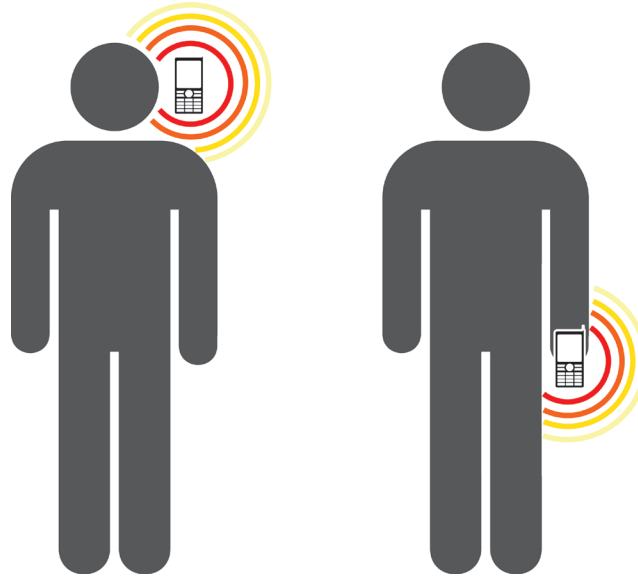




# You can limit exposure to Radio-frequency (RF) Energy from your cell phone.



Although studies continue to assess potential health effects of mobile phone use, the World Health Organization has classified RF Energy as a possible carcinogen.

*This material was prepared solely by the City and County of San Francisco and must be provided to consumers under local law.*

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## If you are concerned about potential health effects from cell phone RF Energy, the City of San Francisco recommends:

- **Limiting cell phone use by children**  
Developing brains and thinner skulls lead to higher absorption in children.
- **Using a headset, speakerphone or text instead**  
Exposure decreases rapidly with increasing distance from the phone.
- **Using belt clips and purses to keep distance between your phone and body**  
Do not carry on your body to at least meet the distance specified in your phone's user manual
- **Avoiding cell phones in areas with weak signals (elevators, on transit, etc.)**  
Using a cell phone in areas of good reception decreases exposure by allowing the phone to transmit at reduced power.
- **Reducing the number and length of calls**  
Turn off your cell phone when not in use.



### Learn More:

**SF Department of the Environment** @ [SFEnvironment.org/cellphoneradiation](http://SFEnvironment.org/cellphoneradiation) • (415) 355-3700

**Federal Communications Commission** @ [FCC.gov/cgb/consumerfacts/mobilephone.html](http://FCC.gov/cgb/consumerfacts/mobilephone.html)

**World Health Organization** @ [WHO.int/mediacentre/factsheets/fs193/en/](http://WHO.int/mediacentre/factsheets/fs193/en/)

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