

For wireless convenience, we are placing at risk the health of generations of children! Microwave radiation was classed as a 2B carcinogen by the World Health Organisation (WHO) in 2011. A lot of independent scientists felt it should have been classed as a 2A carcinogen.

Intensity in $\mu\text{W}/\text{m}^2$	Intensity in $\mu\text{W}/\text{cm}^2$	This colour chart is based on the independent Bioinitiative 2012 Report . It is not based on any government standard.
2,500,000	250	<p>◀ * Smart meters, sometimes called Digital meters, operate in this region. If installed they radiate significant amounts of Microwave Radiation into the home and local community, seven days a week.</p> <p>◀ * More powerful mobile phones, WiFi routers and tablets etc., can be found to operate at the intensity in this red region. Long term exposure to non ionising radiation at intensities in this red region are more likely to lead to future health effects. http://sccc.org.au/mobile-phone-safety</p> <p>◀ * The average Mobile phone, WiFi modem, WiFi Router, WiFi Printer, Smart Phone, Cordless Phone, Tablets, Gaming Console, and Baby Monitor tend to put out non ionising radiation at the intensity in these red regions.</p> <p>◀ These red regions are also the exposure levels you would expect to find in public areas near mobile phone towers and WiFi base stations, or in intense WiFi environments like schools, colleges, and universities. <i>Note: These devices are on constantly, so accumulative exposure is greater!</i></p> <p>WiFi in Schools - The Facts https://www.youtube.com/watch?v=kmcAXZ-o1K4</p>
1,000,000	100	
500,000	50	
250,000	25	
100,000	10	
50,000	5	
25,000	2.5	
10,000	1	
5000	0.5	
2500	0.25	
1000	0.1	<p>◀ People with EMR sensitivity start to feel effects in the yellow areas of this chart.</p> <p>Wake up call video part 1 http://www.youtube.com/watch?v=cczGVhd63pM</p> <p>Wake up call video part 2 http://www.youtube.com/watch?v=tdmQDJ9WOiQ</p> <p>◀ <i>0.003 $\mu\text{W}/\text{cm}^2$ was the average background RF level in US cities and suburbs, in the 1990s!</i></p>
500	0.05	
250	0.025	
100	0.01	
50	0.005	
25	0.0025	
10	0.001	
5	0.0005	5 $\mu\text{W}/\text{m}^2$ or less would be ideal for inside homes, schools, and child care centres
1	0.0001	<i>Practical things you can do to reduce your Microwave Radiation exposure are on the next page.</i> ▼

Note: The device signal strength in the red regions marked *, are the levels you would expect when the device is touching or very close to your body.

Practical things you can do to reduce your family's exposure to Microwave Radiation.

The more wireless devices you have turned on in your house at one time, the more intense will be the microwave radiation exposure to your family and the neighbours. Think about it, in a home of a family of four, each person could have a mobile phone, a tablet computer, their own laptop, a cordless phone system, gaming console, wireless access point, or mobile broadband device.

All of these devices radiate significant amounts of microwave radiation individually. Combined, this adds up to a very significant exposure. Train the family to turn them off, or use alternative technologies! **A lot of people don't even own a mobile phone and they survive!** Some people are far more sensitive than others to this type of radiation, and can suffer significant symptoms in a very short period of time.

Ideally stop using wireless devices altogether and use wired connections, or at least use methods to reduce you and your family's exposure. Doing this not only limits your exposure, but also the exposure to everyone around you! When it comes to microwave radiation, distance is your friend. Each doubling of the distance from a microwave transmitting device quarters the radiation exposure.

1. Turn wireless devices off in your home, office and vehicle when not in use! Buy wireless devices with a physical on off wireless switch. Turning the wireless device off has an added benefit, it lessens the time available for someone to hack into the device. Wireless devices such as printers, access points, cordless phones, baby monitors, WiFi routers and tablets etc., can send out very strong microwave signals constantly when left on.
2. A lot of wireless modems and access points will allow you to turn down the wireless transmission signal strength in their software settings. Lower the wireless signal transmission strength to the lowest possible level you can, to get everything working well with a 3 to 4 bar signal strength.
3. Place wireless access points and mobile broadband devices as far away from you as practical. It is suggested to put mobile broadband USB devices on a 5 meter USB extension cable. This is so you place the device away from you. You can then also use it like an aerial, to find the best signal strength location.
4. **Don't place mobile phones, tablets, laptops etc., on your lap or on your person.** Use texting, speaker phone, or a [corded air tube earpiece](#) when using a mobile phone. Replacing cordless phone systems with an old style corded phone will greatly reduce the amount of microwave radiation emanating through your house, and your head.
5. Only have the device's wireless, bluetooth, data, and GPS functions turned on when necessary. Remember there can be more than one wireless type built into a device, WiFi as well a bluetooth etc. You can turn off these functions in the laptop, mobile phone and tablet settings. This will also improve security.
6. Sleeping with these devices in your bedroom, bed, or under your pillow. is a fire hazard, and also a health hazard.
7. **Smart meters / Digital meters are being rolled out, and these devices put out a very powerful wireless signal. Act now to opt out of having them installed in your home or business power box.** More Info: <http://sccc.org.au/be-smart>

Act responsibly! Inattentive mobile phone use while driving, walking, and parenting, is resulting in huge numbers of fatalities and injuries.

Download this free WiFi Safety guide from, <http://www.sccc.org.au/wifi/microwave-safety-chart.pdf> pass it on to family and friends.