

## Smart meters--used as Electric, Gas or Water Meters (Opt-out info at end)--Please share this!

Smart meters (digital meters that record & transmit usage) cause a **huge increase in microwave radiation** (radio frequency) **to your home & neighborhood, 24/7. This can cause health problems**, including headaches, insomnia, memory loss, tumors, high blood pressure & sugar, chest pain & arrhythmia, nausea, dizziness, lack of energy or concentration, tinnitus, eye problems, anxiety, depression, electromagnetic hypersensitivity, etc. ([stopsmartmeters.org/the-science/](http://stopsmartmeters.org/the-science/); **Documentary:** [articles.mercola.com/sites/articles/archive/2017/08/05/smart-meter-dangers.aspx](http://articles.mercola.com/sites/articles/archive/2017/08/05/smart-meter-dangers.aspx); **two shocking 3 min. videos at:** [tinyurl.com/y2vwjzpa](http://tinyurl.com/y2vwjzpa); [youtube.com/watch?v=eAjX6Ap02dU](http://youtube.com/watch?v=eAjX6Ap02dU). Also: [ahappyhabitat.com/smartmeters.html](http://ahappyhabitat.com/smartmeters.html); [sagereports.com/smart-meter/](http://sagereports.com/smart-meter/)).

**Rockland Electric** began installing electric smart meters in NJ, beginning May 2018. **Orange & Rockland Electric** are installing electric & gas ones in Rockland County, NY, beginning summer 2017. Plans are for **all NJ/NY** to have smart meters.

**Smart meters may increase your utility bills. "80% of homeowners with smart meters reported price increases on their bills..."**([patch.com/new-jersey/ramsey-nj/dangers-smart-meters-0](http://patch.com/new-jersey/ramsey-nj/dangers-smart-meters-0); [tinyurl.com/y3zoiw54](http://tinyurl.com/y3zoiw54)). An Impact Survey found **35% had an increase in their utility bill**, with 8% experiencing burned out appliances or damaged electronics including TV, computer, refrigerator, etc. ([tinyurl.com/7sfj56s](http://tinyurl.com/7sfj56s); pages 4, 20, 21)

**Smart meters have caused hundreds of fires & explosions in the US & other countries** from power surges & other reasons ([emfsafetynetwork.org/smart-meters/smart-meter-fires-and-explosions/](http://emfsafetynetwork.org/smart-meters/smart-meter-fires-and-explosions/); [smartgridawareness.org/2016/08/25/how-the-smart-meter-remote-disconnect-can-cause-fires/](http://smartgridawareness.org/2016/08/25/how-the-smart-meter-remote-disconnect-can-cause-fires/); [smartgridawareness.org/2013/08/29/smart-meter-safety-concerns-for-fire/](http://smartgridawareness.org/2013/08/29/smart-meter-safety-concerns-for-fire/)).

**Smart meters allow surveillance & monitoring of activities inside your home by utilities & governments.** Rockland's privacy statement says they "may share information with third parties..." They also say **you can opt-out of this** ([oru.com/en/privacy-statement](http://oru.com/en/privacy-statement)). See also: [electricsense.com/8034/smart-meter-legal-constitutional-human-rights-violations-smart-grid/](http://electricsense.com/8034/smart-meter-legal-constitutional-human-rights-violations-smart-grid/); [wnd.com/2010/11/228337/](http://wnd.com/2010/11/228337/); [northjersey.com/story/news/new-jersey/2018/05/29/smart-meters-arrive-nj-bringing-fears-big-brother/577870002/](http://northjersey.com/story/news/new-jersey/2018/05/29/smart-meters-arrive-nj-bringing-fears-big-brother/577870002/)). **Smart meters are at risk for local hacking & by connecting to a national Smart Grid, they're at risk for cyber-terrorism** ([westonaprice.org/health-topics/environmental-toxins/smart-meters-not-so-smart/](http://westonaprice.org/health-topics/environmental-toxins/smart-meters-not-so-smart/); [electricsense.com/1256/smart-meters-electromagnetic-radiation-money-and-your-health/](http://electricsense.com/1256/smart-meters-electromagnetic-radiation-money-and-your-health/)).

**Power transmitters in smart appliances emit radiation on their own & additional radiation** when sending usage amounts to a smart meter. Multiple appliances (including washer & dryer) can then **tremendously elevate continual radiation levels in kitchen & laundry rooms** ([electricsense.com/3033/rf-radiation-from-power-transmitters-in-smart-appliances/](http://electricsense.com/3033/rf-radiation-from-power-transmitters-in-smart-appliances/); [stopsmartmeters.org/2011/05/27/appliances-introducing-stealth-emf-into-our-homes/](http://stopsmartmeters.org/2011/05/27/appliances-introducing-stealth-emf-into-our-homes/)).

### What if I don't want a smart meter? You can opt-out or have it removed by Rockland!

**Insist on an "Electromechanical Analog Meter with no transmitting components"-no radiation! Don't accept an AMR digital meter** (one-way wireless transmission) because it can give off a **similar amount of radiation as smart meters & they both cause "dirty electricity"** (DE) on your house wiring & outlets ([emfanalysis.com/do-you-have-a-smart-meter/](http://emfanalysis.com/do-you-have-a-smart-meter/); [naturalnews.com/z050001dirtyelectricityAMRsmartmeters.html](http://naturalnews.com/z050001dirtyelectricityAMRsmartmeters.html)). **DE radiation can cause the above listed health problems, too.** Filters can possibly help eliminate DE radiation ([electricsense.com/search-results/?q=dirty+electricity](http://electricsense.com/search-results/?q=dirty+electricity); [emfanalysis.com/what-is-dirty-electricity/](http://emfanalysis.com/what-is-dirty-electricity/); [createhealthyhomes.com/dirty\\_electricity.php](http://createhealthyhomes.com/dirty_electricity.php)). **Analog meters have no radiation** & should only be professionally installed--\$49.97 ([tinyurl.com/yyhpf6qn](http://tinyurl.com/yyhpf6qn); etc.). Also available: **Electric Smart Meter Guards**--\$129.95 ([smartmeterguard.com](http://smartmeterguard.com); [lessemf.com/smart.html](http://lessemf.com/smart.html), etc.).

**Gas or Water Smart Meter Guards**--\$32.95 ([smartmeterguard.com](http://smartmeterguard.com); etc.).

**These Guards are legal, block radiation 98% to house & the utility still gets their signals**

(FAQ's at: [smartmeterguard.com/pages/faq](http://smartmeterguard.com/pages/faq)). **Unfortunately, these guards don't stop "dirty electricity."**

The following **quoted section** is by **Orange & Rockland Electric, Inc. [NY] & Rockland Electric [NJ]** ([oru.com/en/our-energy-future/technology-innovation/smart-meters/faq](http://oru.com/en/our-energy-future/technology-innovation/smart-meters/faq)). [Ed.-bolding, underlining, & font changes added.]

**"You can choose to not have a smart meter installed...."**

**If you choose not to have a smart meter** you will incur the following charges:

**New York** customers: You will be charged a monthly meter-reading fee of \$10 for gas or electric ... or \$15 for both... If you choose to have your **smart meters taken out**, you will be charged \$45 per electric...\$55 per gas or \$90 for [both].

**New Jersey** customers: You will be charged a monthly meter-reading fee of \$15 for electric service....

If you choose to have your **smart meter taken out**, you will be charged \$45 per electric meter....

If you change your mind at a later date, we will install smart meters at no cost.

**If you don't want a smart meter:** Call us at 1-877-434-4100 to get more information about your options and costs associated with opting out. After that, fill out, for our Orange & Rockland **New York** customers, the **Smart Meter Opt-Out form NY - English** (PDF) [[oru.com/-/media/files/oru/documents/our-energy-projects/smart-meter-opt-out-app.pdf](http://oru.com/-/media/files/oru/documents/our-energy-projects/smart-meter-opt-out-app.pdf)]...[Spanish PDF available.] or, for our Rockland Electric **New Jersey** customers, the **Smart Meter Opt-Out form NJ** (PDF) [[oru.com/-/media/files/oru/documents/our-energy-projects/rockland-electric-smartmeter-optout.pdf?la=en](http://oru.com/-/media/files/oru/documents/our-energy-projects/rockland-electric-smartmeter-optout.pdf?la=en)]...[Spanish PDF available.] **Email** completed form to Customer Assistance ([oru.com/en/accounts-billing/contact-customer-assistance-form](http://oru.com/en/accounts-billing/contact-customer-assistance-form))...or **mail** to: [best to send **certified mail**] Orange & Rockland, Attn: Customer Accounting Dept., 390 West Route 59, Spring Valley, NY 10977. Have more questions? Call: 1-877-434-4100." End of Rockland quote. by Claudia Reid, revised 5/20/19