



# YOU PROTECT OTHERS. PROTECT YOURSELF.

In Texas, 1 in 3 non-firefighters will develop some form of skin cancer. Texas ranks 3rd in the nation for malignant melanoma.

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:

- \* Shower and change into clean station wear clothing within an hour 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



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