50% of radiation from your cell phone can be absorbed into the head and body.

Specific Absorption Rate (SAR)
SAR is a measure of the rate at which микроволновая энергия is absorbed  электромагнитным излучением.

SAR LIMITS
All cell phone models sold in the EU must meet SAR limits set by the European Union. The maximum SAR limit is 2.0 W/kg.

Cell Phones are tested at a distance from the body. When using a cell phone, the SAR is measured using a test fixture, which is used to ensure that the SAR limit is not exceeded when the phone is used by the user.

9 out of 10 phones tested by the European Commission are compliant with European limits (SAR = 2.0 W/kg) when tested close to the body.

Near Field Radiation vs. Far Field Radiation
Near Field Radiation is the radiation emitted from the phone when it is in close proximity to the user. Far Field Radiation is the radiation emitted from the phone when it is at a distance from the user.

Cancer Risk
In 2011, the World Health Organization classified cell phone radiation as "possibly carcinogenic" in humans. In 2014, the IARC classified cell phone radiation as "not sufficient evidence of carcinogenicity in humans".

Cell Phone Radiation and the Electromagnetic Spectrum
Cell phones emit radiofrequency radiation at a frequency of 0.85 GHz to 2.0 GHz.

Radio Frequency Radiation (Wireless Communication)
Cell phones and wireless devices emit radiofrequency radiation continuously as long as they are powered on.

What Can I Do to Protect Myself?
1. Limit time on cell phones.
2. Use hands-free devices.
3. If using a cell phone, don’t hold it against your ear.
4. Use cell phones for calls only until you are connected.
5. Avoid using cell phones near your body.
6. Use Wi-Fi instead of cell phones.
7. Reduce exposure by using a hands-free device.
8. Use cell phones near windows for better reception.
9. Avoid using cell phones in crowded areas.
10. Use a cell phone case to reduce exposure.

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