



# Wireless: Can I reduce my exposure to radiofrequency fields?

Current scientific consensus is that, provided Canadian radiofrequency (RF) exposure guidelines are respected, cellphones and cell sites are safe. If, despite this evidence, you prefer to reduce your RF exposure, here are some ways to do that:

- Limit the time spent on cellphone calls.
- Alternate between ears periodically to reduce the duration of RF exposure.
- Keep the phone away from your body when it is turned on. For example, you could avoid carrying it in your pocket or very close to your body.
- Avoid making calls in areas where the coverage is poor because it requires the phone to use more energy to communicate with the nearest cell site, which links cellphones to the communications network.



- Use a “hands-free” mode or a wired headset to increase the distance between your head and the cellphone. Appropriate use of these products may reduce your RF exposure.

As well, when you are not using your cellphone (during a call or surfing the web, for example) it goes into “sleep” mode and only periodically emits any RF fields.

The Government of Canada has determined that there is no clear evidence that the use of wireless communications devices (including cellphones or cell sites) is dangerous for human health provided that RF exposure guidelines are respected.

## Radiofrequency fields and medical equipment

If you have a pacemaker or other electronic implanted medical device and are worried about the effect from external RF fields, you should consult your doctor.