



Cyprus Committee on Environment and Children's Health



24th of June 2019

PRESS RELEASE

"Living with Technology, Children's Health Remains their Inexplicable Right and our Own Obligation"

2019 Children's Health Campaign to Reduce Direct and Passive Wireless Radiation Exposure to Children. The new safety campaign involves posters, leaflets and large scale signs on buses.

Press Conference: 24th of June 2019, 11:30 am, at the Ministry of Health

The Campaign of the Cyprus Committee on Environment and Children's Health is under the auspices of the Minister of Health Mr C. Ioannou and in cooperation with the Cyprus Office of the Commissioner of Environment and the Press and Information Office, and with the participation of the Archbishop Makarios Hospital.



Photo of Opening Campaign: Dr. A. Hatzisavvas Vice Chair of the Cyprus Committee; Dr. Stella Canna Michaelidou, President of the Cyprus Committee; Mrs. Christina Giannaki, Permanent Secretary representing the Cyprus Minister of Health Mr Costas Ioannou; M.Efthimiu Representative of the Cyprus Environment Commissioner, Mrs. Ioanna Panayiotou; Dr. Andreas Neofytou, Executive Director of the Makarios Hospital.

"Exploiting Technology while Safeguarding Children's Health Addressing Technology Abuse and Addiction"

In her welcome address, the President of the Cyprus Committee, Dr. Stella Canna Michaelidou said that the issue of EMF/RF is a very serious and universal Public Health problem, as it affects the whole population. On the basis of the Scientific Evidence and the Precautionary Principle, the matter needs to be and can be addressed directly, by reducing active / passive exposure and technology abuse. The basic tool for achieving the goal is raising risk awareness. Because ignorance of the risk, advertisements and misinformation cause an extreme enthusiasm and growing children's dependence on devices and applications. Potential negative impacts of the immediate and long-term use of those devices by children has never been adequately evaluated in terms of safety for their mental and physical development.

The President also emphasized the need for the controlled and age- related optimal exploitation of technology as a TOOL, AND NOT SUBSTITUTIONAL TO HUMAN RELATIONS AND SUBSTANTIAL EDUCATION. "Even if the risks are not yet universally accepted by a limited number of scientists, considering their seriousness and the existing scientific evidence, we are not entitled to exposing our children to them, practically turning them into experimental animals."

[The Cyprus Minister of Health Supports Awareness Campaign](#)

In his address, the Minister of Health expressed his full support for the work of the Committee and stressed that "the Ministry of Health recognizes that the results of research on the health effects of the electronic cloud (i.e. from EMF/RF) and other negative environmental phenomena are no longer considered as hypotheses. But these are rather scientific evidence demonstrating the harmful effects of human exposure to an altered natural environment on physical, spiritual and mental human health". He also added that the Ministry, "recognizing the role and importance of the Committee, provides substantial support to its actions, while at the same time is taking advantage/exploiting the expertise of the members of the Committee, in targeting and shaping policies and actions that contribute towards the protection of children's health". He continued by stating that "on the basis of the Convention on the Rights of the Child, the Nicosia Declaration 2017 of the Cyprus Medical Association, the Vienna/Austrian Medical Chambers and the Cyprus National Committee on Environment and Children's Health, and other relevant decisions taken at European and international level, our efforts/action will focus to limit as far as possible the unreasonable use of electronic means of communication and its consequences".

He also stated that the Ministry of Health "is currently promoting the request for the institutionalization of the Committee, thus broadening its potential to secure grants from European and other funds and to develop research on issues and actions within its mandate".

The Environment Commissioner supports the Awareness Campaign

In her address, the Commissioner of Environment, Mrs. Ioanna Panayiotou, in agreement with the aforementioned, stressed that "there is an urgent need to inform and raise awareness about the need to drastically reduce the use and exposure of children and embryos to radiation. Especially at home and at school where children spend at least 60-90% of their time – depending on their age". Therefore, by adopting all the data in relation to the existing documentation, the Office of the Commissioner of Environment actively supports the campaign with the aim of implementing the Precautionary Principle.

Archbishop Makarios III Hospital Reducing Wireless Exposure in Pediatric Intensive Care

In his address, the Executive Director of the Archbishop Makarios III Hospital (NAM III), Dr. Andreas Neophytou, said that NAM III participates in the Campaign with the internationally pioneering project: "WE ARE REDUCING DIRECT AND PASSIVE EXPOSURE OF CHILDREN TO NON-IONISING RADIATION – WE PROTECT THE CHILDREN", which is coordinated by Dr. Michaelidou.



He pointed out that the pilot project indicated among other things that the use of Wi-Fi at the Pediatric Intensive Therapy Unit (PITU) creates levels of continuous and uninterrupted passive as well as significant active exposure at levels much higher than biologically-based safety criteria .

Donation of Laptops to Archbishop Makarios III Hospital

The hospital has launched a project to minimize cell phone and wireless radiation exposures. Wi-Fi is disabled and replaced with ethernet connections in the Intensive Care Unit and Neonatal unit. Parents are educated to keep cell phones away from children and out of the pediatric units.

Photo: Dr. Andreas Neofytou, Executive Director of the Makarios Hospital Dr. Stella Canna Michaelidou, President of the Cyprus Committee; Dr. Theodora Metsis, Dr. Andreas Sergis of the Intensive Care Unit of the Makarios Hospital; not present is Dr Antonis Kleanthous. The project to reduce electromagnetic fields in the hospital is materialized thanks to the support of Dr. A. Neophytou Executive Director of the Makarios Hospital and Dr A. Elia Director of Pediatrics at Makarios Hospital

The Scientific Basis for Action by Dr. Stella Canna Michaelidou

Dr. Stella Canna Michaelidou then made a presentation on the most recent (by 2019) scientific data focusing on the effects on children. She also presented means to protect them, as promoted by the ongoing Campaign 2019. As she mentioned in her presentation, the scientific evidence on the potential effects of Electromagnetic Fields / Radio Frequencies (EMF/RF) and those of addiction is strong enough and overturns the arbitrary and non-scientifically proven Assumptions that EMF/RF can only cause tissue heating and is safe. Current limits, which are NOT ADEQUATE OR SAFETY LIMITS, are based on these assumptions. The assumption that radiation does not affect DNA, because this radiation does not cause ionization, is also wrong. 90% of reliable research papers have shown that EMF/RF damages DNA via other mechanisms, mainly the radiation driven mechanisms of free radicals and oxidative stress. Brain DNA is especially vulnerable. The onset of central nervous system cancer comprises one of the currently sufficiently documented and very serious/irreversible effects. In 2011, the IARC / WHO, rated the 30KHz-300GHz radiation (emitted by Wi-Fi, mobile data, antennas, mobiles, wireless baby monitors, etc) as possibly carcinogenic 2B, placing it in the same category as exhaust gas and DDT. Today, recent research has almost completed the puzzle of documentation, indicating that it could be rather classified as a human carcinogen class 1.

Documentation about the impact on the development of the brain, the nervous system, and other neuropsychological effects on the fetus and child has exceeded 70% of an absolute evidence, while the effects on the reproductive system, the reduction of fertility and the effects on sperm are documented in 18 reviews of dozens of reliable studies. Behavioural problems, early dementia onset and Alzheimer's are sufficiently documented, while addiction and dependence are undeniably documented.

Overall, children are more affected both short and long term, because as growing organisms are more vulnerable and as it has been proved, absorb far more radiation, i.e. 10-fold in the brain bone marrow relative to an adult. She referred to evidence of the damaging effects of Wi-Fi, especially on DNA, the reproductive system, the brain, etc, that has been reported in a review of 100 peer reviewed scientific papers. The most intense exposure is at the time and point of use (i.e. device) and is a great active exposure for the user and great passive exposure for those nearby. The same and to a greater extent applies when connecting to the internet via i.e. 4G. Therefore, based on the Council of Europe (1815/2011) and other International Bodies and Medical Organizations, in schools, at home and in paediatric units only wired SAFE Internet connection should be used. In conclusion, it has been stressed that the use and dependence of children on devices, games and applications of which the immediate and long-term use has never been adequately controlled for safety in terms of the children's mental and physical development, should be avoided.

Tablets, mobile phones, etc, should not be given to preschool children - up until primary school, unless they are in flight mode and with the Wi-Fi disconnected. Independent validated research proves that it can cause problems to normal physical, mental and emotional development, and impose the need for the implementation of Appropriate and Age-Related optimal exploitation of technology.



The campaign of the Cyprus Committee on Environment and Children's Health aiming to reduce children's active and passive wireless exposures.

Children have the right to health and we have the obligation to preserve it!

MATERIALS

Cyprus Children's Health and Wireless [Poster for Bus Greek](#)
Cyprus Children's Health and Wireless [Poster for Bus English](#)

Cyprus Children's Health and Wireless [Leaflet Greek](#)
Cyprus Children's Health and Wireless [Awareness Leaflet English](#)

CYPRUS COMMITTEE ADDITIONAL RESOURCES

[Cyprus Committee Brochure \(16 page \)on How to reduce Wireless at Home in Greek](#)

The Cyprus National Committee on Environment and Children's Health <http://paidi.com.cy/>

Μην με ακτινοβολείς!

Τα παιδιά μας εκτίθενται καθημερινά σε ένα «ηλεκτρονικό νέφος» το οποίο δημιουργείται από την ακτινοβολία που εκπέμπουν τα κινητά τηλέφωνα, tablets, οι συνδέσεις μέσω Wi-Fi, κτλ.

Σύμφωνα με την επιστημονική τεκμηρίωση, η ακτινοβολία αυτή μπορεί, μεταξύ άλλων, να επηρεάσει την ανάπτυξη του οργανισμού τους και ιδιαίτερα του εγκεφάλου και είναι πιθανώς καρκινογόνος (Κατ. 2B IARC/WHO 2011).

Δεν έχουμε δικαίωμα να θέτουμε σε κίνδυνο την υγεία των παιδιών μας αναμένοντας παθητικά τους άλλους να κάνουν κάτι. Πρέπει και μπορούμε να τα προστατεύσουμε!

Μάθε πώς να με προστατεύεις

Η ακτινοβολία είναι πιθανώς καρκινογόνος κατ. 2B - WHO 2011

Απλές συμβουλές προστασίας των παιδιών στο σπίτι

1. Χρησιμοποιήστε **ενσύρματες** συνδέσεις για τις συσκευές σας (laptops, τηλεοράσεις, παινιδοκονσόλες κτλ.).
2. **Απενεργοποιήστε τις ασύρματες συνδέσεις** (Wi-Fi, 4G, Bluetooth) των συσκευών σας.
3. Κρατήστε τα **routers κλειστά** κατά τη διάρκεια της νύχτας και για όση ώρα δεν χρησιμοποιούνται, ιδίως όταν τα παιδιά είναι στο σπίτι.
4. Απενεργοποιήστε τα κινητά σας τηλέφωνα όταν κοιμάστε.
5. Χρησιμοποιήστε τα tablets, το κινητό σας τηλέφωνο ή άλλες ασύρματες συσκευές μόνο όταν χρειάζεται, **κρατώντας απόσταση** από τα παιδιά και εγκύους.
6. Αξιοποιήστε τα **ενσύρματα τηλέφωνα** όσο το δυνατόν περισσότερο και εσείς και τα παιδιά.
7. Η χρήση των ασύρματων συσκευών από τα παιδιά πρέπει να γίνεται μόνο για περιορισμένο χρονικό διάστημα ανάλογα με την ηλικία και **πάντα σε λειτουργία πτήσης και με σβηστό το Wi-Fi**.
8. Η χρήση κινητών για παιδιά κάτω των 16 **δεν ενδείκνυται, πρέπει να είναι περιορισμένη** και απαραίτητα με ενσύρματο hands free ή με ανοικτή ακρόαση.

“Απαιτήστε από το νηπιαγωγείο και το σχολείο να χρησιμοποιούν μόνο ενσύρματο διαδίκτυο”

Don't irradiate me!

Our children are daily exposed to an “electronic cloud” which is generated by the radiation emitted by cell phones, tablets, Wi-Fi networks etc.

According to the existing scientific documentation, this radiation may, inter alia, negatively affect their development, especially of their brain, and is possibly carcinogenic (Class 2B, IARC/WHO, 2011).

We don't have the right to risk their health, waiting passively for others to take action. We must and can protect them!

Learn how to protect me...

The radiation is possibly carcinogenic (Class 2B - WHO, 2011)

Simple advice on how to protect children at home

1. Use **wired** connections for your devices (laptops, televisions, video game consoles etc.);
2. **Deactivate all wireless connections** of your devices (Wi-Fi, 4G, Bluetooth);
3. Turn the **routers off** at night and when not in use, especially when children are at home;
4. **Deactivate** your cell phones when you sleep;
5. Use your tablets, cell phone or other wireless devices **only when needed, and keep distance** from children and pregnant women;
6. Prefer **a landline telephone** whenever possible. This applies both for adults as well as children;
7. Children should only use wireless devices for a limited time period proportionately to their age, and **always in flight mode and with the Wi-Fi deactivated**;
8. The use of cell phones is **not recommended** for children under 16 years of age. It **must be limited and** always with the use of wired headset or speakerphone.

“Demand from the kindergarten and school to use only wired internet connection”

