Read the text and choose the correct answers.

MOBILES AND HEALTH ISSUES

Forty years ago mobile phones did not even exist but soon more than 2 billion people will be using them on a daily basis. This fairly recent has proved very useful but the fact that we are constantly bombarded by electromagnetic waves may have long-term effects on our health.

suggests that our favourite gadget, which we look at 150 times a day, contributes to all kinds of health issues. Staring at your phone for too long may lead to serious problems with your eyesight. mobile phone users suffer from headaches, neck and shoulder pains, tiredness, poor hearing as well as problems with sleeping.

So maybe it is worth our personal habits when it comes to using mobile phones? Experts suggest holding the devices a few centimetres away from your ear and switching ears every few moments. It is recommended not to use them for more than 15 minutes at a time and to leave them your bedroom at night. And don't forget to clean your phone every once in a while. The average phone is a paradise for all kinds of bacteria.

LIVEWORKSHEETS