

EWG's Guide to Reduce Cell Phone Radiation Exposure

Cell phones emit radiation to send voice and text messages between you and the other caller. Health risks aren't confirmed, but some (not all) studies of frequent cell phone users suggest increased risks for brain and mouth tumors and children's behavior problems.

To be on the safe side, follow the tips below to reduce exposures.

1 BUY A LOW-RADIATION PHONE

Look up your phone on EWG's buyer's guide: www.ewg.org/cellphoneradiation/Get-a-Safer-Phone. (Your phone's model number may be printed under your battery.) Consider replacing your phone with one that emits the lowest radiation possible and still meets your needs.



2 USE A HEADSET OR SPEAKER

Headsets emit much less radiation than phones. Choose either wired or wireless (experts are split on which version is safer): www.ewg.org/cellphoneradiation/Get-a-Headset. Some wireless headsets emit continuous, low-level radiation, so take yours off your ear when you're not on a call. Using your phone in speaker mode also reduces radiation to the head.

3 LISTEN MORE, TALK LESS

Your phone emits radiation when you talk or text, but not when you're receiving messages. Listening more and talking less reduces your exposures.



4 HOLD PHONE AWAY FROM YOUR BODY

Hold the phone away from your torso when you're talking (with headset or speaker), not against your ear, in a pocket, or on your belt where soft body tissues absorb radiation.

5 CHOOSE TEXTING OVER TALKING

Phones use less power (less radiation) to send text than voice. And unlike when you speak with the phone at your ear, texting keeps radiation away from your head.

6 POOR SIGNAL? STAY OFF THE PHONE

Fewer signal bars on your phone means that it emits more radiation to get the signal to the tower. Make and take calls when your phone has a strong signal.



7 LIMIT CHILDREN'S PHONE USE

Young children's brains absorb twice the cell phone radiation as an adult's. EWG joins health agencies in at least 6 countries in recommending limits for children's phone use, such as for emergency situations only.

8 SKIP THE "RADIATION SHIELD"

Radiation shields such as antenna caps or keypad covers reduce the connection quality and force the phone to transmit at a higher power with higher radiation.