

Eliminate Your Cellphone Radiation Exposure by using Call Forwarding and Airplane Mode



The iPhone (and most cellphones) has both call forwarding and airplane mode, which you can easily use to eliminate the cellphone radiation exposure from your phone in everyday situations, for temporary protection or for extended periods of time.

Call Forwarding is especially useful **if you are in a NO Cellphone Zone such as at a friend's house, or your own home**, or any situation where you want to use Airplane Mode, but you still need to receive your cellphone calls instantly as they come in.

Call forwarding to _____ (landline phone #)

If you expect to spend time at home or a friends where there is a wired land-based phone line, you can temporarily forward calls to the landline phone, which will ring instantly and seamlessly with the calls coming in on your cellphone. Here are the simple steps for iPhones (other cellphones will have similar steps, simply search online the call forwarding instructions for your cellphone make/model):

1. On the Settings screen, tap Phone and then tap Call Forwarding.
2. Tap to turn on Call Forwarding.
3. Use the virtual keypad to enter the number where you want incoming calls to ring.
4. Tap the Call Forwarding button to return to the main Call Forwarding screen.
5. Put the cellphone in Airplane Mode

To change the forwarding number, tap the circle with the x in the phone number field to get rid of the old number, and then enter a new one. Remember to turn off Call Forwarding to receive calls directly on your iPhone again, when you leave the No Cellphone Zone.

Airplane Mode

1. **In iPhone, iPad, or iPod Touch**, open Control Center from the Home screen, then tap .
2. You can also go to Settings > Airplane Mode and tap the slider to turn it on.

Apple Watch

1. On your Apple Watch, swipe up to open Control Center, then tap .
2. You can also go to Settings, tap Airplane Mode, then tap the slider to turn it on.

You can set your iPhone and Apple Watch to mirror the Airplane Mode setting of the other device. Go to the Apple Watch app on your iPhone, then tap General > Airplane Mode > Mirror iPhone.

Remember that putting your cellphone in Airplane Mode is intended to prevent its wireless functions like WiFi, Internet streaming, Bluetooth etc., so you will need to accommodate this, for example, if you like music when jogging you will need to download it onto your phone (and use your cellphone like an MP3 player while it is in airplane mode) rather than stream songs live from the internet.

Note: Airlines ask you to put your cellphone in Airplane Mode while in flight, then they provide your phone with that airline's WiFi/Bluetooth functions, which does nothing to reduce your radiation exposure.

Here are some notices you can post in your home, workplace, etc. When someone enters your zone with a 'live' cellphone, simply provide them with the 'Call Forwarding and Airplane Mode' info sheet.

