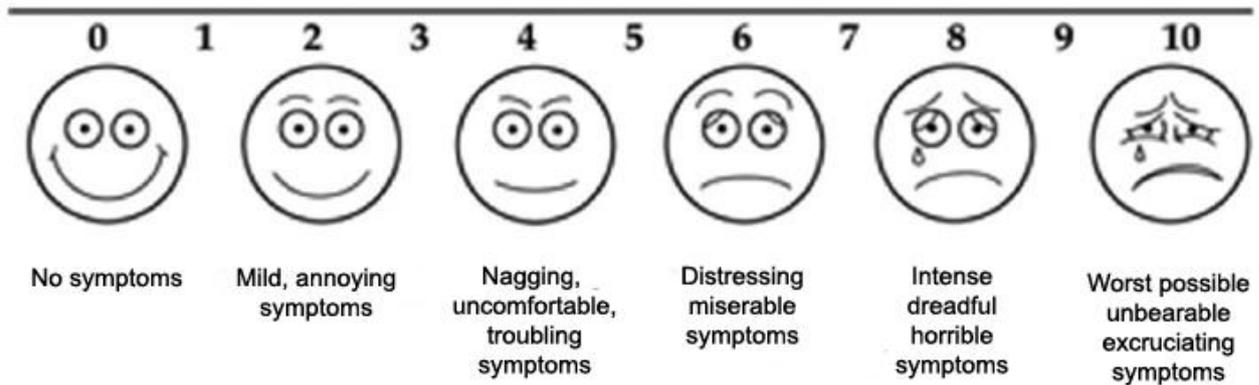


Patient ID Sticker

## Mallery-Blythe EHS Staging:

Stage:	Descriptor (use adapted VAS below)	
<b>1</b>	<b>VAS score 1-3 Mild symptoms</b> EMF Triggers often unnoticed No lifestyle change	<b>NB:</b> This stage may be omitted in acute high exposure scenarios with acceleration to stage 2 or 3 Stage 1 has the most potential for reversibility
<b>2</b>	<b>VAS score 4-7 Moderate symptoms</b> EMF Triggers often now identified Lifestyle changes implemented	
<b>3</b>	<b>VAS score 8-10 Severe symptoms</b> Usually rapid onset on exposure, broad range of frequencies and low intensities Forced extreme lifestyle changes	
<b>4</b>	<b>VAS score 0-3 In remission</b> Avoidance protocols enacted +/- other strategies (see A-Hs) Partial or full remission of symptoms, fewer acute reactions Cumulative / delayed symptoms more noticeable in absence of acute responses	
<b>Note</b>	<b>Movement between stages is common as a result of changes in exposure, general health, sleep quality etc. Use chart below to monitor progress long term</b>	



Mallery-Blythe EHS Rapid Staging Scale © 2017

Date:	Stage:	Reason for Stage change (if known)	Advised management actions if req