



WIRELESS RADIATION



WHAT ARE THE HEALTH CONCERNS ASSOCIATED WITH CELLULAR PHONES, CELL TOWERS, AND WIFI?

Cell towers, cellular phones, and WiFi all release radio frequency (RF) waves, which are a type of non-ionizing radiation. Non-ionizing radiation does not directly damage DNA, but evidence of other possible health effects remains inconclusive. High levels of RF waves can cause tissues to heat up, which has been linked to cancer, but RF waves emitted from phones are not thought to be strong enough to do this. Children can be exposed to RF waves from many sources throughout their daily activities. The cumulative nature of these exposures from different sources raises concerns about potential health effects, including impacts on developing tissues and an increased risk of long-term health conditions.



HOW MUCH RADIATION ARE HUMANS EXPOSED TO FROM CELL PHONES?

The amount of radiation a cell phone user is exposed to depends on several factors related to usage conditions, including the distance from a cell tower, the number of other users in the area, how close the phone is held to the body, and the type of phone. Cell phones are designed to use the least energy necessary to establish a connection. However, being farther from a cell tower or in an area with many other users can increase the phone's energy output, leading to higher radiation exposure for the user. When a cell phone is not in active use, it emits significantly less energy.

DOES CELL PHONE USE CAUSE CANCER?

There is no conclusive evidence that cell phone usage causes cancer, although most studies have focused on the potential of RF radiation to promote tumor growth. Far less research has examined its effects on individuals at higher risk for cancer or the long-term health impacts of cell phone use. As a result, there is a lack of cohesive health guidance on the topic.

The World Health Organization's International Agency for Research on Cancer classifies RF radiation as a possible carcinogen. In contrast, the U.S. Food and Drug Administration has stated that current evidence does not conclusively link cell phones to any health problems. However, concerns remain about the potential risks, particularly for children. Research suggests that children may absorb more RF radiation than adults due to differences in their anatomy and tissue composition, potentially heightening their vulnerability to any associated health effects.



HERE ARE A FEW TIPS FOR REDUCING WIFI EXPOSURE IN YOUR HOME OR CHILD CARE:

- Replace WiFi with hard-wired internet connections.
- Locate wireless transmitters as far away as possible from eating, sleeping and playing areas in your child care facility or home.
- Limit both children's screen time and exposure from cell phones and other devices emitting radiation such as tablets, laptops, and video game players.
- Offer infants and toddlers toys that promote healthy social and emotional development including books, puppets, blocks, and playdough.



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