

EMF Safety Tips:

A Clear, Simple and Concise Guide

By Fiona

Last updated: May 12, 2025

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Why EMF safety tips?

- For more energy
- For mental clarity, better concentration, better memory
- For better sleep
- For less anxiety, less seeking/neurotic behavior, less irritability, less depression
- For more happiness and joy
- For healing of chronic illnesses and ailments
- For better health overall

These are the things we experienced after applying the tips in this guide.

What Insiders and Tech Execs say:

Former Nokia boss (CTO) Matti Niemelä, electrohypersensitive, became seriously ill from cell phone radiation, diagnosed with Multiple Sclerosis:

“I cannot go to the cinema anymore or stay in public areas with lots of radiation for long.”

“I couldn’t walk around while talking on the mobile phone, because it caused coordination problems. The more intense the exposure, the more my speech slurred.”

“Also, my ear felt hot when I talked on the phone for a long time. I struggled on, using the phone until I could not feel my own skin anymore.”

“You couldn’t talk about it within the company. The staff speculated whether the radiation could cause damage. But no one dared to bring it up, because it could get them fired.” [Source 1](#), [Source 2](#), [Source 3](#), [Source 4](#)

Former Belgacom (largest Belgian cell phone operator) CEO Didier Bellens, who prefers landlines to cell phones, and who has banned wi-fi from his offices:

“The waves are dangerous. At night, it is better to turn them off. If you use your phone as an alarm clock, you should also turn it off.” [Source 1](#), [Source 2](#), [Source 3](#)

Apple co-founder Steve Jobs, low-tech parent, who restricted his children’s access to electronic devices:

“We don’t allow the iPad in the home. We think it’s too dangerous for them (children) in effect.” [Source 1](#), [Source 2](#)

EMF Safety Tips

Level 1: The best protection is free

Keep distance

The farther, the better

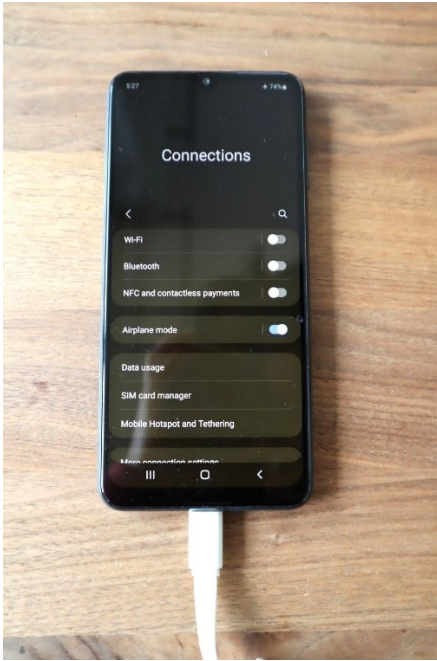
1. **Avoid holding the phone close to your head. Use speaker mode instead.** Also, **avoid holding the phone, as much as possible. Put it on a table or other object.** The few inches' distance makes a big difference. The greater the distance, the better.
2. **Avoid putting the phone in a pocket or anywhere on the body.** Instead, **put it in a bag a bit farther away from your body.**
3. **Avoid putting a laptop on your lap.** Put it on a table instead.
4. **Put the router as far away from your bed, workspace, and seating areas as possible.**

The farther, the better!

Nightly routine

Let your devices rest at night too 😊

5. **Put phone on airplane mode at night.** Some phones still radiate even on airplane mode though. **Also disable wi-fi, bluetooth and mobile data, in addition to enabling airplane mode.**



Android



iPhone

Airplane mode on.

Remember to also turn off wi-fi, bluetooth and mobile data!

6. **Turn off / unplug router at night. And during the day when not in use.**
7. **Unplug bedside lamps and all devices in bedroom at night. Use battery-powered devices instead (battery-powered alarm clock etc.).**

Listen to EMF sounds

Listen to the sounds of wi-fi, bluetooth, cell phones etc.

*Your ears may not hear them, but your body does.
You may be exposing yourself to this noise 24/7.*

*Turn off your router, put your phone on airplane mode,
and give your body the rest it needs.*

*You can also hear EMF sounds using certain EMF meters.
More on this on Level 5.*

Far from fields

Small steps, big wins

8. For magnetic fields: **Make sure your bed, workspace, and seating areas are far from charging devices, refrigerators, airconditioning, and other appliances (also on the other side of the wall).** A few feet distance makes a big difference. Again, the farther, the better.
9. For electric fields: **Make sure your bed, workspace, and seating areas are a few feet away from walls, especially from sockets and light switches.** To be far enough from wiring in walls.

Minimize / Avoid

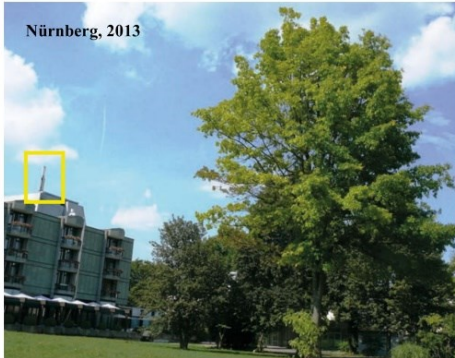
Just say no

1. **Avoid calling or using mobile data if the signal is weak.** The worst is one bar, or no bars, and the phone is looking for towers. Because it's radiating harder to connect to the towers.
2. **Turn off printer when not in use.** Most printers still radiate, even if you turn off the wireless function.
3. **Minimize watching long videos, especially high-res videos, on mobile data or wi-fi. The larger the data transfer, the higher the radiation. Better to download the videos while you stay away from device. And then watch the videos offline.**
4. **Avoid microwave ovens.** The microwave radiation goes through the microwave oven's door. Also, **avoid microwaved food (toxic).**

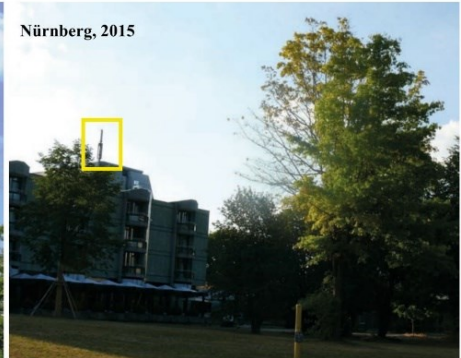
Even doing just the actions on Level 1 will help improve your health and well-being.

Trees in cell tower beams

[Source 1](#), [Source 2](#)



30.08.13 Luitpoldhain, Roteiche (Blick von SSO)
mit Sichtverbindung zu Mobilfunksendeanlage



03.08.15 Rasche Zunahme des einseitigen Kronenschadens.
Zwei Jahre später war die Roteiche gefällt.



27.06.08, Spitzahorn (von SO)
Sichtverbindung zu Sendeanlage
Landsknechtstr. 23 a
(Entfernung 142 m)






05.10.15, Spitzahorn (von O)
Messungen in einer Höhe von 6 m:
links: $3.380 \mu\text{W}/\text{m}^2$
rechts: $500 \mu\text{W}/\text{m}^2$







19.09.19, Spitzahorn (von O)
Nach Rückschnitt von abgestorbenen
Ästen.

*If microwave radiation does this to trees,
what does it do to you?*





2a Am Hahnenweg, Birke von Nordosten (Entfernung Mobilfunksendeanlage Altenburg 1,05 km)

2007	2016	2018
		
18.09.07 Birke (Blick von NO)) Am Hahnenweg	13.09.16 Birke (Blick von NO) Sichtverbindung zur Altenburg nach NW (1,05 km)	05.04.18 Birke (Blick von NO)

3 Am Hahnenweg, zwei Birken (Entfernung Mobilfunksendeanlage Altenburg 810 m)

2009	2012	2015	2016
			
14.06.09 zwei Birken (von O) Am Hahnenweg, Sichtverbindung zur	Messwert: 150 µW/m² 29.05.12 Deutlicher Seitenunterschied zur Altenburg nach NW (810 m)	04.08.15 Zunahme der senderseitigen Schädigung und des Wipfelschadens	25.05.16 Fällung im Winter 2015/2016

20 Bug, Am Regnitzufer, Pappel (Sender Gutenbergstraße 2 km, Sender Hauptsmoorwald 3,6 km)

2008	2009	2013	2016
			
18.08.08 Pappel (Blick von N) Bug, Am Regnitzufer Sichtverbindung zu Sender Gutenberg-	13.06.09 (Blick von N) str. (2 km) und Sender Hauptsmoor-	22.09.13 (Blick von NNW) wald (3,6 km)	08.04.16 (Blick von NNW) Fällung wegen Asymmetrie im im Winter 2014/2015

Note

1. When doing research, **be aware that there are a lot of industry-sponsored articles, studies and organizations that say that artificial EMFs are not dangerous, that the official limits are OK etc. These are simply false.**
2. There are **thousands of independent studies from all over the world for decades already, that prove that artificial EMFs cause a whole lot of diseases and ailments.**

<ul style="list-style-type: none">• tiredness/fatigue• concentration problems• forgetfulness/memory loss• sleeping problems• dizziness/nausea• headaches• tinnitus• recurring colds/flu• accelerated aging	<ul style="list-style-type: none">• anxiety• depression• neurotic behavior• skin problems• hair loss• digestive disorders• cataracts• cancer• etc.
--	--

This is also known as **multimorbidity**.

We just don't hear about this in the media because even they (the media) receive funding from the industry. See:

- emf-portal.org - Over 40,000 publications and over 7,000 studies on the effects of EMFs. Database maintained by the RWTH Aachen University (Germany).
- [Health Implications of Long-Term Exposure to Electrosmog](#) (PDF) by Dr. Karl Hecht
- [EUROPAEM EMF Guideline](#) (PDF) for the prevention, diagnosis and treatment of EMF-related health problems and illnesses, by the European Academy for Environmental Medicine (EUROPAEM)

3. Also **beware of “harmonizers”, stickers and pendants. These are generally scams.** We and many others with electrohypersensitivity (electromagnetic radiation syndrome / microwave radiation sickness) have tested them, and they do not work.

Did you know?

*Dr. Gro Harlem Brundtland, MD, MPH (Harvard), **former Director General of the World Health Organization, and former three-time Prime Minister of Norway, is electrohypersensitive.***

*“It's not the sound, but the waves I react to. And **the sensitivity has become so severe that I react to mobile phones closer than approx. four meters.**”*

*Initially she had felt a **strong heating around the ear.***

*“But the symptoms progressed into **nausea and headaches each time I talked on a cell phone.**”*

*And now **she could sense that a cell phone was switched on in the room.***

*“I had people come into my office with a cell phone hidden in a purse or pocket. Without my knowledge of it being switched on or off, we tested how it affected me. **I have always reacted whenever the phone has been switched on.**” Therefore, mobile phones were banned around Gro. Norway's own “mother”, the great former prime minister and WHO's top chief was electrohypersensitive.*

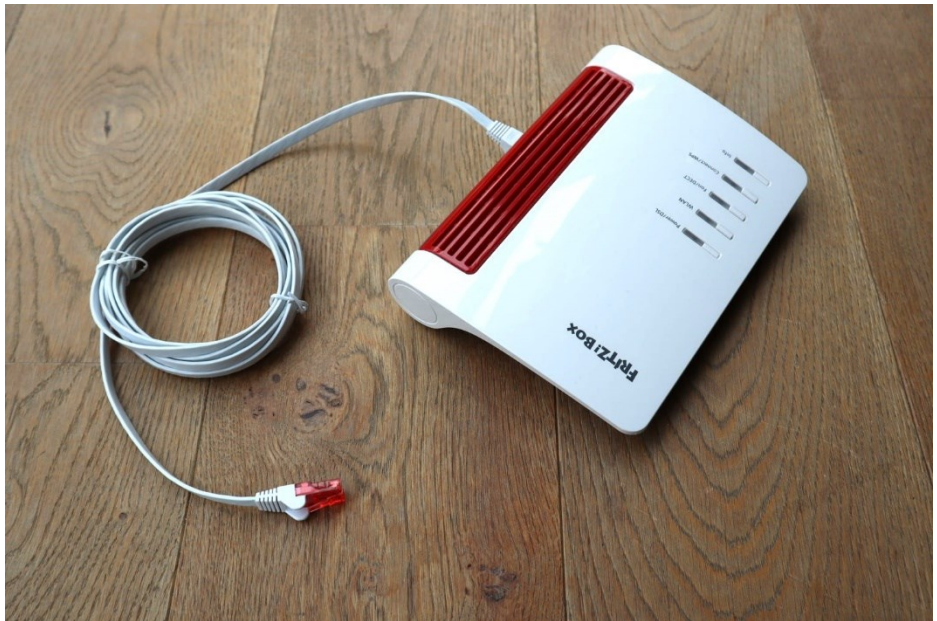
[Source](#)

Level 2:

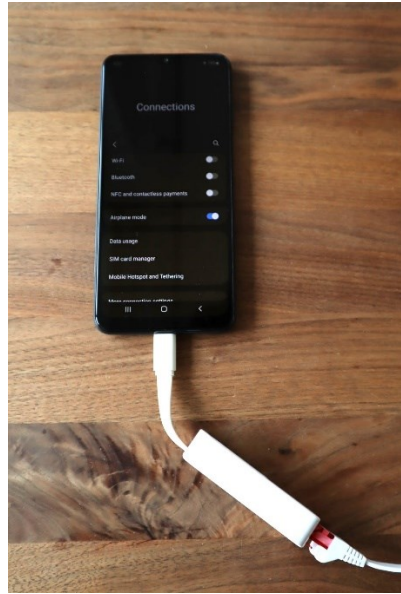
Removing radiation sources at home

1. Replace wi-fi with ethernet cables + adaptors

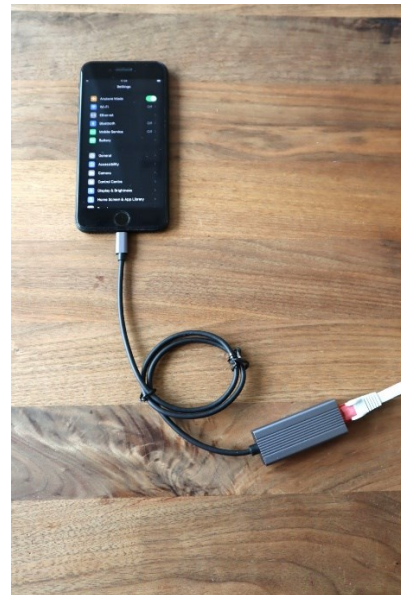
- For Android phones: USB C-to-ethernet adaptor
- For iPhones: Lightning-to-ethernet adaptor
- For computers: USB A-to-ethernet / USB C-to-ethernet adaptor (check your computer's ports)



Ethernet cable plugged into router



Wired Internet (Android): USB C-to-Ethernet adaptor + Ethernet cable

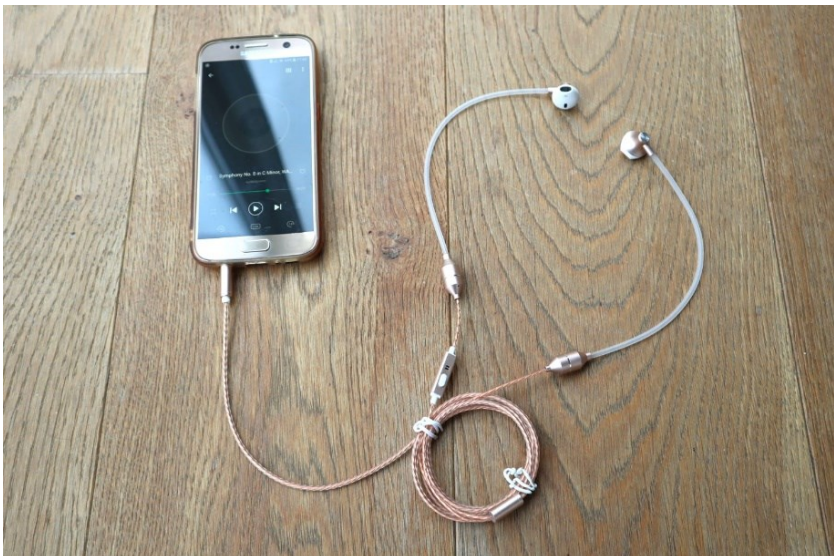


Wired Internet (iPhone): Lightning-to-Ethernet adaptor + Ethernet cable

2. Replace bluetooth devices with wired devices (wired keyboard, mouse, headsets, speakers etc.).



Wired keyboard + wired mouse + Ethernet cable



Wired earphones (airtube headset)



Wired speaker

3. If you have a cordless DECT phone, replace with [corded non-DECT phone](#). Like the old landline phones.



Corded landline phone

Level 3:

Offline alternatives for when you're out

1. For maps, use [Organic Maps](#) or [OsmAnd](#).
2. **Use apps offline as much as possible.** Many apps can be used offline. And synced when you have wired Internet access again. Example: Google Calendar.
3. Before going out: **Download videos, music, ebooks, webpages etc. for offline viewing, listening and reading.** Many apps allow this. Or simply download PDFs and other files using your browser.
4. Before going out: Plan your trip at home. **Take screenshots, print to PDF, or write down on paper: trip info, tickets, restaurants, contact info, reservations, appointments etc.**
5. Before going out: **If you want to sync files across devices, use Dropbox (over wired Internet) or [Bvckup](#).**

Healthy challenge: Try a digital detox, digital minimalism and analog living!

Are you ready to level up?

The following tips will need a bit of money. But it's money well invested.

After all, how much is your health worth?

How much do people spend on medications, doctors, dentists, hospitals, supplements, treatments etc.?

By comparison, shielding costs very little.

We ourselves have spent tens of thousands of euros, and many, many years of our lives, trying to heal chronic diseases.

After shielding our home adequately, our health problems disappeared within a few days.

Level 4: Shielding clothing

1. **Protect head and heart first. Then face, neck, genitals. Then the rest of the body.** Examples:

- Head – hat, cap, hood
- Heart – undershirt, T-shirt, hoodie
- Face, neck – face/head veil
- Genitals – shorts
- Rest of the body – long-sleeved shirts, long pants



Shielding clothing (vetilib.com)

2. **Recommended materials for durability:**
 - [Swiss Shield Max-Wear](#) – silver and copper threads wrapped in cotton
 - [Yshield Steel-Gray](#), [Yshield Steel-Twin](#), [Adamantan](#) – stainless steel, protects better against 5G over 20 GHz
 - Other stainless steel materials with **shielding effectiveness of over 40 dB** (at 1 Ghz)
3. **Beware of silver (silver-plated or silver not wrapped in cotton).**
OK for occasional use. But **silver flakes off, so it's not long-lasting, and the silver gets into the body.** Also, beware of nanosilver (toxic).

4. **Recommended stores / seamstresses:**

- yshield.com
- wavesafe.com
- vetilib.com
- abschirmkleidung.com

5. You can also **order the fabrics (from yshield.com)** and have a local seamstress line your clothes, hats etc.

*Take as much time as you need on each level.
Feel free to stay on one level for as long as you like.
Only move on to the next level when you feel comfortable.*

Take it slow and enjoy the process!

Level 5: Home shielding

1. **Make sure all inside sources of radiation have been removed.**
(If not, the radiation inside will be reflected back to you.)

See Levels 1 and 2 above.

2. **Buy an EMF meter. Recommendation: [Cornet ED88Tplus](#) or [ED88Tpro](#).**

- It's cheap compared to other meters with similar features.
- It can locate the sources of radiation (it's directional).
- It can let you [listen to EMF sounds](#).
- It can measure three types of radiation
 - **radio frequencies** – radiation from cell phones, wi-fi routers, bluetooth devices, cell towers, microwave ovens, cordless phones etc.
 - **magnetic fields** – from electric current from appliances, motors, transformers, house wiring, power lines etc.
 - **electric fields** – from electric voltage (pressure, even when no current is flowing), from wiring in walls, lamps, computers, extension cords etc.

If you cannot afford a meter, consider teaming up with family and friends. You can all chip in, and then take turns using the meter.

Remember, it's cheaper than hospitals, doctors, medications etc.

How much is your health worth?



EMF meter: Cornet ED88Tplus

3. **Learn how to use your meter. For Cornet ED88Tplus, watch [Oram Miller's tutorial video](#) on YouTube, for example. Or [Fiona's tutorial video](#) (in Tagalog).**

4. **Buy [mylar sheets / space blankets](#).**

Advantages:

- They're cheap.
- The ones that are gold on one side are pretty. You will have golden walls like in palaces. 😊
- They are not conductive, so no need to ground. Both sides have a [plastic coating](#).



Mylar sheets (space blankets) with gold and silver sides

5. **Measure – shield – measure.**

- **Tape the space blankets to the walls you want to shield. Leave a bit of gap from the wall.** This is to prevent mold growth.
- Also try to **keep the humidity levels below 60%** if you can. You can **buy a cheap [hygrometer](#).**
- **Remember to measure – shield – measure.**
The lower, the better!

The lower, the better!



What healed our various illnesses: Shielding with mylar (space blankets)

6. If you want to use other shielding materials (shielding paint, shielding fabrics, shielding foil etc.), see [yshield.com](https://www.yshield.com). You may need to work with an EMF mitigation specialist for proper shielding, and with an electrician for grounding.

EMF-free room (Germany)

There's an EMF-free room in Germany, designed by Prof. Dr. Engr. Josef Pöppel. Thousands of people have stayed there, and healed or improved their condition.

What's also interesting are their comments on what they felt inside the room:

"I feel the heart—it becomes calm"

"I am very happy"

"safe/protected as in the womb"

"phenomenal"

"wonderful, finally being human again"

"I am now the woman I always wanted to be"

"sense of time gone"

"space of bliss"

"in the front court of heaven"

"it has something to do with love"

(11-year-old, with her father in the room:)

"In this room, the heart becomes free"

[Source](#)

Level 6: Further optimizations

Remember, you don't need to do everything in this guide to reap the benefits. Just do what resonates with you.

1. **Buy an EMF alarm. Recommendation: [Safe and Sound Micro](#). It monitors EMF levels 24/7. And will alert you (vibrate) if the limit you set is reached.**

This will make you aware of any other radiation sources in your home. Also it will warn you if you are in a high-radiation place, so you can leave immediately if you can.

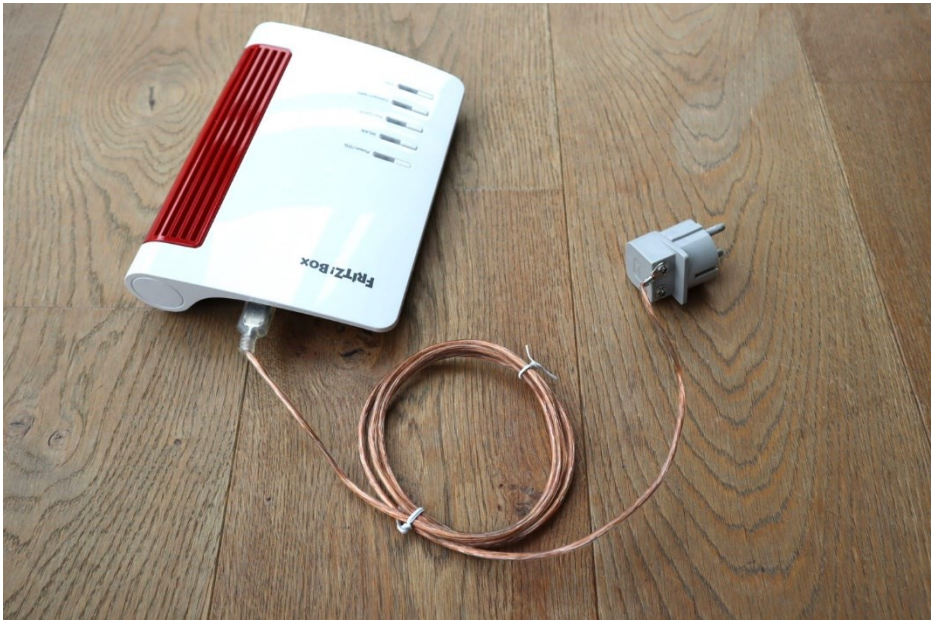
Watch Fiona's tutorial video (in Tagalog).



EMF alarm: Safe and Sound Micro

2. **Ground your laptop or your router.** You can buy USB grounding plugs. See: wavesafe.com or safelivingtechnologies.com. This will minimize electric fields.

If you ground your router, all devices connected to it (by Ethernet cable) will be grounded as well.



USB grounding plug

3. **Create a shielded house for your printer.** It's not easy to find a non-radiating printer. **Even if you turn off bluetooth and wi-fi, most printers still radiate.**

Line a box with space blankets. Now you can print with minimal radiation exposure.



Shielded house for hard-headed printers

4. **Sleep in a shielding canopy. Combine it with shielding under the bed (space blankets, stainless steel material etc.).** Examples:

- [Swiss Shield New-Daylite Fabric / Canopy](#) – Low shielding effectiveness. Should be combined with space blankets or with low-EMF environment.
- [Swiss Shield Naturell Canopy](#) – Tighter weave, so you may need to leave a gap for fresh air. Measure with EMF meter for side with lowest radiation.
[Note: We only have experience with Naturell as part of shielding clothing. But we've heard positive feedback on using it as a canopy from many EHS people. We're considering using a Naturell canopy as well. To be updated.]
- [Adamantan Canopy](#) – May need to be grounded.
[Note: We only have experience with Adamantan as a face veil. We're considering using an Adamantan canopy as well. To be updated.]

For other materials (like silver), see [recommended materials](#) above.

5. More coming!

Questions, suggestions, tips, corrections?

Please send them to: [nozap.org\(at\)gmail.com](mailto:nozap.org(at)gmail.com).

Your feedback will help us improve this document.

Wishing you success on your EMF mitigation project!

By lowering your EMF exposure, you are contributing to a healthier world. Thank you!
