The World Health Organization (WHO) has confirmed that mobile phone radiation may cause cancer by listing it in the same cancer risk category as lead, engine exhaust, and chloroform. The WHO advises taking “pragmatic measures to reduce exposure such as hands-free devices or texting.” Here are more important tips to use mobile in your day today life.

- Keep distance between you and the phone.
- Use speakerphone or an airtube headset
- Carry the phone away from your body
- Talk less by texting or using a landline
- Keep kids away from the phone
- Wait for the call to connect before putting it to your ear
- Hang up when you are travelling
- Purchase a phone with a low SAR (Specific Absorption Rate) to avoid mobile phone radiation
- Avoid Use When Low Signal
- Switch Sides of Head When Talking
- Shorter Calls
- Don’t store your phone in your pocket (or under your pillow)
- Do not sleep near your cell phone
- Avoid use in a moving vehicle
- Switch to flight or “off-line” mode when not in use

The research is clear. Cell phones are a potential health hazard. Why not minimize your risk by taking these precautionary measures?

Safety and Privacy

That smartphone in your pocket – or your tablet or laptop – contains significant information about you and your friends and family, including contact numbers, photos and locations. Your mobile devices need to be protected. Take the following security precautions and enjoy the conveniences of technology with peace of mind while you are on the go.
Here are tips on Cell Phone Safety and Privacy

- Put a passcode on your phone.
- Turn off location sharing.
- Turn off Bluetooth when not using.
- Check your privacy & security settings.
- What online accounts are you automatically logged into?
- Review the apps you download.
- Put a password on your wireless carrier account to keep others from accessing your account.
- Lock down your online phone account.
- Use virtual phone numbers (such as Google Voice) to keep your number private.
- Try not to store sensitive information on your phone.
- Use anti-virus and anti-spyware software on your phone.
- Take care when using safety apps.
- Don’t store passwords in your browser
- Remember, Public Networks Are Public
- Don’t Click on Suspicious Links
- Keep Software Up to Date

- Back Up Your Phone Regularly

Smartphones are quickly becoming our wallets, our cameras, our notebooks, even our personal safes. You wouldn’t leave any of those just lying around for anyone to pick up and browse.

Make sure you’re taking the same precautions with your mobile device.

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