Wireless Safety

Sources	Solutions
Baby Monitor	🟢 Turn off 🟡 Move far away from child
Wi-Fi Router	🟢 Replace with wired Ethernet 🟡 Turn on only when needed 🟡 Turn off at night
Cordless Phone	🟢 Replace with corded phone 🟡 Turn off main base station at night (unplug or timer)
Cell Phone	🟢 Use airplane mode 🟡 Carry and use away from body and head
Laptop	🟢 Use Ethernet cable and turn off Wi-Fi and Bluetooth 🟡 Move off lap to table top
iPad/Tablet	🟢 Use Ethernet cable and turn off Wi-Fi and Bluetooth 🟡 Move off lap to table top
Smart Meter	🟢 Opt-out, use analog meter 🟡 Shield from wireless signal
Cell Tower	🟢 Live at least 1/4 mile away 🟡 Shield from wireless signal

🟢 **Safe**　　🟡 **Reduced Exposure**