RF meter) that modems or routers do not have hidden antennas (Meter at www.EMFSafetyStore.com)
- In the interim, if you are using WiFi, use a Plant Light Timer to turn off WiFi over night
- Hard-Wire All Computer Peripherals (mice, printer etc.)
- Use Grounded Power Cords if working on a computer while charging
- Never Put RF Boosters On Your House
- Assess The Neighborhood to Know Where Antennas are (www.AntennaSearch.com) and use a meter to assess any RF coming from your neighbors
- Get Professional Help (www.hbelc.org) To Shield from neighbor's RF if necessary.
- Avoid Compact Fluorescent Bulbs entirely, as well as LEDs (unless free of Dirty Electricity)
- Do Not Use Wearable Wireless Tech (like smart watches).
- Do Not Buy New Appliances with iPads or Antennas Built Into Them. Refuse to be part of the 'internet of things'.

- Keep an eye out for new antennas in your neighborhood, like DAS antennas and the coming 5G antennas on utility poles. Measure your environment now, and reassess periodically. There are ways to shield but you have to first know exposures have increased.
- Bring in a qualified electrician to check the wiring in your walls is laid properly, and is not generating unnecessary electromagnetic fields, and if you live in a home, that they are not traveling into the home on metal water pipes, etc.
- PROTECT YOUR CHILDREN WELL! Hard-wire the home, do not use wireless technology as pacifiers or for entertainment for children, and make children's bedrooms an electronics-free sanctuary.

For more information on protective steps, see [50+ EMF Safety Tips & Insights](http://manhattanneighbors.org/50-emf-safety-tips/) (<http://manhattanneighbors.org/50-emf-safety-tips/>).