YOU PROTECT OTHERS.
PROTECT YOURSELF.

1 in 5 non-firefighters will develop some form of skin cancer.

Every hour 1 person dies of melanoma.

Firefighters have a **30-60% Higher Risk** of Developing Melanoma than non-firefighters.

Skin Cancer is preventable, and melanoma, if caught early, can be cured!

It's not too late to prevent skin cancer:

- Change into clean station wear clothing after fire exposure to prevent synergistic effect of what is burning in today's fires and dermal exposure
- Apply and reapply SPF 30+ sunscreen regularly (even in cloudy weather)
- Stay away from tanning beds
- Wear sunglasses and sun protective clothing
- Where possible, limit time in mid-day sun
- Examine your skin monthly for changing moles or a new skin lesion and if something is suspicious, follow up with a dermatologist
- Get an annual full body check

NEW JERSEY DIVISION OF FIRE SAFETY

Mollie's Fund

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