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CDPH CELL PHONE SAFETY GUIDANCE: ORIGINAL DRAFT vs. PUBLISHED DOCUMENT

	ORIGINAL DRAFT	PUBLISHED DOCUMENT
Title	"Guidance: Measures to Reduce the Possible Health Risks of Electromagnetic Fields from Cell Phones and Cordless Phones"	"How to Reduce Exposure to Radiofrequency Energy from Cell Phones"
Issued By	Division of Environmental and Occupational Disease Control (DEODC), California Department of Public Health (CDPH)	DEODC, CDPH
Prepared Date	**June, 2009. First draft** of CDPH cell phone guidance document.	--
Release Date	Released by Calif. Attorney General's Office in **May, 2017** pursuant to court order re: case #34-2016-80002358 in Sacramento Superior Court.	**Final version** of CDPH cell phone guidance document published on CDPH web site, **December 13, 2017**.
State-of-the-science	"The evidence that electromagnetic radiation from cell phones and cordless phones is not conclusive. Therefore considerable uncertainty remains about the impact of measures to reduce exposures, precluding the issuance of definitive guidance. However, given the seriousness of the potential health impacts and the ubiquity of exposure, it is prudent for DEODC to develop advice describing simple, but important, measures to reduce potential exposures."	"These studies do not establish the link definitely, however, and scientists disagree about whether cell phones cause these health problems, and how great the risks may be."
Purpose of Document	"This guidance document represents DEODC's present consensus on measures to reduce exposure and thereby reduce possible health risks of electromagnetic fields from cell phones and cordless phone."	"This document is intended to provide guidance for those people who want to reduce their own and their families' exposures to RF energy from cell phones, despite this uncertainty."
For State Govt. & Large Purchasers	"The Department of General Services should create contract language to require manufacturers to provide SAR ratings for all available phones … and to offer low-emission ear pieces or headsets, as well as all appropriate field-reducing devices for newly purchased cell phones and cordless phones."	--
	"The Department of General Services should distribute to employees purchasing phones: the SAR ratings for all available phones; the available low-emission ear pieces and headsets for newly purchased phones; and a copy of the recommendations below on reducing potential cordless and cell phone risks."	--
Advice Summary	**"Recommendations for Employees and General Public"**	**"How can you reduce your exposure?"**
	When on a call: "Keep the cell phone at least an arm's length distance away from the body."	"When you talk on your cell phone avoid holding it to your head …"
	When on a call: "Keep the cordless phone and cordless phone base station at arm's length distance away from the body."	--

	"Hold the cell phone or cordless phone at least an arm's length away from the body when turning on the phone and when waiting for the person you called to pick up."	--
	"Use speaker phone mode and speak at a distance of at least an arm's length."	"When you talk on your cell phone …use the speakerphone…"
	"Use an earpiece attachment or a wireless device headset (ex. Bluetooth)."	"When you talk on your cell phone …use … a headset …"
	"Communicate via text messaging or email rather than making a call."	"Send text messages instead of talking on the phone."
	"Use the cell phone or cordless phone only for short conversations."	--
	"For longer conversations: use a land line with a corded phone; use an earpiece attachment or a wireless headset device; switch sides regularly while communicating."	--
	"Avoid using your cell phone when it is roaming, there are no or few bars of signal, or when moving at a high speed, such as in a car or train..."	"Reduce or avoid using your cell phone when it is sending out high levels of RF energy. This happens mainly when: You see only one or two bars displayed ….You are in a fast moving car, bus, or train…."
	--	"If you are streaming or if you are downloading or sending large files, try to keep the phone away from your head and body."
	When not on a call: "Keep the cell phone and cordless phone at least an arm's length distance away from the body (ex. at night do not place the phone under or next to your pillow)."	"Carry your cell phone in a backpack, brief case, or purse; not in a pocket, bra or belt holster…. Don't sleep with your phone in your bed or near your head. Unless the phone is off or in airplane mode, keep it at least a few feet from your bed."
	"Remove wireless headset devices (ex. Bluetooth) when not on a call."	"Take off the headset when you're not on a call. Headsets release small amounts of RF energy even when you're not using your phone."
	When buying a phone: "Choose a device with the lowest SAR (specific absorption rate) possible."	--
	When buying a phone: "Replace old analog cordless phones with digital cordless phones or corded phones."	--
	"Pagers or beepers are receivers only and thus do not generate electromagnetic fields. To reduce electromagnetic field exposure, these may be used instead of the cell phone by people who are on constant 'call'."	--
	--	"Don't rely on a 'radiation shield' or other products claiming to block RF energy, electromagnetic fields, or radiation from cell phones."