

## Your mobile and your health

We want all customers to have up-to-date, relevant information about using mobile phones, and anything to do with mobile phone safety.

If you want to know more about mobile phones, electromagnetic energy (EME) and how mobile technology may impact health, you can find information on our website, at customer contact centres, and included with all new mobile services.

### What the experts tell us about mobile phones and EME

Telstra relies on the expert advice of a number of national and international health authorities, including the World Health Organization (WHO) for overall assessments relating to health and safety. Research into EME, mobile phones and health has been going on for many years.

In October 2014 the WHO updated its fact sheet on mobile phones and health reaffirming its current position. The fact sheet says;

*“Are there any health effects?”*

*“A large number of studies have been performed over the last two decades to assess whether mobile phones pose a potential health risk. To date, no adverse health effects have been established as being caused by mobile phone use.”*

The WHO also lists the following key facts on mobile phones and health:

- Mobile phone use is ubiquitous with an estimated 6.9 billion subscriptions globally.
- The electromagnetic fields produced by mobile phones are classified by the International Agency for Research on Cancer as possibly carcinogenic to humans.
- Studies are ongoing to more fully assess potential long-term effects of mobile phone use.

In terms of brain tumours and long term effects the WHO says;

*“While an increased risk of brain tumors is not established, the increasing use of mobile phones and the lack of data for mobile phone use over time periods longer than 15 years warrant further research of mobile phone use and brain cancer risk. In particular, with the recent popularity of mobile phone use among younger people, and therefore a potentially longer lifetime of exposure, WHO has promoted further research on this group. Several studies investigating potential health effects in children and adolescents are underway.”*

Source [Electromagnetic fields and public health: mobile phones Fact Sheet 193 revised Oct 2014](#)

### What research is the WHO advice based on?

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The WHO has an extensive database of scientific research into the effects of EME, including studies on how Radio Frequency (RF) EME could affect health. You can find this data on the WHO website. There are also more than 1,900 published scientific articles on the biological and health effects of RF EME and over 630 studies on Radio Frequencies used specifically by mobile networks.

## Where to get more information on EME

You can find more information on these studies via the links in this brochure. We're serious about safety, and only sell mobile phones that meet stringent national and international safety requirements and standards.

## How you can reduce exposure to EME

The WHO provides the following information on how to reduce mobile phone exposure:

- use 'hands-free' devices to keep mobile phones away from the head and body during phone calls
- limit the number and length of calls
- use the phone in areas of good reception, which reduces exposure as the phone will transmit at reduced power.

(Source: WHO Fact Sheet 193 June 2014 – *Electromagnetic fields and public health*: <http://www.who.int/mediacentre/factsheets/fs193/en/> )

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Need more information?

There are many information sources on mobile phones and health. You can visit our website at [www.telstra.com/eme](http://www.telstra.com/eme) or go to the authorities and organizations we rely on for expert advice or general information, including:

**WHO** – [www.who.int/peh-emf/en](http://www.who.int/peh-emf/en)

**ARPANSA** – [www.arpansa.gov.au/mobilephones/index.cfm](http://www.arpansa.gov.au/mobilephones/index.cfm)

**EMF Explained** – [www.emfexplained.info](http://www.emfexplained.info)

You can also email us at: [eme.enquiries@team.telstra.com](mailto:eme.enquiries@team.telstra.com)

Your device's handbook, guide or website also has information provided by the manufacturer of the device.

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