

## **Hygienic Assessment of the Impact of Information Attacks on Human Health in the Process of Globalization**

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**Abstract:** This article says that a mobile phone is a source of electromagnetic radiation that directly harms human health, while electromagnetic waves stimulate changes at the cellular level, causing disturbances in the gene sequence, as well as the formation of diseased cells and tumors. The article also discusses preventive measures for the use of a mobile phone.

**Keywords:** information attack, globalization, mobile phone, electromagnetic waves, tissue, organism, gene, cell, diseases.

Mobile phones have already become an integral part of modern times. With their help, we have the opportunity to be in constant communication with those close to us, as well as with people who can solve even the most complex problems, no matter where they are in the world. The creation of the mobile phone can be called a real revolution in technical progress, however, all technical progress has both good and negative consequences.

When we talk about the impact of information attacks in the process of globalization, we should also talk about mobile phones, which are becoming popular today. not to import information of any kind that promotes vices such as pornography, alcoholism, drunkenness, narcissism, contradicts moral values generally recognized in society, harms the physical and spiritual maturity of students, as well as causes religious and national conflicts, religious fanaticism and missionary work, and not to allow distribution, their safety is not fully guaranteed, including not using SMS-dating services, setting the mobile phone to an extremely loud volume in an educational institution, music (ringtone) that is not suitable for the age and social status of students, and has a negative impact on their moral and moral education. It is explained not to install, not to listen to and not to distribute, not to use images (Wallpaper or "Zastavka"), decorations, symbols, dolls, etc., which have a negative effect on spiritual and moral education. Another thing to note is that mobile phones are not for watching videos, long-term listening to songs and playing games, but they are a means of communication [1].

The creation of the mobile phone is a direct harm to human health. Mobile communication is a source of electromagnetic radiation harmful to the human body. To date, it has been proven that electromagnetic waves stimulate changes at the cellular level, cause disruptions in gene order, and the emergence of diseased cells and tumors. The radiofrequency range of electromagnetic radiation controlled by the tube is absorbed by the head tissues, including brain tissue, retina, vision, vestibular and auditory analyzers, and directly affects the nervous system as a guide along with some organs of the body. Scientists have proven that electromagnetic waves penetrate tissues and heat them up. Over time, this condition negatively affects the functioning of the entire body, including the nervous, cardiac, vascular and endocrine systems. This proves that the damage of mobile phones is very big.

When using mobile phones, many subscribers feel an unpleasant heating condition around the head and ear parts. Young people under the age of thirty are more prone to this risk [2].

According to research conducted by scientists of the World Health Organization, those who talk on mobile phones for too long have headaches and dizziness, fatigue, insomnia, nausea, and earache. Children are especially vulnerable to radiation from mobile phones. Scientists have warned that children who use mobile phones are at greater risk of memory and sleep disorders. Their main reason is that electromagnetic waves in slow motion penetrate the small and relatively thin brain shell of the child. This radiation can affect a child's developing immune system by affecting brain rhythms. A consequence of harmful electromagnetic radiation, such as noise that interferes with the clear sound of the radio. Irradiation causes the following: the stability of body cells is disturbed, the nervous system fails, headaches appear, memory loss, sleep disturbances, eye pain and stiffness, drying of the mucous membrane of the eye, and a very rapid decrease in vision are observed.

At the same time, the experience of regulating the use of mobile phones in educational institutions of foreign countries was also studied. This problem is also a concern for the world community, according to the accounting books, more than four and a half million of the world's population now use a mobile phone. Practical steps have been taken in many countries to restrict the use of mobile phones by schoolchildren. For example, in Bangladesh, the use of mobile phones by children under the age of 16 is completely prohibited, and France, Spain and England also have restrictions on the use of mobile phones for children. Schools in New Waltham, England, have installed a scanner at the entrance that reveals special instant communications devices. If a student's phone is found, the representatives of the special service will immediately confiscate it, and the parents will be fined [3].

We will try to answer the question of how to use a mobile phone, that is, limit the time of using a mobile phone - 2-3 minutes should be allocated to one call, the total conversation time during the day should be 10-15 minutes. Use wireless devices as much as possible, i.e. away from the phone or turn on the speakerphone. Do not sleep in front of a mobile phone. The electromagnetic radiation of the mobile phone, even in standby mode, disrupts normal sleep times and has a negative effect on the nervous system. Mobile phones should not be carried close to the body, including in pockets. It should be taken into account that in the conditions of shielding (cars, iron and steel buildings), the density of the electromagnetic (EMN) radiation current affecting a person increases [4].

As far as possible, the phone should not be used in places where electromagnetic waves are not transmitted well (elevator, underground rooms, transport, etc.), because in this case the phone will search for an antenna that transmits the waves well and increase the radiation it emits. Less use of the mobile phone in closed places (car, house), because the waves radiating from it cannot go anywhere, but are reflected back to itself, which causes the increase of radiation. Wireless transmission of information from one mobile phone to another (Bluetooth) causes additional radiation.

If the elementary rules of safety of use are observed, the damage caused by mobile phone radiation will be greatly reduced.

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