Firefighter **Cancer Support** Network

Together We Can Make A Difference

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FirefighterCancerSupport.org
866-994-FCSN (3276)

The mission of the **Firefighter Cancer Support Network** is to help fire/EMS personnel and their families cope with cancer and to provide cancer awareness and prevention training nationwide.

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We help firefighters and their families cope with cancer

Cancer is the leading cause of line-of-duty deaths for America's firefighters.

Since 2005, the nonprofit Firefighter Cancer Support Network (FCSN) has provided assistance and badge-to-badge mentoring for thousands of cancer-stricken fire/EMS members and their families. FCSN also delivers firefighter cancer awareness and prevention training nationwide.

If you receive a cancer diagnosis, FCSN can start helping immediately with an FCSN cancer-support toolbox. FCSN's signature toolbox is full of tested, **proven resources to help firefighters and their families cope with the cancer diagnosis, treatment, and recovery phases**. We'll send it to you right away, free of charge.

Next, FCSN offers **free badge-to-badge support to fire/EMS members and their immediate families**. We have more than 130 peer-support mentors – nearly all are **firefighters and paramedics who are cancer survivors** themselves. Many of our mentors started their relationship with FCSN with a phone call or email seeking assistance for themselves. Now they're giving back by helping others through the process.

If you have received a cancer diagnosis, please call our toll-free number – 1-866-994-FCSN (3276) – or use our online assistance-request link at firefightercancersupport.org/request-assistance/. One call, one click of a "send" button is all is takes to rally your brother and sister firefighters. We can help!

Regards,

Debbie Pike
Wellness Coordinator
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Taking Action Against Cancer in the Fire Service

WHAT IMMEDIATE ACTIONS CAN I TAKE TO PROTECT MYSELF?

1

Use SCBA from initial attack to finish of overhaul. **(Not wearing SCBA in both active and post-fire environments is the most dangerous voluntary activity in the fire service today.)**

2

Do gross field decon of PPE to remove as much soot and particulates as possible.

3

Use Wet-Nap or baby wipes to remove as much soot as possible from head, neck, jaw, throat, underarms and hands immediately and while still on the scene.

4

Change your clothes and wash them immediately after a fire.

5

Shower thoroughly after a fire.

6

Clean your PPE, gloves, hood and helmet immediately after a fire.

7

Do not take contaminated clothes or PPE home or store it in your vehicle.

8

Decon fire apparatus interior after fires.

9

Keep bunker gear out of living and sleeping quarters.

10

Stop using tobacco products.

11

Use sunscreen or sunblock.

The importance of annual medical examinations cannot be overstated — early detection and early treatment are essential to increasing survival.

These 11 lifesaving actions are excerpted from FCSN's "Taking Action Against Cancer" white paper; it's available free of charge at **firefightercancersupport.org.**

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