

# Healthy Family TIPS FOR REDUCING MAGNETIC FIELDS

## LAPTOPS, TABLETS & CELL PHONES OFF THE BODY

Keep devices off your lap and away from your body. Always use them on a table or desk.



Even if wireless is off, they still emit magnetic fields.

## KEEP A DISTANCE ESPECIALLY AT NIGHT

More distance = less exposure. Do not stand close to a microwave when it is on. Use a toaster oven.

Avoid sleeping next to appliances, or a wall with the electric meter or electric panel.



## ALARM CLOCK WITH BATTERY

Clocks and radios with electric cords expose you all night.

Get an alarm clock with a battery.



## PROTECT YOUR SLEEP

Remove electronics and screens from the bedroom and especially around the bed and crib.

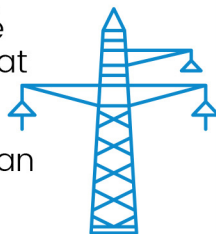
No electric cords or extension cords underneath or near your bed.



## MEASURE THE LEVELS IN YOUR HOME

Power companies will often take measurements for free. Sometimes high levels are caused by faulty wiring that an electrician can fix.

High voltage powerlines can increase levels in your home.



## UNPLUG ELECTRIC BLANKETS

If you use an electric blanket or heating pad, always unplug it before you get into your bed.

If you only turn it off, fields will still be present.

