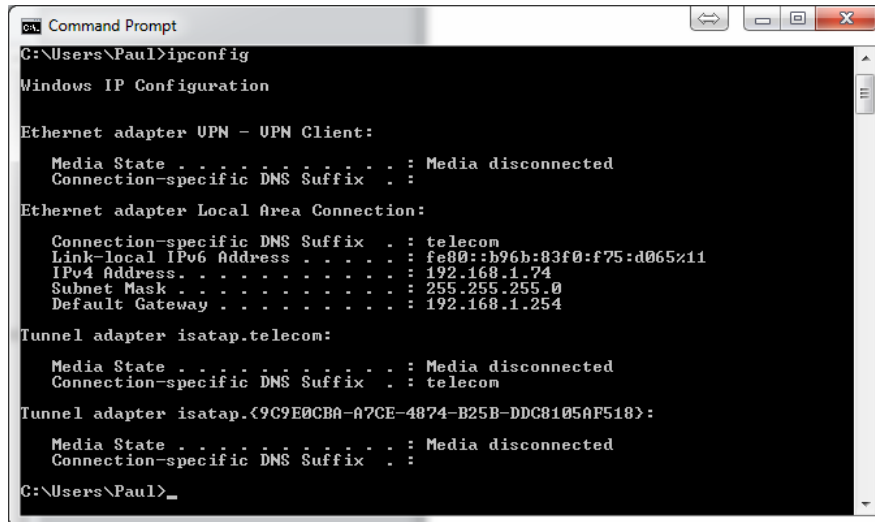


## How to switch Wi-Fi on and off at your router and connected devices

1. Firstly you need to know the IP address of your router. This is often 192.168.1.254 but can be another address. In a Windows computer you can open a command prompt by typing in 'command' at the search area and then selecting command prompt and type in 'ipconfig'



```
ca Command Prompt
C:\Users\Paul>ipconfig

Windows IP Configuration

Ethernet adapter UPN - UPN Client:

    Media State . . . . . : Media disconnected
    Connection-specific DNS Suffix . :

Ethernet adapter Local Area Connection:

    Connection-specific DNS Suffix . : telecom
    Link-local IPv6 Address . . . . . : fe80::b96b:83f0:f75:d065%11
    IPv4 Address. . . . . : 192.168.1.74
    Subnet Mask . . . . . : 255.255.255.0
    Default Gateway . . . . . : 192.168.1.254

Tunnel adapter isatap.telecom:

    Media State . . . . . : Media disconnected
    Connection-specific DNS Suffix . : telecom

Tunnel adapter isatap.{9C9E0CBA-A7CE-4874-B25B-DDC8105AF518}:

    Media State . . . . . : Media disconnected
    Connection-specific DNS Suffix . :

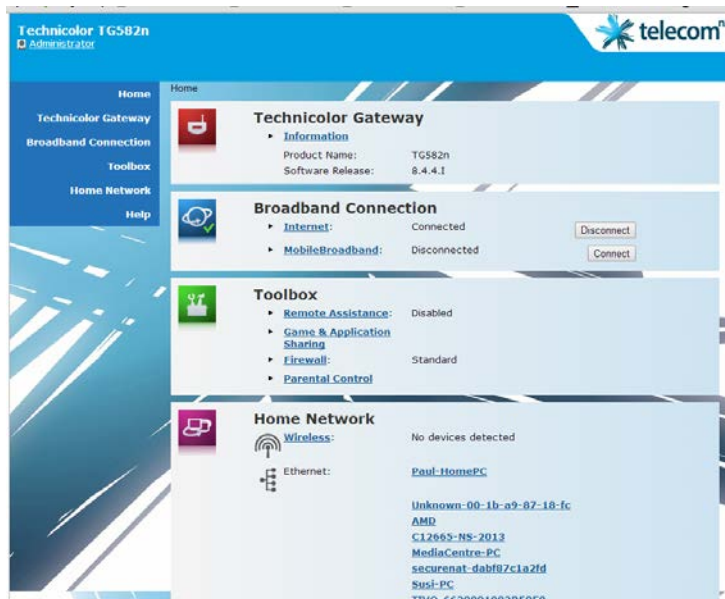
C:\Users\Paul>
```

The address that you are looking for is the Default Gateway IP address, in this case 192.168.1.254

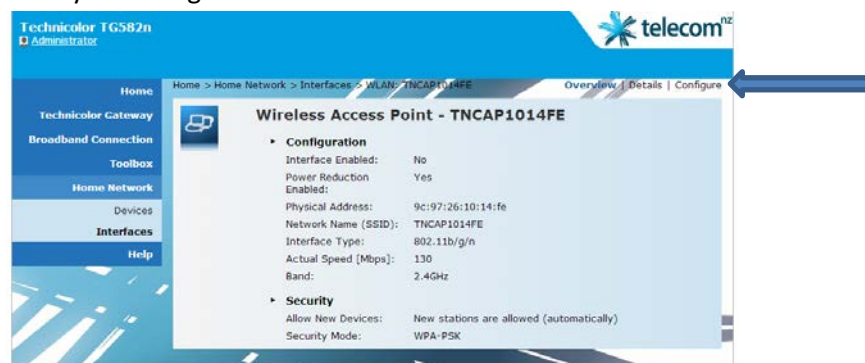
On a Mac you can find it on the Network page, called Router, this is the IP address, in this instance below it is 192.168.1.1



2. Type the IP address into a web browser. If you have the correct address a log in screen will appear. You will need to know your router's username and password. Often the factory default is user 'admin' and password 'admin'. It is a good idea to change the password so that your router cannot be so easily hacked, but, you need to make sure that you can remember the password as you will not be able to log in to it without the password.
3. Once you have logged in to the router you will see a screen like this



4. Yours might look slightly different but you need to find the Wireless area. In this instance it is in the Home Network part of the screen. Click on Wireless
5. On my router I got a screen that looks like this

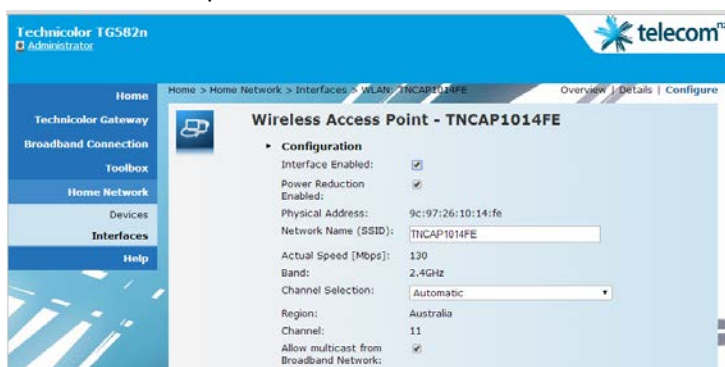


- Click on Configure to open the configuration area (see arrow on image above)



At the moment the Wi-Fi is disabled as there is no tick in the 'Interface Enabled' box.

- To turn on Wi-Fi put a tick in the 'Interface Enabled' box



and the click on 'Apply'

- The wireless interface is now operational and Wi-Fi is working.



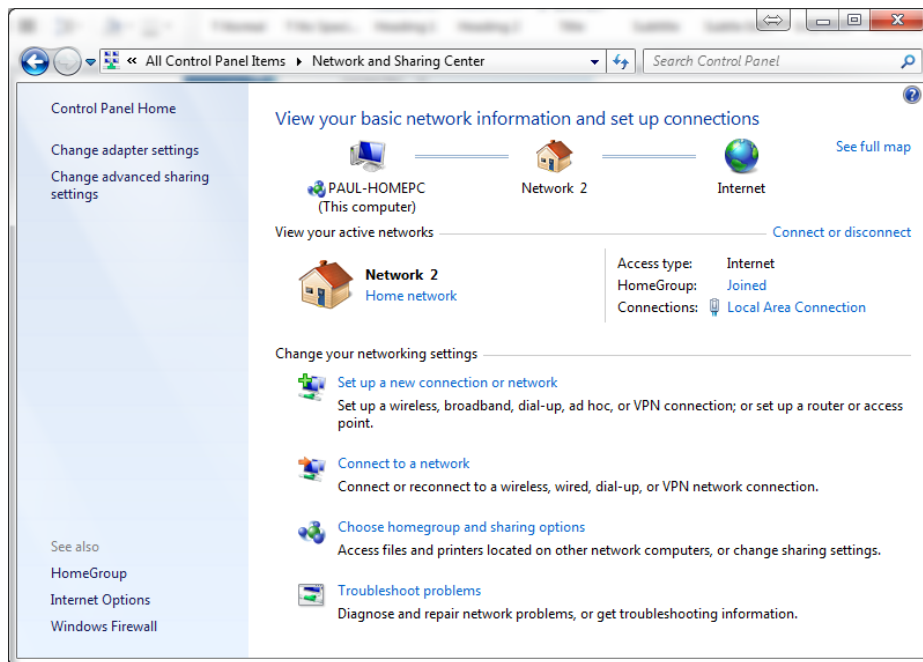
- More importantly, to turn **off** Wi-Fi click on 'Configure', un-tick the 'Interface Enabled' box and take apply.

You are now back to the same screen as at point 5 above, Wi-Fi turned off.

- Your router control panel may not look exactly like this one but the theory of what you want to achieve is the same, find the configuration area for wireless networking and then turn it off or on as you require. It is my recommendation that you keep wireless networking switched off as much as possible. In my case I permanently have it switched off at the router and at the computer.

**This is only half of the story if you want to disable Wi-Fi totally. You now need to turn off Wireless networking on your laptop, computer or other device.**

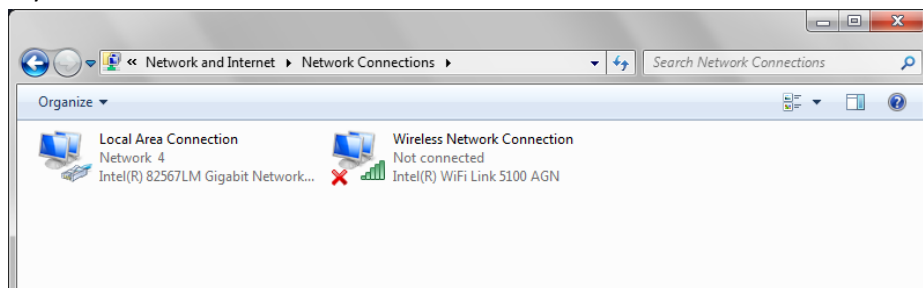
11. On a Windows PC or Laptop you can go to Control Panel and click on Network and Sharing Centre



On a Windows 7 computer you get a screen like this.

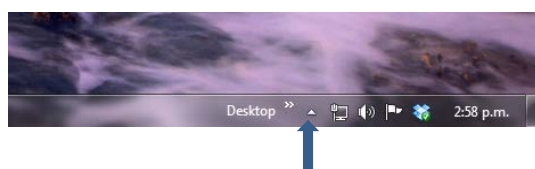
12. Next click on 'Change Adapter Settings'

If you have a Wireless Network Connection the screen will look like this.

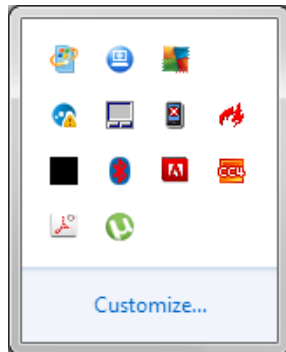


13. Right click on Wireless Network Adapter and take Disable to turn off wireless networking or Enable to turn it back on again.

14. Exit all of this and then find your Bluetooth Manager to also turn off Bluetooth. On my Windows laptop I found this in the bottom right corner of the screen when clicking on the up pointing arrow.

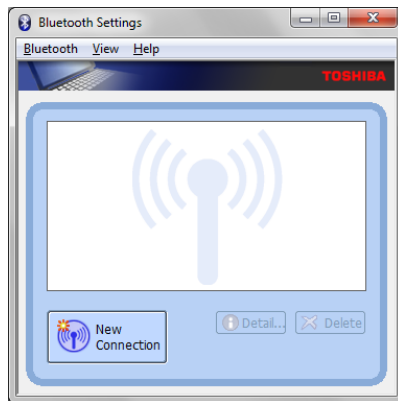


A screen like this appears and then you can look for your Bluetooth manager by moving your pointer over all of the icons till you find the correct one. In my case the icon is indicated by the arrow below.

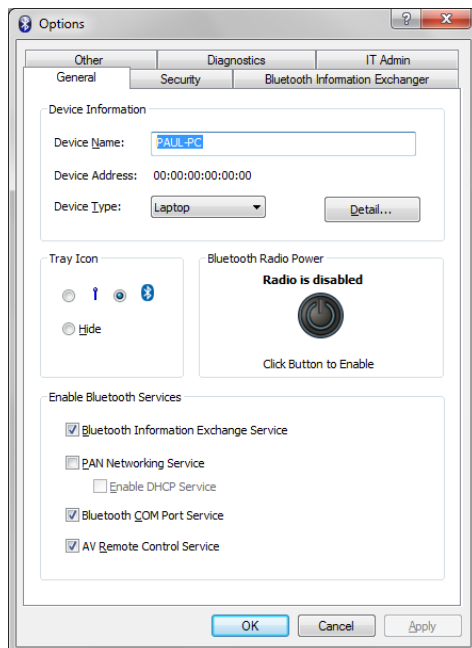


15. Click on the Bluetooth icon

On my computer the manager screen looks like this, but yours could be different.

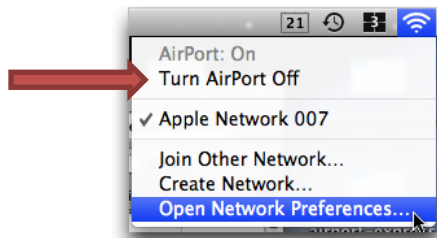


16. When I clicked on Bluetooth I could open up the Options screen



17. Make sure that Bluetooth Radio Power is disabled.

18. On Mac computers there are two icons on the upper right to turn off Wi-Fi or Airport (red arrow) and Bluetooth (blue arrow)



19. If either of the icons is not there then open 'Network' and disable Airport and Bluetooth.



20. Next we need to talk about tablets and cell phones etc. In all instances, if you are not using mobile data, Wi-Fi or Bluetooth you should make sure that all of these connection methods are turned off by either de-selecting them and/or putting the device in Airplane Mode. This is especially important with iPads, laptops, cell phones and tablets that children use. These devices constantly output strong signals even when not connected by Wi-Fi and could pose a significant health hazard with long term exposure.

Unborn children, babies and children up to school age should never be closely exposed to Wi-Fi or wireless devices as there is a far greater risk of damage due to their developing immune systems and also DNA damage with the rapid rate of cell multiplication. I also suggest that older

children should only have very limited access and use time of these devices, preferably without a wireless connection. I do not agree with having Wi-Fi in schools.

A document specifically about the health effects of Wi-Fi on children by Barry Trower can be found here

<http://www.electricalpollution.com/documents/WiFiAThalidomideInTheMakingWhoCares.pdf>

If you wish to learn more about electro-pollution and how to protect yourself and your family I suggest that you check out the Resources and Links page of my website [www.safespace.net.nz](http://www.safespace.net.nz).