

Radio Frequency (RF) Exposure

It is the Administration's view that existing government regulating agencies should be setting proper exposure levels and offering best practices, such as the EPA and FCC. While neither agency has established a link between mobile devices and cancer, they do offer some suggestions for those that are concerned about Radio Frequency (RF) exposure.

FCC:

<https://www.fcc.gov/consumers/guides/wireless-devices-and-health-concerns>

Some measures to reduce your Radio Frequency (RF) exposure include:

- Use a speakerphone, earpiece or headset to reduce proximity to the head (and thus exposure). While wired earpieces may conduct some energy to the head and wireless earpieces also emit a small amount of RF energy, both wired and wireless earpieces remove the greatest source of RF energy (the cell phone) from proximity to the head and thus can greatly reduce total exposure to the head.
- Increase the distance between wireless devices and your body.
- Consider texting rather than talking - **but don't text while you are driving.**

EPA:

<https://www3.epa.gov/radtown/wireless-technology.html>

Scientists continue to study the effects of long-term exposure to low levels of RF. If you are concerned, you can take these simple steps to reduce exposure to RF radiation:

- **Limit use** - Reduce the number and length of your calls or time spent on a wireless device.
- **Use hands-free devices** - Using hands-free devices keeps mobile phones away from your head.
- **Increase distance** between the wireless device and your body.

Based on the guidance from these agencies, the Administration proposes the following:

If you are concerned about radiation or heat from electronic devices, follow these guidelines:

- Consider increasing the distance between electronic devices and your body
- Consider keeping your cellphone, tablet, or laptop in your purse, backpack, or briefcase case instead of keeping it on or close to your body
- If talking on a cellphone, consider using speakerphone or a hands free headset or reduce the number or length of calls
- When not using wireless or Bluetooth, consider shutting off these services on the device or put the device in Airplane mode
- Consider not placing the device directly on your lap. Instead consider placing it on a hard surface such as a desk or book