

Radiant Information.

The radiation from mobiles is not as risk-free as repeatedly claimed by mobile operators. This is why the Vienna Medical Association has decided as part of its public health responsibility to provide you information about **minimising your personal risk** from a medical perspective.



medical

10 Handy Rules for Mobiles

- When buying a new mobile, look for the lowest possible SAR value as well as external **antenna!**
- As a rule, **keep your conversations on your mobile as short and infrequent as possible.** Use a land line or send texts instead! Children and adolescents under 16 should carry mobiles only for emergencies!
- **“Distance is your friend.”** While dialling, keep the phone an arm’s length away from your head and body. Use the built-in speaker phone or headset!
- **When using a headset or hands-free phones, do not put the mobile directly on your body.** If you can’t find anywhere else to put it, put it in your outer coat pocket, on your belt or in your purse!
- **Do not carry your mobile close to your body (such as your chest or trouser pocket).** This applies especially to women who are pregnant. Mobile phones in your trouser pocket can affect male fertility. Persons with electronic implants (such as pacemakers or insulin pumps) must also keep the phone away at safe distance!
- **Do not call in vehicles (car, bus, train).** If your mobile does not have an external antenna, the radiation levels go up when in vehicles. In addition, you will be distracted and annoy fellow passengers!
- **Absolutely no SMS or web surfing while driving!** You are putting yourself and your fellow users of the public roads at risk!
- When at home or at work, call from the land line and put the mobile away or shut it off!
- Put mobiles in off-line or aeroplane mode when **using them as a camera, calculator or game console!**
- Avoid placing mobile calls in places with poor reception such as cellars or lifts. The mobile will increase its power (and thus the radiation) in such situations. Use a headset or speaker phone if you are having poor reception.

Imprint: 5th fully revised edition. July 2013. Publisher and editor: Verlag der Ärztekammer für Wien, represented by the President, A-1010 Vienna, Weihburggasse 10-12. Graphics: PBK Ideenreich Kommunikationsdesign GmbH.