

Better Health for Life from
Lehigh Valley Hospital and Health Network



Cell Phone Etiquette

The dos and don'ts when using your mobile in public

If you're an adult without a cell phone, you can't do business. If you're a teenager without a cell phone, you're not in the "in crowd." The number of people with cell phones increases every day. People use them while they're walking, eating, shopping, and even though it's extremely dangerous, while driving.

In a recent ABC News poll, 87 percent of Americans says they are annoyed by people who talk in a loud or annoying manner on a cell phone in public. But that's not the only cell phone faux-pas you should be concerned about. Here's a list of things you should and should not do while using your mobile in public:

Don't use your cell phone in a restaurant, movie theater, doctor's office, place of worship, or any quiet, public place.

Do put it on vibrate and take important calls in a place that offers some privacy.

Don't use personalized ringtones that can often be embarrassing in a business setting.

Do change your ringtone before going to work.

Don't talk loudly while using a cell phone.

Do move to a quiet place and speak normally.

Don't talk about personal matters while waiting in line at the grocery store.

Do keep it short and avoid nonessential calls in public.

Don't talk on your cell phone while driving.

Do pull to the side of the road or buy a hands-free kit.

Don't just walk away from people when you have to take an important call.

Do apologize for having to take the call before doing so.

Don't point your camera phone at strangers or use it in compromising places like locker rooms or swimming pools.

Do be aware of your surroundings and courteous to others before taking a picture.



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