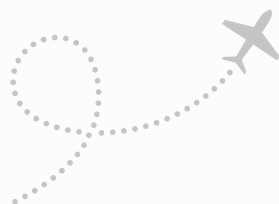


Limit the amount and duration of calls under conditions of poor connectivity (visible on the screen) and while on board means of transportation

Recommendation - Danish Health Authority



During transit mobile phones will scan more frequently for a signal from cell towers, increasing exposure to radio waves and microwaves.

Where connectivity is poor, phones must transmit a far stronger signal during calls than under good connectivity conditions.

As far as possible, use text messaging (SMS) instead of voice calls

Recommendation - Danish Health Authority



Do not sleep with your phone near your head

Recommendation - Danish Health Authority



People with electrohypersensitivity often experience sleep disruptions caused by exposure to radio waves and microwaves.

Brochure by the Danish EHS Association (2026).
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Recommendations for mobile phone usage

Cautious approaches to radio- and microwaves



With tips and comments by
Danish EHS Association

Recommendations for mobile phone usage

Following an approach of caution, the Danish Health Authority recommends a few simple precautions you should take to reduce the exposure from mobile phones.

Phone signals represent the largest source of exposure to radio waves and microwaves.

A mobile phone held to the ear during conversation will therefore cause significantly higher exposure than, for instance, a wifi router. Research has yet to confirm or disprove whether exposure from mobile phones constitutes a health risk.

Therefore the Danish Health Authority recommends that you follow these simple precautionary rules.

The recommendations concerning mobile phone usage have been copied directly from the website of the Danish Health Authority (sis.dk) in August 2026 and translated faithfully.

Recommendations - Danish Health Authority

1. During conversation, use a headset or hands-free set with earphones, or use the speaker function
2. As far as possible, use text messaging (SMS) instead of voice calls
3. Limit the duration of calls
4. Do not sleep with your phone near your head
5. Limit the amount and duration of calls under conditions of poor connectivity (visible on the screen) and while on board means of transportation
6. Do not cover the phone with tin foil or similar
7. Compare the SAR value of phones. Phones with lower SAR values cause less exposure

Last updated 10 February 2023

Find the link to the recommendations at sis.dk, or scan the QR code.



The strength of exposure is reduced with increasing distance¹, for instance increased distance between the phone and head during calls. Do not hold your phone close to your head.

Bluetooth, mobile data and wifi are also sources of radio wave and microwave exposure. These features may be disabled when not in use, e.g., during the night.

Using wifi or Ethernet² rather than mobile networks (2G) and mobile data networks (4G/5G) tends to significantly reduce the strength of exposure³.

A mobile phone with a low SAR value will nonetheless still constitute one of the strongest sources of exposure when in use or carried close to the body (e.g., in a pocket).

Find more tips here



ehsf.dk

About the Danish EHS Association

The organisation was founded in 1992 and has since then been a patient organisation for Danes with electrosensitivity, who may experience headaches, tinnitus, dizziness and sensory and sleep disturbances from exposure to radio waves and microwaves.

On the organisation's website - <https://ehsf.dk> - you can read more about how to reduce your own and others' exposure to radio waves and microwaves without having to do without your mobile phone.

1. When distance is doubled strength of exposure is reduced to 1/4.
2. Ethernet = wired internet.
3. <https://www.bfs.de/EN/topics/emf/mobile-communication/protection/smartphone-tablet/smartphone-tablet.html>. Read 16/8-2026.