

BEST PRACTICE #5



Photos courtesy of Christophe Cheroret

#5

Change your clothes and wash them after exposure to products of combustion or other contaminants. Do this as soon as possible and/or isolate in a trash bag until washing is available.

Download the *Lavender Ribbon Report: 11 Best Practices for Preventing Firefighter Cancer*, and more cancer prevention resources by visiting these websites. www.nvfc.org/cancer | www.vcos.org/BeatFFCancer

