



# TECH SAFE & SMART

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 Choose LOW Head/ Body EMF / SAR Phone < (less than 1 SAR)

 Good Night. Sleep Tight.  
Don't Let the Wifi Bite. Turn Off Wifi @ Night.



 Keep Phone in MU Metal/Shielded case or Box

 Replace Killing Time with "Productive Time" or "Connecting Time"

 Keep Emergency & Important Numbers Handy



 Monitor & Reduce App/Phone Time Use



 Turn ON Airplane Mode when Possible

 Turn Off Unneeded Services



 Filter Phone / Internet or get a Simple Flip Phone



 Don't Text/Surf/Hold Phone & Drive or Ride



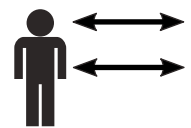
 Don't Use Laptop on Your Lap

 Keep Phone Away from You to Better Concentrate



 Turn OFF PHONE when with Family & Friends

 Distance Phone from Head and body  
When Talking & Sleeping or Carrying



 Don't Use Phone Extended Periods  
Close to Head & Body

