

5G Free New Zealand *Personal Action Plan*

Listed below are some suggestions for your consideration for use in developing YOUR own personal action plan to help keep beautiful New Zealand 5G Free.

- [] Follow the **5G Free New Zealand** Facebook page (<https://www.facebook.com/5GFreeNewZealand/>) to keep up with news on this issue.
- [] Share information from www.5G.org.nz and the **5G Free New Zealand** Facebook page (<https://www.facebook.com/5GFreeNewZealand/>) with family, friends and colleagues to help educate them about 5G.
- [] Sign the international appeal against the deployment of space-based 5G systems which is at this link: <https://www.5gspaceappeal.org/>
- [] Preferentially use hardwired phone and internet options to protect your own health (and that of your family) – and to help reduce the proliferation of cellular phone towers and other infrastructure.
- [] Make a conscious choice to use a mobile phone as little as possible to protect your own health – and to help reduce the proliferation of cellular phone infrastructure.
- [] Avoid purchasing 5G enabled mobile phones or other 5G compatible technology.
- [] If you are planning to buy a new car, check carefully to ensure that it is not 5G enabled (and that it does not have any other wireless tech that may be a health hazard for you, your family or other road users).
- [] Refuse permission for 5G small cells (or any other wireless infrastructure) to be installed on your property.
- [] Make a choice not to give financial support to the companies that have stated that they intend to build 5G networks in NZ. (As of January 2019, Spark, Vodafone and 2 Degrees have each indicated that they intend to build a 5G network.)
- [] Publicly express my opposition to 5G (such as by putting a 5G Free NZ sticker on my letter box, or a sign up at my home or a bumper sticker on my car or bike or by buying or making a **5G Free New Zealand** bag...
- [] Help to educate local and national level political leaders - such as by sending them links to information materials.
- [] Make materials about 5G (such as those available at this link: <http://www.5g.org.nz/resources/>) available at your business (and/or ask friend to make materials available at their businesses).
- [] Take up a local leadership role to help with the **5G Free New Zealand** campaign. (Please email through the Contact Form on www.5G.org.nz if you are interested in becoming a local leader.)
- [] ***Your own ideas here...!***