

# You can limit exposure to Radio-frequency (RF) Energy from your cell phone.



Although all cell phones sold in the United States must comply with RF safety limits set by the Federal Communications Commission (FCC), no safety study has ever ruled out the possibility of human harm from RF exposure.

*This material was prepared solely by the City and County of San Francisco and must be provided to consumers under local law.*

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RF Energy has been classified by the World Health Organization as a possible carcinogen (rather than as a known carcinogen or a probable carcinogen) and studies continue to assess the potential health effects of cell phones. **If you are concerned about potential health effects from cell phone RF Energy, the City of San Francisco recommends:**

- **Limiting cell phone use by children**  
Average RF energy deposition for children is two times higher in the brain and up to ten times higher in the bone marrow of the skull compared with cell phone use by adults.
- **Using a headset, speakerphone or text instead**  
Exposure decreases rapidly with increasing distance from the phone.
- **Using belt clips and purses to keep distance between your phone and body**  
Do not carry on your body to at least meet the distance specified in your phone's user manual.
- **Avoiding cell phones in areas with weak signals (elevators, on transit, etc.)**  
Using a cell phone in areas of good reception decreases exposure by allowing the phone to transmit at reduced power.
- **Reducing the number and length of calls**  
Turn off your cell phone when not in use.



**Learn More:** SF Department of the Environment @ [SFEnvironment.org/cellphoneradiation](http://SFEnvironment.org/cellphoneradiation) • (415) 355-3700  
Federal Communications Commission @ [FCC.gov/cgb/consumerfacts/mobilephone.html](http://FCC.gov/cgb/consumerfacts/mobilephone.html)  
World Health Organization @ [WHO.int/mediacentre/factsheets/fs193/en/](http://WHO.int/mediacentre/factsheets/fs193/en/)

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