

Summary of Health Symptoms Experienced following the installation of Digital Electricity Meters between 9 February 2022 and 25 August 2022

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Symptom	Time first noticed	Meter and Severity	Notes
Tinnitus	Within 24 hours of L+G fitted	L+G: VH Kaifa1: H AMPY: H emlite: VH Kaifa2: H	Initially slowly faded when away from the house, then progressively became even slower. Some days better than others, but the bad days got worse. I could not have lasted more than 5 days in my house with the Landis+Gyr meter installed. It was touch and go with the Kaifa meter, taking 3 breaks from home for relief, but should have had more.
Ear Pressure sensation	Within 24 hours of L+G fitted	L+G: VH Kaifa1: H Kaifa1: L‡ AMPY: L‡ emlite: M‡ Kaifa2: L‡	Pressure decreased upon leaving the house and immediately increased upon re-entering. Subsequently found the TV surround sound system even in standby mode to be generating the pressure sensation. All audio equipment in the house was unplugged when not in use with the surround sound system not being used at all. Mechanism of interference from meter currently unknown. Never a problem before 9 February.
Insomnia and fatigue	48 hours after L+G fitted	L+G: VH Kaifa1: VH Kaifa1: H† AMPY: H† emlite: VH† Kaifa2: H†	Averaging around 3 hours of interrupted sleep until I found turning off the bedroom ring main helped and subsequently unplugging audio equipment relieved the ear pressure. Initial improvement was 5 hours uninterrupted sleep on 5 or 6 nights per week. Experienced some frequent very vivid dreams before fitting a Faraday Cage around the meter. I did not once have an uninterrupted 7 hour+ sleep in my own home in the entire period of having digital meters installed.
Poor concentration levels, thought patterns and speech fluency	Within 1 week after L+G fitted	L+G: H Kaifa1: H Kaifa1*: M AMPY*: H emlite*: H Kaifa2*: M	Possibly connected with previously mentioned symptoms, but often described separately in lists of electro-sensitivity symptoms as brain-fog, thought block or similar. Improvements in sleep helped, but some days were better than others for no apparent reason. Fitting the Faraday Cage helped but I had to stay away from the meter, otherwise I suffered a very strange feeling in my head for several hours afterwards with incidences of low blood pressure afterwards (see later). The older AMPY meter resulted in an increase in severity which was further increased a little more by the “emlite” meter.
Head Pressure on top of head	Approx 5 weeks after Kaifa fitted	Kaifa1: M AMPY: H emlite: VH Kaifa2: M	I had a feeling as if something was pressing down on the top right-hand side of my cranium. Eased when away from the house, put quite persistent. After the AMPY meter was installed, the pressure increased. The “emlite” meter resulted in an awful all round feeling of pressure particularly on the sides of my head above my ears after 3 days.
Intermittent tingling sensations in fingers, toes and back of thighs	Approx 5 weeks after Kaifa fitted	Kaifa1: M AMPY: L emlite: M Kaifa2: L	Did not notice any such tingling when away from the house.

Sore dry eyes	Approx 6 weeks after Kaifa fitted	Kaifa1: H Kaifa1*:M AMPY*: H emlite*:VH Kaifa2*: H	Frequent eye drops required. Heat compress applied twice a day. Improved when staying away from home.
Tingles around neck particularly on right-hand side	Approx 7 weeks after Kaifa fitted	Kaifa1: M AMPY: L emlite: L Kaifa2: H	Didn't happen away from home. Pain started developing on right-hand side of my throat where most of the tingling was happening, which got more and more concerning.
Low blood pressure	Approx 10 weeks after Kaifa fitted	Kaifa1: M AMPY: n/a emlite: n/a Kaifa2: M	Going into the meter cupboard resulted in a strange feeling in my head. That feeling coincided with incidences of feeling faint when standing up from being crouched down or lying down. Responsible for at least 1 collapse and 2 near collapses. Diagnosed as a problem by a GP.
Tingles/small sharp pains in and around ears and ear ache	Approx 12 weeks after Kaifa fitted	Kaifa1: M AMPY: H emlite: VH Kaifa2: H	Tingles didn't happened away from home. Ear ache improved away from home. Head tingling intolerable with "emlite" meter 7 days after fitting, sensed an electric field inside and around the house. Electricity had to be turned off before re-entering on 10 Aug to enable meter to be replaced.
Right eye ache and head aches	Approx 15 weeks after Kaifa fitted	Kaifa1: M Kaifa1*: L AMPY*: M emlite*: H Kaifa2*: M	Improved when staying away from home.
Pressure feeling around head/brain, possible migraine	3 days after "emlite" fitted	emlite: VH Kaifa2: M	Off the shelf painkillers had zero effect. Kept leaving home for respite in local holiday rental accommodation. Within a couple of hours away the pressure always eased. Pressure returned within 2 hours of returning home each time.
Short burst of pain on sides of head above ears	7 days after "emlite" fitted	emlite: VH	Three or four bursts felt within an hour of returning home after 3 nights away. Tinnitus intensifies upon each burst. Left home until the "emlite" meter was replaced with 2nd Kaifa.
Crackling of ears when leaving and returning the house	Immediately after second Kaifa fitted.	Kaifa2: L	Noticed when going out into the garden and then after stepping back inside. Symptom is not painful but it was repeatable.
Pain on right-hand side of face	2 days after 2 nd Kaifa fitted.	Kaifa2: M	Flair up of trigeminal nerve pain.

* With Faraday Cage shielding meter (from 27 April)

† With electricity turned off in the bedrooms

‡ Audio kit unplugged

(Note: Shown only for symptoms attenuated by the action taken.)

Meter Type	Date Fitted	Severity Key
Landis+Gyr E470	9 Feb 2022	VH Very High (Unbearable)
Kaifa MA 120	14 Feb 2022	H High
AMPY 5246C	11 Jul 2022	M Medium
emlite ECA2.z	30 Jul 2022	L Low
Second Kaifa MA120	10 Aug 2022	n/a Not Applicable

Not included in the table: 25 August 2022: Traditional analogue GEC meter fitted
Tinnitus remains intrusive, still some insomnia, but both much reduced. Fatigue, head pains, dry eyes, sinus problems and concentration were all much improved by 30 August 2022. Other symptoms have not been experienced since 25 August 2022 except for occasional head pressure on the right-hand side of my cranium.