

# Electromagnetic Hygiene in 12 easy Steps

## How to create a cleaner electromagnetic environment

*Electromagnetic Hygiene* is a novel concept that refers to creating an electromagnetically clean environment. Our environment is increasingly being bombarded by electromagnetic frequencies that include (1) radio frequency radiation, (2) poor power quality (also known as dirty electricity), and (3) low frequency electric and magnetic fields. Some people become ill when exposed to this energy. For them, practicing good electromagnetic hygiene is necessary to initiate their recovery. For those who are not sensitive, reducing exposure to potentially harmful frequencies is a good preventative measure to maintain good health. This FACT sheet provides tips on how to create a cleaner electromagnetic environment.

### 1. Radio Frequency (RF) and Microwave (MW) Radiation

*Sources:* Cell phone, cordless phone, smart meter, wireless baby monitors wireless computer games, microwave oven, Wi-Fi router, some wireless keyboards and wireless mouse, wireless security systems, cell phone antennas, radar, TV and radio broadcast antennas.

### 2. Dirty Electricity (Intermediate Frequencies)

*Sources:* Computers, televisions, tube fluorescent lights, compact fluorescent light bulbs, dimmer switches, variable speed motors/tools, treadmills, vacuum cleaners, sewing machines, solar photovoltaic cells, wind turbines, smart meters and devices that require inverters.

### 3. Low Frequency Electric and Magnetic Fields (EMFs)

*Sources:* Transmission lines, distribution lines (above and below ground), substations, transformers, electric breaker panel, faulty wiring, knob and tube wiring in older homes, power supply cables, electric appliances especially those that generate heat (i.e. electric stove, toaster, hair dryer), computers, and grounded metal pipes (in some areas).

### Electromagnetic Hygiene in your Office<sup>1</sup>:

1. *Electric Equipment:* Increase distance from electrical cords and electric equipment. Move the power bar at least 1 meter away from your feet. Use a wired extended keyboard to increase your distance from the computer screen. This will reduce the magnetic field.
2. *Lighting:* Try to work with the fluorescent tube lighting turned off. Remove CFL (compact fluorescent bulbs) from your work area. LED lights (ones that don't use transformers) are the lights of the future. In the meantime use incandescent light bulbs, as these do not generate poor power quality.
3. *Internet Access:* Use an Ethernet cable for Internet access (not Wi-Fi). If you need to use wireless,

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<sup>1</sup> If still uncertain about your EM environment, hire an EM consultant to measure and remediate your exposure. For information contact [sheena@getpurepower.ca](mailto:sheena@getpurepower.ca)

ensure the wireless router is as far as possible from your body and turned it off when not in use. Ensure that you turn off the Wi-Fi on your computer and not just the router. Used a wired mouse and keyboard.

4. *Cordless Phone:* Replace your cordless telephones with a corded landline phone. The new digital cordless phones in North America (DECT phones) constantly emit microwave radiation, even when not in use. The older analog phones emit microwave radiation only when being used. The best option for reducing RF exposure is to use a wired phone.
5. *Cell Phone:* Text instead of talk, and use the “speaker phone” option when talking and don’t hold the phone next to your head. Do not keep phone in a pocket or on a belt. When not using your cell phone, keep in airplane mode (with Wi-Fi turned off) so it does not radiate.
6. *Electrical Panel & Utility Room:* Ensure that workers are at least 3 meters from an electric panel and are not adjacent to a utility room as these generate high magnetic fields.

### **Electromagnetic Hygiene in your Bedroom:**

We spend a third of each day in our bedroom and for that reason, it is important that the bedroom be electromagnetically clean. Reduce electrosmog in your bedroom by following the steps for your office as well as the steps below:

1. *Baby Monitor:* Remove wireless baby monitors. Wireless baby monitors constantly transmit microwave radiation. Infants should not be exposed to this radiation. Voice activated baby monitors are not yet available in North America but are available in Europe.
2. *Clock Radio:* Move clock radio (and other electric equipment) so it is at least 1 meter from your bed (clock radios emit electromagnetic fields that may affect sleep). Keep bedroom as dark as possible as light also affects sleep.
3. *Computer, Cell Phone, Wi-Fi router, tablets:* Unplug computer at night if it is in your bedroom. Disconnect Wi-Fi router and turn your cell phone off or keep it in airplane mode with Wi-Fi turned off. This is especially important for children under the age of 18. Several national and international advisories are recommending that children under the age of 18 limit their cell phone use. Use ipods/ipads (and other tablets) in airplane mode with Wi-Fi turned off.
4. *Smart Meters:* Ask your utility to have your wireless smart meter wired or use analog smart meters. If this is not possible, use GS filters<sup>2</sup> to reduce the levels of dirty electricity generated by smart meters and do not sleep in room adjacent to the smart meter.
5. *Electric Blanket and Waterbed:* Avoid use of electric blankets and waterbeds. If you need to use an electric blanket, unplug it after it has warmed the bed. This eliminates the electric and magnetic fields generated by these blankets.
6. *Turn Bedroom Power Off:* Consider turning off the power (at the electrical panel) to your bedroom while you sleep.

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<sup>2</sup> GS filters are tuned capacitors that reduce high frequencies voltages (transients) on electrical wires. They protect sensitive electronic equipment. Research shows they also reduce symptoms of electrohypersensitivity. For more information contact [sheena@getpurepower.ca](mailto:sheena@getpurepower.ca)