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