



# Wireless, Wildlife and You

Cece Doucette

*Live from the Hive, Earth Day Event  
April 22, 2021*

# Cece Doucette, MTPW



- ▶ Helped Ashland, MA become first-in-nation with [Best Practices for Mobile Devices](#), 2014
- ▶ Introduced [legislation](#) in MA & testified in NH
- ▶ Co-founder, [Wireless Education](#), educational non-profit
- ▶ Co-founder, [Massachusetts for Safe Technology](#)
- ▶ [Co-Chair, Technology Panel, Health in Buildings Roundtable Conference @ NIH](#)
- ▶ Speaker: EMF Medical Conference [2021](#)



# Science: Short-term Effects

## ▶ Electromagnetic Sensitivity/ADA

- Insomnia, nightmares
- Headaches
- Nosebleeds/earbleeds
- Fatigue
- Pain
- Skin abnormalities
- Irregular heartbeats
- Cognitive impairment
- Anger, behavior issues
- Anxiety, depression, suicidal ideation

**Are your symptoms caused by your wireless devices?**

**Common symptoms of Microwave Sickness/Electro-Sensitivity**

- Brain**
  - Headaches
  - Insomnia/Sleep Problems
  - Dizziness
  - Difficulty Concentrating
  - Memory Problems
  - Brain Fog
  - Fatigue
- Eye**
  - Pressure In/Behind Eyes
  - Eye Twitching
  - Deteriorating Vision
  - Vision Disturbances
  - Cataract
- Heart**
  - Palpitations
  - Arrhythmia
  - Chest Pain/Pressure
  - Difficulty Breathing
  - Low/High Blood Pressure
- Other**
  - Adrenal Problems
  - Digestive Problems
  - Weight Loss/Gain
  - Tingling
  - Dehydration
  - Hair Loss
  - Flu Like Symptoms
  - Attention/Behavioral Issues
- Ears**
  - Tinnitus
  - Humming
  - Sharp Pain
  - Noise Sensitivity
- Skin**
  - Skin Rash
  - Itching
  - Burning
  - Facial Flushing
- Mood**
  - Irritability
  - Depression
  - Anxiety

More information at [www.WeAreTheEvidence.org](http://www.WeAreTheEvidence.org)

**JAN**  
Job Accommodation Network

**ELECTRICAL SENSITIVITY**

Accommodation and Compliance: Electrical Sensitivity

**About Electrical Sensitivity**

There are people who report a sensitivity to electromagnetic fields. Although it has been difficult for the environmental health and medical communities to define, individuals with electromagnetic sensitivity report various symptoms including but not limited to fatigue, weakness, dizziness, headaches, insomnia, irritability, skin rashes, and depression. Despite the medical community's difficulty in defining electromagnetic sensitivity, individuals with the condition may benefit from job accommodations.

**Electrical Sensitivity and the Americans with Disabilities Act**

The ADA does not contain a list of medical conditions that constitute disabilities. Instead, the ADA has a general definition of disability that each person must meet. A person has a disability if he or she has a physical or mental impairment that substantially limits one or more major life activities, a record of such an impairment, or is regarded as having an impairment. For more information about how to determine whether a person has a disability under the ADA, see [www.hhs.gov/officeofassessments/ada/10505a](http://www.hhs.gov/officeofassessments/ada/10505a).

**On This Page**

- Electrical Sensitivity and the Americans with Disabilities Act
- Accommodating Employees with Electrical Sensitivity
- JAN Publications & Articles Regarding Electrical Sensitivity
- Events Regarding Electrical Sensitivity
- Other Information Regarding Electrical Sensitivity

**Microwave frequency electromagnetic fields (EMFs) produce widespread neuropsychiatric effects including depression**

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**ABSTRACT**

Non-thermal microwave/lower frequency electromagnetic fields (EMFs) are via wireless mobile cellular phones (VLF/ELF) microwave cellular phones (VLF/ELF) and several types of additional non-thermal EMFs. These EMFs have been reported to produce a wide range of neuropsychiatric and behavioral effects, including depression, anxiety, and irritability. The purpose of this study was to determine if the VLF/ELF EMFs from mobile cellular phones could produce a depressive-like state in mice. The results of this study show that VLF/ELF EMFs from mobile cellular phones can produce a depressive-like state in mice. The results of this study show that VLF/ELF EMFs from mobile cellular phones can produce a depressive-like state in mice. The results of this study show that VLF/ELF EMFs from mobile cellular phones can produce a depressive-like state in mice.

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# Science: Planetary Impact

- ▶ Birds
- ▶ Pollinators
- ▶ More Wireless! How Do The Bees Vote?
- ▶ Energy consumption



# A Word of Caution: Misleading “Trustworthy” Sources

## ▶ New York Times

- ▶ Article, [“The 5G Health Hazard that Isn’t”](#)
- ▶ Conflict of interest: [5G Verizon lab at NYT](#)
- ▶ [Ireland: Violation of truth & accuracy code](#)

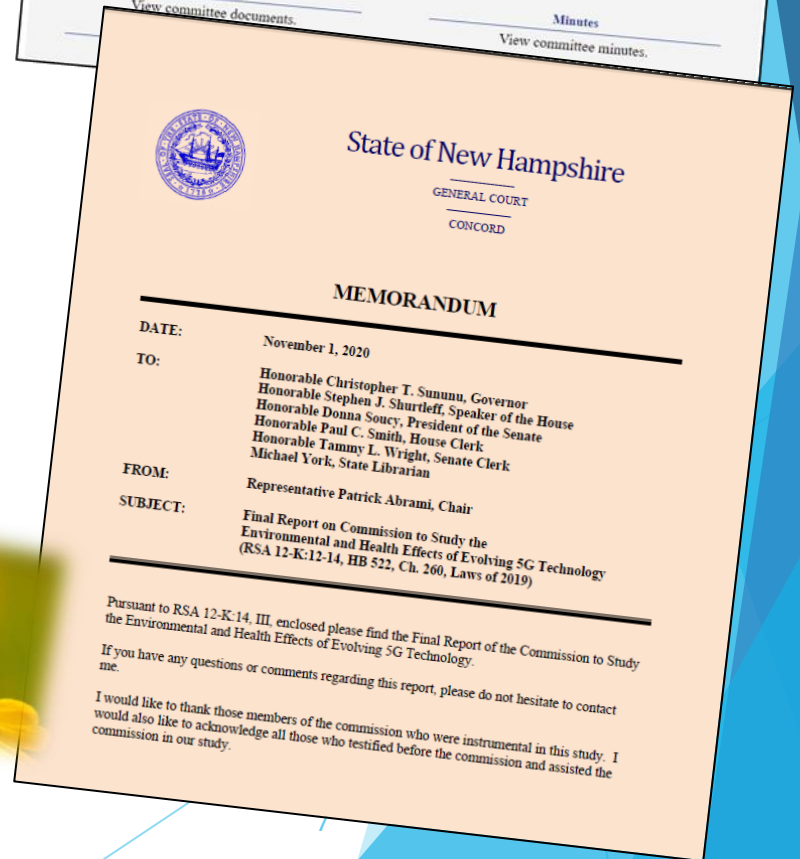
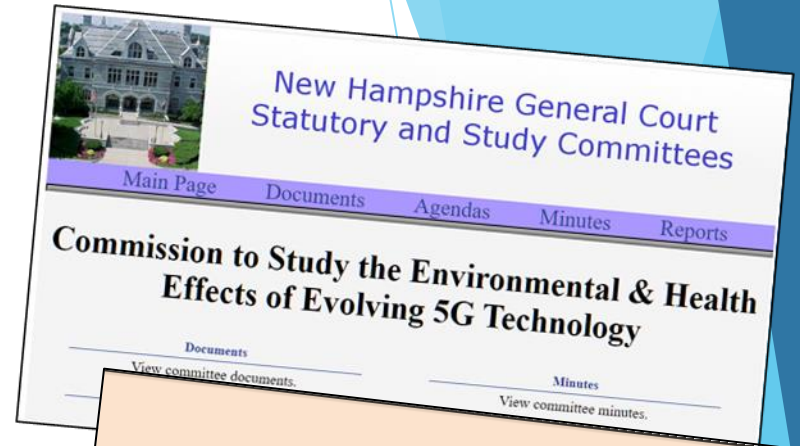
## ▶ World Health Organization

- ▶ [False EMF information still posted](#)
- ▶ [2020: EMF investigation reopened](#)
- ▶ [Two WHO groups: One industry-influenced, one science-based](#)



# New Hampshire Report

- ▶ [New Hampshire law](#) in less than a year, groundbreaking [Commission Report](#) a year later
  - ▶ Majority Report, Minority Report: industry playbook
- ▶ Protect people & the environment
  - ▶ Work with federal delegation to fix broken laws
  - ▶ Educate the public
  - ▶ Track radiation levels
  - ▶ Transition to hard-wired technology



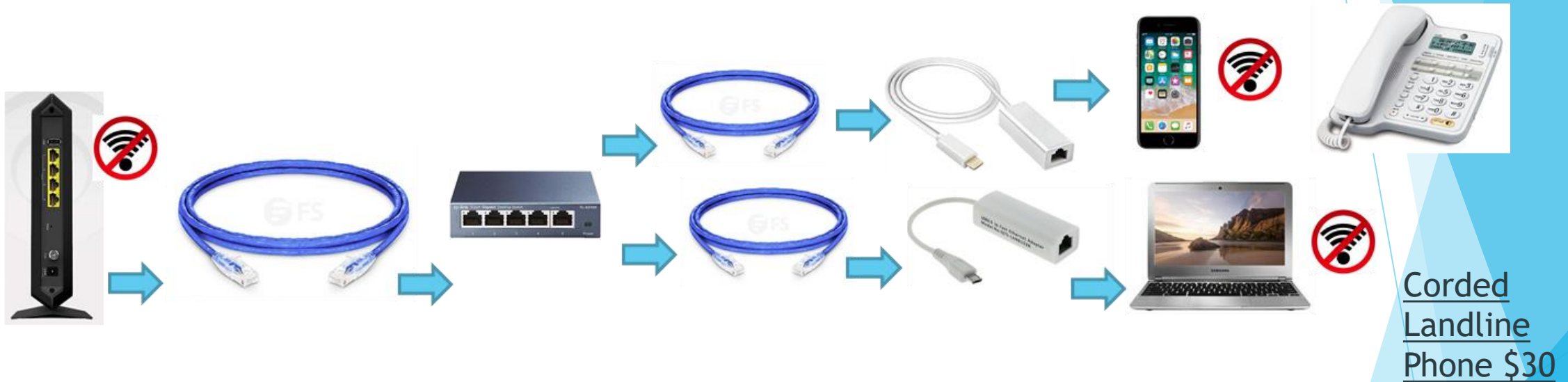
# Easy Personal Solutions

- ▶ *All devices off*
- ▶ Airplane mode
- ▶ Second-hand radiation:  
people, pets & pollinators





# What Safe Technology Looks Like



Router

Shielded  
Ethernet  
Cable: Long  
@ \$30

Ethernet  
Switch  
@ \$20

Shielded  
Ethernet  
Cables:  
Short  
@ \$4-10

Cell Phone  
& Tablet  
Adapters  
@ \$30

Corded  
Landline  
Phone \$30



# Thank You!

## ▶ Contact:

- ▶ [Massachusetts for Safe Technology](http://MassachusettsforSafeTechnology.org)
- ▶ [MA4SafeTech@gmail.com](mailto:MA4SafeTech@gmail.com)
- ▶ [WirelessEducation.org](http://WirelessEducation.org)

