

My name is Shelley Wright. I am a teacher with an environmental sensitivity to electromagnetic radiation, in the microwave range, from cell phones, cell towers, Wi-Fi and other wireless devices.

I have a zest for the outdoors and I believe in living life to its fullest, living in the moment and treasuring each day. It's important to be able to give my best to my students, their families, and my own family within an environment that doesn't hurt me.

I am well-liked by my parent, student and staff communities. I do my best to stay positive, resourceful and determined as I climb Mount Everest each day to survive in a toxic workplace environment. I've earned respect from fellow teachers, parents and students. I've learned that hard work leads to success.

Nothing prepared me for my fight to survive as a professional in a workplace environment where accommodations are inconsistent and out of reach for teachers living with electromagnetic sensitivities, known as EHS. There are no Government guidelines which promote inclusive behaviours and attitudes for employers and staff. Lack of accommodations and the daily social isolation can be mentally taxing.

Please consider using the ALARA Principal in schools, reducing wireless levels in classrooms so these levels will maximize efficiency, but minimize risk.

Please reduce the wireless radiation level in schools, because this digitally pulsed radiation is cumulative. How much radiation a student or teacher can tolerate over a lifetime will depend on their genetic make-up, toxic lifetime load, and immune/other neurological events (Lyme's Disease).

There may sensitive students and teachers who need levels to be extremely low (10 microwatts per metered squared).

If wireless levels were lower at some schools, maybe some students and teachers wouldn't be sick today.

Unplugging the access point/wireless hub in my classroom would have enabled me to teach full time and not suffer debilitating migraines, or an on/off switch or portable cart with a wireless hub would have also been accommodations that would have supported my needs and enabled me to teach with optimal health intact.

Students deserve teachers who are teaching with energy and enthusiasm. I couldn't teach with the same level of energy and enthusiasm, but I got through most days, feeling significant pain and agitation.

Without accommodations in place and significantly lower WiFi levels, there are daily physical and mental challenges EHS patients often face in a world where wireless radiation in the microwave range is pervasive and indiscriminate. Inclusive public places are possible, if there are systems in place to enforce accommodations according to current disability laws.

10 years ago I was healthy. Then Wi-Fi was installed in schools and cellphone use increased. I began to feel intolerable migraines. When a text was sent, a sharp, searing pain went through my head. With multiple texts my pain increased and I'd have to leave. I felt head pressure when I parked in front of a store or public library with Wi-Fi, or when someone was making a phone call. I'd move away to avoid the 8 hour migraine I felt the next day.

Some sensitive students and teachers have Lyme's disease which can be a neurological trigger for EHS. Some sensitive students or teachers have sub optimal immune systems and feel building head pressure or heart defibrillation (which can induce stroke or heart failure). Some sensitive teachers have had genetic testing and learned that they are missing the GSTT1 and the GSTM1 genes which detox and their GSTP1 gene is sub-optimal. This leads to myelin sheath disruption and inflammatory concerns and NFALD of the liver. These students or teachers carry the MTHFR gene mutation which significantly reduces their ability to methylate and detox. Many EHS patients, also have multiple chemical sensitivities because of sub-optimal detox genes.

I'm forced to work in a toxic environment because Insurance plans base their decisions on outdated Safety guidelines.

I am aware of teachers in the United States, across Canada and in Spain who living with EHS. The teacher in Spain was awarded 100% of her salary. In Sweden EHS is considered a functional impairment and long term disability is available.

Wireless technology is not safe. There is mounting evidence to the contrary and regulatory bodies have not yet made appropriate recommendations.

School Boards claim that school Wi-Fi levels follow Safety standards, therefore there is no need to accommodate sensitive students and teachers. School boards have willfully ignored parent and teacher concerns and it's time to change this unethical practice.

A bill will force all schools to comply with reducing WiFi levels and perhaps reduce the number of potentially sensitive students and teachers.

Additional Bills are needed to appropriately accommodate students and teachers who become electromagnetically sensitive from wireless signals (hubs, cell phones and other devices).

Here is some additional information that may inspire someone to create new Bills that support electromagnetically sensitive students and teachers.

I had a stellar attendance record before I got sick. I wanted to work full-time in the job I love. I am familiar with the Disabilities Act and I assumed accommodations (unplugging one access point, or having an on/off switch & posting "Airplane Mode" signs) would be provided.

Some of our EHS teachers are forced to take unpaid medical leave, short term disability, or resign to regain their health. A significant loss of income can be devastating.

Reducing WiFi levels and putting on/off switches in classrooms where there are sensitive teachers or students will provide appropriate accommodations and make schools inclusive for environmental disabilities. On/off switches can be installed fairly cheaply (\$75.00).

Some teachers have been interrogated, about their disability, and questioned about their ability to work effectively in a wireless environment. They've been disciplined and reprimanded for providing their own accommodations to manage their symptoms. Without accommodations, some teachers can't attend professional workshops with their colleagues. In spite of concerns expressed by doctors, principals and fellow teachers, school boards have installed wireless systems that weren't needed or

used by the EHS teacher. After receiving medical information in exchange for an accommodation one board reactivated wireless system three months later forcing the teacher to leave her profession.

One EHS teacher was interrogated and disciplined for unplugging one hub in her classroom. There were wired connections in the class and neither the teacher nor any of the students were using wireless devices. Disciplinary procedures took agonizing and stressful weeks to finalize and a reprimand letter went into her file. It is unethical to discipline a disabled person who is protecting themselves from the source of their environmental sensitivity, when there are no options for accommodations in place because the employer is reluctant to explore them.

Desperate to protect herself the teacher was forced to wear an EMF veil and hide behind a chart stand with shielding material tucked in-between foam boards to block signals. She was informed she could not use shielding to block signals in front of the hub, even if disguised as a butterfly.

Her symptoms became severe. With no recourse in sight, she was forced to go on ½ time medical leave, unpaid because the Board wouldn't accept her EHS diagnosis or medical letter. Her union fought for paid medical leave which was finally approved only when the illness was described as migraines with no mention of Wi-Fi. To minimize Wi-Fi exposure on her ½ days, she taught her students in the hallway and outdoors where possible. She couldn't freely roam around the classroom to assist them with their work.

EHS teachers love hardwired technology! We teach our students to keep iPads on "airplane mode" after programs are downloaded. Our hard wired computer can connect to our white board so we can access programs online.

We need our employers, doctors, lawyers, government and public service personnel working together to understand the physical and mental needs of environmentally sensitive patients, and provide appropriate laws and accommodations to protect the rights of these disabled people.

Unplugging the wireless hub close to an employee is essential to their short term and long term health. EHS patients need to know right away that all cell phones are on airplane mode which reduces symptoms and makes them feel safe.

Airplane mode signs can instruct people to move 10 meters away from waiting rooms to make phone calls, send texts or download information from the internet. Specific instructions promote inclusive, healthy spaces for everyone.

Everyone can actively promote inclusive public spaces in their communities, keeping cell towers away from beaches, campgrounds and hiking trails to enable EHS patients and other environmentally sensitive people to heal and participate fully in our society.

Thank you kindly for your support.

Additional Information: Personal experiences and challenges:

To reduce debilitating symptoms I avoid my public library, museum, church, community centre, and skating arena. I can't ride public transit, airplanes or trains. Restaurants are off limits, with the exception of secluded outdoor patios, or 10:00pm dinners. Road trips are calculated carefully to avoid cell towers. I've learned to avoid parks, beaches, ski trails and downhill skiing resorts that have cell towers close by. This is challenging for my family.

I feel anxious when I see wireless devices because I know I will suffer delayed symptoms. Constantly asking people to put phones in airplane mode can lead to negative comments because of the inconvenience.

My husband, a professional Engineer used an RF meter to test my *different* symptoms. This was his "Ah-ha" moment. The RF meter confirmed that a text sent a stronger burst of microwave radiation than a phone call. This explained my piercing head pains when people texted and why a nearby phone call caused building head pressure. Intolerable head pains meant I could no longer buy my family groceries. Elevators became off limits. When I drove down the street, I could feel the Wi-Fi from neighbours because my car's metal enclosure amplified the signal. After two years of misdiagnosis I knew my health depended on some research. Ten years ago, the information was limited. Environmental doctors are available to provide council to family doctors regarding symptoms and triggers.

This disability can be very expensive. Families pay out of pocket for EMF protective supplies. My hat, EMF veil, brain cap, clothing and RF meters which range from \$200 – \$1200 each. My EMF bed canopy was \$2,000. Daily supplements to chelate metals, detox and boost the immune system can cost more than \$300 - \$500 /month. Vacations are difficult and more expensive when you need safe accommodations.

Some people with EHS wear a hat & veil made with metal fibres to block signals. This is not a perfect solution.



Sincerely,

Shelley Wright

Things are only impossible, until someone decides that they're not. David Suzuki

Sent from my fast, safe, secure **WIRED INTERNET** laptop connection, with **NO WiFi** enabled.