

# Using your mobile phone wisely might save your life!

## ✓ **SAVE YOUR HEAD – TEXT**



Don't hold your mobile next to your head –  
Use it on speaker or text.

## ✓ **SLEEP WITH YOUR PHONE OFF**



Never leave your phone on by your bed or  
under your pillow.

## ✓ **MAKE CALLS OUTSIDE**



Don't use a phone in car, bus or train. The metal  
frame reflects the microwave radiation into the  
vehicle.

## ✓ **KEEP MOBILES IN A BAG**



Never keep phones on in your pocket – you are  
microwaving your organs.

## ✓ **KEEP YOUR PHONE OFF UNTIL YOU NEED TO USE IT**

THERE IS EVIDENCE THAT THE MICROWAVE RADIATION EMITTED  
FROM MOBILE PHONES AND WIRELESS DEVICES CONTRIBUTES TO  
LONG TERM AND SHORT TERM ILLNESSES.

