

Mobile phones: the health advice given in other countries

Mobile phone users in other countries are given advice on how to minimise their exposure to radiation from their handsets.

Published: 6:00AM BST 24 Oct 2009

<http://www.telegraph.co.uk/news/uknews/6416366/Mobile-phones-the-health-advice-given-in-other-counties.html>



Austria

Mobiles should only be used briefly during “urgent” need, and by children “only in extreme emergencies”.

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They should be kept away from users’ heads, especially while calls are connecting.

Users should not play games on their mobiles and should switch them off at night.

People should use their phones on the basis "better safe than sorry."

Medical practices in Vienna show posters listing "mobile medical rules"

Finland

The possibility that a link between mobile use and cancer might be found in later population studies cannot be ruled out.

Children's use should be restricted: sending texts instead of talking, making shorter calls, using a hands-free device, and avoiding use when connection is weak.

France

Everyone, especially children, should limit exposure to mobile phones.

Under new laws proposed by the Government earlier this year, advertising of mobiles to children under 12 is to be banned.

Tough limits are imposed on the amount of radiation phones can emit.

It is compulsory for handsets to be sold with hands-free kits.

Advertising in Lyon told people not to buy mobiles for children, using the slogan: "Let's keep them healthy, away from mobile phones!"

Germany

Users should "minimise as far as possible" their exposure to mobile radiation.

A "Blue Angel" mark is displayed on packaging of low-emission phones.

Only short calls are advisable and land lines or texts should be used if possible.

Calls should be avoided if reception is poor. Mobiles should be kept away from heads, especially while calls are connecting.

Until there is firm proof of **no** link between mobiles use and brain tumours, "extreme caution" should be taken.

Israel

Mobile phone communication should be avoided in enclosed spaces, such as lifts and trains.

Use wired, rather than wireless, earpieces and hands-free kits.

A national study detected an association between mobile phone use and a risk of developing tumours of the salivary gland.

Users should generally follow a policy of "preventive caution" and limit use among children.

Italy

National limits are imposed for the amount of radiation from mobile phone transmitters to which people can be exposed in buildings where people work for more than four hours a day.

Russia

Children should limit their use because they may face increased health risks from mobile phone radiation.

Under long-term exposure they are likely to face disruption of memory, decline of attention, diminishing learning and cognitive abilities, increased irritability, sleep problems, increase in sensitivity to the stress, increased epileptic readiness.

Sweden

Users should be cautious, always use hands-free kits, keep phones away from their bodies and have good coverage while making calls.

"There may be a slightly increased risk of tumor on the auditory nerve by prolonged, more than ten years' use of mobile phones", according to research.

This is of particular importance to the youngest users because "because children and young people will use mobile phones for longer than today's adults"

Switzerland

People should use wireless or Bluetooth hands-free systems to reduce radiation to the head. When purchasing a mobile, buyers should make sure it has a low SAR.

They should keep calls short or send text messages and "whenever possible, only use mobiles when the signal quality is good".

This advice "applies especially to children and adolescents".

USA

More studies on the effects of mobile phone radiation are needed before firm conclusions are drawn.

In the mean time mobile phones should expose people to the least amount of radiation possible.

People who use mobile phones need to be told of any bad effects.