

Type of Radiation	Sources	Degree of Exposure	Degree of Harmfulness	Protection
ELF	Electricity Transmission Towers, Cables	Varies	Evidence found of harmful effects for people living near high voltage towers	-Avoid living close to high voltage electric transmission towers -Screen for house leaks
VLF	Electrical equipment (TV, Monitors, Transformers, Wires)		Very Low (unless serious leaks)	-Avoid very close contact to source -Screen for house leaks
Radio Waves	Analog Radio	Moderate	N/A	Avoid living close to radio transmission towers
	Baby Monitors	Low		Don't place too close to baby
	TV	Moderate	N/A	Avoid living close to TV transmission towers
	Ultrasound Screening			Use with moderation
	Ultrasound Therapy		Very Low	Use with moderation
	Bluetooth	Varies	Low	Avoid prolonged use
Microwaves	Cell Phones	High	Low/???	-Use in hands free mode -Place receiver far from people
	Internet Routers (Wi-Fi)	High	Low/???	-Use Ethernet cable, -Avoid video transmissions -Place router far from people -Screen for emission sources
	Cordless Phones	High	Moderate/???	-Use with moderation -Use speaker phone
	Microwave Ovens	Low	Burns/???	-Use newer safer models -Stand far from active oven -Screen for oven leaks
Terahertz	Security Screening	Industrial		
	Manufacturing control	Industrial		
Infrared	Remote Control	Low	N/A	
	Night Vision		N/A	
	Fiber Telecom		N/A	
	Infrared light bulbs		N/A	
Ultraviolet	Bacteria Cleaning	Low	N/A	
	Sun	Varies	Varies	- Use sun-tan lotion - Stay indoors
	Suntan Salons	Varies	Varies	Use with moderation
X-Ray	Medical		Moderate/High	Only when required
	Baggage Screen		Low due to shielding	N/A
Gamma	Cosmic Ray		Low due to earth's protection	Earth' Mag Field, Ozone Layer
	CT/PET Imaging		Low/Moderate due to amounts radioactive material used	Only when required
	- Radio Active Materials - Atom Bomb		Very High	Very un-likely but possible screening for potential sources at home/office