



# Baldachin - Protective measures against wireless radiation in everyday life (part 3)



**In order to reduce the radiation exposure in your own household, there are various ways to switch off radiating devices in your own household. But how can you still protect yourself well if this is not possible?**

**Kla.TV gives practical tips for every budget.**

Welcome to the part about self-protection. As you have already heard, there are several ways to turn off the devices in your own household to reduce the radiation exposure.

But now there are also cases where you cannot switch off the radiation source; and we still want to protect ourselves well in order to have a restful sleep at night.

One possibility is, for example, to cover yourself and your bed with aluminium foil. This is, of course, more a temporary solution, but it is, for a start, very inexpensive and very practical to implement. On both sides, top and bottom, back and front, place aluminium foil on the bed and make sure that air can get in. You can also use a radiation protection cloth so that you have air inside. Please make sure that you do not stick the aluminium foil directly to the wall, otherwise you might have water condensation and then it might even go moldy. Therefore, the version with a radiation protection cloth is much more practical and can also be used for a longer time. Here you can see for example a model with a radiation protection cloth, an umbrella and a radiation protection mat, which consists of a rescue foil.

The rescue foil is also very suitable, because it has aluminium in it and therefore reflects the radiation. You might have an old umbrella at home to make this model yourself. Of course, you can also get such solutions through an online shop - as you can see here.

On the left side you have a so-called triangle or pyramid model and here on the right side a box model, a square model.

Furthermore, the cloth also differs.

This cloth only shields against high-frequency radiation and this cloth protects against both low and high-frequency radiation. Furthermore, this one is electrically conductive and must therefore be grounded.

In addition, a mat can be purchased for underneath, similar to the rescue foil. This can also be obtained here. But maybe you are on the road a lot and have to sleep in a hotel – then this solution would be most suitable. As you can see, a tent was taken here, a so-called pop-up tent. A radiation protection cloth was sewn over it and then the tent cloth was cut out again. The shape has been retained – with a radiation protection fabric.

This is a copper mat that also reflects the radiation, here again a different radiation protection fabric. You can put all this in this little bag, so it is very practical to take it with you. However,

it has to be sewn by yourself, because you cannot buy it yet.  
Now I'll show you how to protect yourself at your workplace. For this solution a space was created with the help of cardboard and aluminium foil. You have to imagine that there is foil here and also underneath, so that again we have a Faraday cage with the help of this radiation protection material.  
The floor and the aluminium foil on the floor can be protected with a carpet or an office mat. Of course, you can also use rescue foil for this, because this way you can cover the surface faster.

from Solène

---

#### Sources:

-

---

#### This may interest you as well:

---

---

#### Kla.TV – The other news ... free – independent – uncensored ...



- what the media should not keep silent about ...
- Little heard – by the people, for the people! ...
- regular News at [www.kla.tv/en](http://www.kla.tv/en)

Stay tuned – it's worth it!

Free subscription to our e-mail newsletter here: [www.kla.tv/abo-en](http://www.kla.tv/abo-en)

---

#### Security advice:

Unfortunately countervoices are being censored and suppressed more and more. As long as we don't report according to the ideology and interests of the corporate media, we are constantly at risk, that pretexts will be found to shut down or harm Kla.TV.

So join an internet-independent network today! Click here:

[www.kla.tv/vernetzung&lang=en](http://www.kla.tv/vernetzung&lang=en)

---

Licence:  *Creative Commons License with Attribution*

Spreading and reproducing is endorsed if Kla.TV if reference is made to source. No content may be presented out of context.  
The use by state-funded institutions is prohibited without written permission from Kla.TV. Infraction will be legally prosecuted.