

Austrian doctors' 10 point health advice on use of phones, yellow poster campaign

(Andy Davidson's translation)

10 Medical Mobile Phone Rules

- Use your mobile as little as possible and keep calls as short as possible. Children and young people under 16 years should not use a mobile phone at all.
- Never hold a mobile phone to your head during a call.
- Never use a mobile phone in a vehicle (car, bus, train) - the radiation is higher.
- Hold your mobile phone as far away from your body as you can when sending a text.
- When calling, stand several metres away from other people - they are being irradiated as well as you!
- Men: never keep your mobile phones in your trouser pocket - the radiation can impair male fertility.
- Always switch your mobile phone off at night, and never keep it near your head.
- Don't play games via mobile phone.
- Wired hands-free kits can be just as unsafe - the cable directs the radiation into your ear. (Use an acoustic tube earpiece.)
- Wireless LAN (PC networks) and/or UMTS (3G) lead to a high radiation dose.

in the red box:

Advice!

Do not use mobile phones in the waiting room; their radiation causes interference!