

Using your mobile phone wisely might save your life!

✓ **SAVE YOUR HEAD – TEXT**



Don't hold your mobile next to your head –
Use it on speaker or text.

✓ **SLEEP WITH YOUR PHONE OFF**



Never leave your phone on by your bed or
under your pillow.

✓ **MAKE CALLS OUTSIDE**



Don't use a phone in car, bus or train. The metal
frame reflects the microwave radiation into the
vehicle.

✓ **KEEP MOBILES IN A BAG**



Never keep phones on in your pocket – you are
microwaving your organs.

✓ **KEEP YOUR PHONE OFF UNTIL YOU NEED TO USE IT**

THERE IS EVIDENCE THAT THE MICROWAVE RADIATION EMITTED
FROM MOBILE PHONES AND WIRELESS DEVICES CONTRIBUTES TO
LONG TERM AND SHORT TERM ILLNESSES.

