

valref

# GQ EMF Radiation Detector Recommendations Green Card

## GQ EMF Radiation Detector

EMF	AC EF	RF	Recommendation
< 2.5mG	< 3V/m	< 10mW/m <sup>2</sup>	Normal
> 2.5mG	> 3V/m	> 10mW/m <sup>2</sup>	Check regularly
> 3 mG	> 50V/m	> 100mW/m <sup>2</sup>	Not recommended for long time stay
> 100mG	> 500V/m	> 1000mW/m <sup>2</sup>	Avoid stay in that area

RF Density Unit:  $1\mu\text{W}/\text{cm}^2 = 10\text{mW}/\text{m}^2$ ,  $1\text{mW}/\text{cm}^2 = 10,000\text{mW}/\text{m}^2$   
 $100\text{mW}/\text{cm}^2 = 1,000,000\text{mW}/\text{m}^2$

- \* Always take a confirmation reading before taking action.
- \* This guide is only for general references.

**RF Antenna Map**  
[www.GQRFMap.com](http://www.GQRFMap.com)

**GQ Electronics LLC, Seattle, WA**  
[www.GQElectronicsLLC.com](http://www.GQElectronicsLLC.com)

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