

Don't irradiate me!

Learn how to protect me...

The radiation is possibly carcinogenic (Class 2B – WHO, 2011)

Our children are daily exposed to an “electronic cloud” which is generated by the radiation emitted by cell phones, tablets, Wi-Fi networks etc.

According to the existing scientific documentation, this radiation may, inter alia, negatively affect their development, especially of their brain, and is possibly carcinogenic (Class 2B, IARC/WHO, 2011).

We don't have the right to risk their health, waiting passively for others to take action. We must and can protect them!

Simple advice on how to protect children at home

1. Use **wired** connections for your devices (laptops, televisions, video game consoles etc.);
2. **Deactivate all wireless connections** of your devices (Wi-Fi, 4G, Bluetooth);
3. Turn the **routers off** at night and when not in use, especially when children are at home;
4. **Deactivate** your cell phones when you sleep;
5. Use your tablets, cell phone or other wireless devices **only when needed, and keep distance** from children and pregnant women;
6. Prefer **a landline telephone** whenever possible. This applies both for adults as well as children;
7. Children should only use wireless devices for a limited time period proportionately to their age, and **always in flight mode and with the Wi-Fi deactivated**;
8. The use of cell phones is **not recommended** for children under 16 years of age. It **must be limited and** always with the use of wired headset or speakerphone.

“Demand from the kindergarten and school to use only wired internet connection”

www.paidi.com.cy



info@paidi.com.cy
stellacm@spidernet.com.cy



<https://bit.ly/2IG8mJ5>



<https://bit.ly/2VReTGz>



QR Code - Youtube videos

*Turn your home and your child's school into an oasis
of protection free from the radiation
emitted by cell phones, tablets, baby
monitors, other wireless devices and Wi-Fi.*

It's in your hands!

Copyright Cyprus National Committee on "Environment and Children's Health" June 2019

The reproduction, distribution, transmission, alteration, translation of this material, in whole or in part, is prohibited without the prior written permission of the creators.

Proposed citation: Don't irradiate me! Learn how to protect me. Cyprus National Committee "Environment and Children's Health".



P.I.O. 110/2019-7.000

Published by the Press and Information Office

Design by: Design for Life Ltd

Printed by: Imprinta Ltd

Don't irradiate me
Learn how to protect me...

The radiation is possibly carcinogenic (Class 2B - WHO, 2011)



with the cooperation of



Office of the
Commissioner
for the Environment



PRESS AND
INFORMATION OFFICE