

RADIATING INFORMATION.

The radiation from mobile phones may not be as harmless as consistently claimed by mobile network operators.

For this reason, the Vienna Medical Association has responsibly decided to inform the Austrian population about the possibility of negative effects from a medical perspective.



10 MEDICAL RULES RELATING TO MOBILE PHONES!

- **In principle: Make phone calls as little as possible** – Use a landline or send an SMS. Children and young people under the age of 16 should only carry mobile phones in case of an emergency!
- **“Distance is your friend.”** – Hold your mobile phone away from your head and body while establishing a call or pay attention to the recommended distance in the manufacturer’s instruction manual. Use the integrated hands-free facility or a wired headset with airtube or two ferrite filters!
- **When using a headset or the integrated hands-free facility, do not position the mobile phone directly on the body** – Pregnant women should be particularly cautious. For men, carrying mobile phones in their trouser pockets poses a risk to fertility. Persons with electronic implants (cardiac pacemaker, insulin pumps, etc.) must pay attention to distance. If no other option is available: use outer skirt pocket, backpack or handbag!
- **Do not make phone calls in vehicles and public transportation** – The radiation is higher in vehicles without an external antenna. It can also distract and disturb fellow passengers!
- **There is a strict ban on texting and using the internet while driving** – The distraction leads to self-endangerment and the endangerment of other road users!
- **Make landline calls at home and at work** – Continually radiating DECT cordless phones, Wi-Fi access points, data sticks and LTE base stations (Box, Cube, etc.) should be avoided, as well as wireless smart meters. Internet access via LAN cable (e.g. via ADSL, VDSL, fibre-optics) is fast, secure and it does not radiate!
- **Go offline more often** – Enjoy mobile phone-free times and places and agree clear periods of use with your child. This way, you will reduce the dependency phenomenon and risk of addiction!
- **Fewer Apps means less radiation** – Minimise the number of Apps and deactivate the mostly superfluous background services on your smartphone. The deactivation of “mobile services” / “data network mode” turns the smartphone back into a mobile phone. They can still be called, but avoid a lot of unnecessary radiation due to background data traffic!
- **Avoid making mobile phone calls in places with poor reception (cellar, lift, etc.)** – The mobile phone increases the transmitting power in these situations. In case of poor reception quality, use a wired headset or the hands-free facility!
- **When purchasing a mobile phone, look for the lowest possible SAR value and an external antenna connection!**



**TIP!
MOBILE PHONES HAVE NO
PLACE IN WAITING ROOMS!
THEY EMIT RADIATION AND
DISTURB OTHERS!**

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A partnership for life!**