



EMF Fact Sheet for Friends & Family

What Are EMFs?

EMFs (electromagnetic fields) are invisible energy fields produced by electronic devices, including cell phones, Wi-Fi routers, Bluetooth, and smart meters.

Why It Matters:

Some people experience health symptoms they believe are linked to EMF exposure. This is known as electromagnetic hypersensitivity (EHS).

Common Symptoms Include:

- Headaches
- Fatigue
- Sleep disturbances
- Brain fog
- Heart palpitations
- Skin tingling or burning

What You Can Do to Help Someone with EMF Sensitivity:

- Turn off Wi-Fi at night
- Keep phones and wireless devices away from sleeping areas
- And the #1 thing you can do is: **support them without judgment**