



# EMF Quick-Start Checklist

10 Free Changes You Can Make Today

These simple, no-cost changes address your highest daily exposures. Check them off as you complete them and watch your EMF footprint shrink.

Takes about 5 minutes to complete

## Smartphone (Your #1 Source)

Quick Win

- Switch to 4G instead of 5G** - Go to Settings > Cellular > Voice & Data > LTE  
5G phones increase transmit power to maintain connection, especially indoors

Quick Win

- Use airplane mode when signal is weak** - Your phone amplifies power when searching for towers  
Your phone amplifies RF output up to 1000x when searching for towers

Quick Win

- Never hold phone to your head** - Use speakerphone or wired earphones  
RF absorption follows inverse-square law - 2x distance = 75% reduction

Easy Extra

- Keep phone out of pocket** - Use a bag, desk, or at minimum back pocket

## WiFi & Home

Quick Win

- Turn off WiFi router at night** - Unplug it or use a timer  
8 hours of zero RF exposure while your body repairs during sleep

Easy Extra

- Disable WiFi and Bluetooth when using ethernet** - If device is wired, turn off wireless

## Computer & Work

Quick Win

- Never put laptop directly on lap** - Use a desk or lap desk with distance  
Laptops emit RF, magnetic fields, and heat directly into reproductive organs

Easy Extra

- Use external keyboard and mouse** - Creates distance from laptop EMF

## Bedroom & Sleep

Quick Win

- Remove all electronics from bedroom - Or at minimum, unplug them at night

Electric fields from wiring extend 6-8 feet even when devices are off

Easy Extra

- Move bed away from walls with wiring - Especially circuit breaker walls

### You've Tackled 10 EMF Sources. Your Home Has 50+ More.

Get the complete 100 Tips guide with product recommendations, measurement techniques, and room-by-room solutions.

*Trusted by 3,000+ families reducing their EMF exposure*

[Get the Full Guide → \(https://frequencyblockers.com/guide\)](https://frequencyblockers.com/guide)

### Know Someone Worried About EMF?

Forward this kit to a friend or family member. Helping others reduce their exposure starts with awareness.

Share via email or print an extra copy.



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**Disclaimer:** This information is for educational purposes only and is not intended as medical advice. Consult a qualified healthcare provider regarding health concerns. EMF science continues to evolve; recommendations are based on precautionary principles.

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