

# COMPUTER SHIELDING

## Radiation from Computers

Computers emit several kinds of EMF radiation and each computer component will have its own unique emission signature.

Newer LED monitors tends to show lower levels, while all-in-one and laptops tend to have the highest level of emissions. After all, these put the entire computer right at your fingertips. Any component that is wireless will emit a radio signal in addition to the low frequency emissions from the internal electronics. Remember, that includes keyboards, printers, and of course the wifi router too! In offices and classrooms where there may be many computers in a small space, the amount of total radiation present is multiplied and can quickly exceed safe levels. In fact, it has been shown that computer and wi-fi radiation can even impede learning.



With a little thought, you can dramatically reduce the amount of EMF exposure you and your family received from your computer equipment.

- *most important:* turn off wi-fi and run cables for internet connection
- replace any wireless components with wired ones
- if you must use wi-fi, shield the router
- move all components away from the body except for keyboard, mouse, and monitor
- use a remote keyboard and mouse on your laptop
- use a shield under a laptop
- use a shield on the computer screen
- check for residual emission with an EMF meter
- *never* use a computer in your lap if pregnant



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