



MANHATTAN NEIGHBORS

for safer telecommunications

keeping your family safe in a wireless age!

Are You Making Smart Tech Choices?

- ✓ No electronics in my bedroom.
- ✓ Never put a laptop on my lap.
- ✓ Use hard-wired internet only, not WiFi (disabling the wireless functionality).
- ✓ Do not use a cell phone, or only use in emergencies and leave it off when not in use.
- ✓ No cordless phones in my home or office, or use only for special occasions.
- ✓ Have disabled wireless capability in all my devices, including computers, tablets, printers, etc.
- ✓ Do not use anything with Bluetooth.
- ✓ Any monitors in my home, like security systems or baby monitors, are hard-wired, not wireless.
- ✓ Do not allow my children to use radiation-emitting devices.
- ✓ Have no wireless features in my car.
- ✓ Use technology for productivity purposes, not for entertainment or social networking.
- ✓ Have specific times scheduled into my day when I check for messages, and set good boundaries.
- ✓ Abstain from using communications devices while visiting with people, during meals, and in the evening.
- ✓ Have measured the radiation levels in my home and taken steps to remediate.
- ✓ Periodically check there are no new radiation exposures in my living environment.
- ✓ Have checked electric outlets to make sure they are properly grounded.
- ✓ Use grounded power cords for my computer and other electronics.
- ✓ Have covered computer screens with high-intensity light-blocking films to protect my eyes.
- ✓ No 'smart meter' on my home, or have taken steps to shield my home from the radiation and the Dirty Electricity created.
- ✓ I am committed to moving if an antenna cluster or cell tower is within 1/4 mile of my home.
- ✓ If I notice tech addiction tendencies, I seek out support, structure and strategies to fill my life with other things, such as relationships with humans, animals and nature.
- ✓ I am conscious of antenna, router and repeater locations in places I may visit and I do not spend long periods of time in these environments.
- ✓ I am proud to make powerful choices in support of my health and my life.



For more information/education:

ManhattanNeighbors.org
ElectromagneticHealth.org
Campaign for Radiation Free Schools (Facebook)
Vimeo: ElectromagneticHealth.org

GettingSmarterAbouttheSmartGrid.org
"The Wireless Elephant in the Room" (Amazon)
EMF Scientists Video to U.N.:
<https://vimeo.com/123468632>