### Don't irradiate me!

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!

## learn how to protect me ...

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

#### Simple advice on how to protect children at home

- **1.** Use **wired** connections for your devices (laptops, televisions, video game consoles etc.);
- **2.** <u>Deactivate all wireless connections</u> 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 <u>a landline telephone</u> whenever possible. This applies both for adults as well as children;
- Children should only use wireless devices for a limited time period proportionately to their age, and <u>always in flight mode and with the</u> Wi-Fi deactivated;
- **8.** The use of cell phones is <u>not recommended</u> for children under 16 years of age. It <u>must be limited and</u> always with the use of wired headset or speakerphone.

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



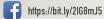


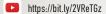




## www.paidi.com.cy









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!

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