

# HOW DO I SIGN UP FOR THE NATIONAL FIREFIGHTER REGISTRY (NFR) FOR CANCER?

All firefighters – paid or volunteer, active or retired, with or without cancer – can sign up for the NFR for Cancer on a computer, tablet, or smartphone.

## SIGNING UP INVOLVES 4 STEPS:

1. Create your account
2. Give informed consent
3. Create your profile
4. Complete the NFR questionnaire



JOIN THE NFR AT  
**NFR.CDC.GOV**

If you get interrupted during steps 3 or 4, your responses will be saved. Log in again to continue.



### 1. CREATE YOUR ACCOUNT Est. 5 Mins

- Visit **NFR.CDC.GOV**, confirm eligibility, and click “Login.gov” to begin. Please be aware that using shared public computers can be less secure than using personal devices.
- Click “Create an Account” or sign in if you already have an account.
  - » *Tip: If you have an existing Login.gov account and reset your password, go to **NFR.CDC.GOV** after resetting to sign up.*
- Type your email address and select your preferred language.
  - » *Tip: Use a personal email instead of a work email in case you change employers.*
- Navigate to your email inbox. You will receive an email from Login.gov to confirm your email address. If you do not receive an email within a few minutes, please double-check the email address you entered and your internet access.
- Create a password. The password must be 12 characters long. A meter will check your password strength - you will need a green color from the meter to continue.
- Select an authentication method. This is an added level of security to protect your information. You must select at least one method to move forward.
  - » *Tip: You may be most familiar with the “text or voice message” option.*
- Click “Agree and Continue” to be directed to the NFR portal.

### 2. GIVE INFORMED CONSENT Est. 5 Mins

- Read the informed consent document. The NFR is a voluntary project. You must provide informed consent to participate. Scroll down the page to read the consent form.
- Provide consent if you agree to participate. Do this by checking the box and typing your first and last name. If you decide not to participate you can close the window. If you change your mind in the future, you can visit **NFR.CDC.GOV** to continue with registration.
  - » *Tip: You can download or receive an email copy of your signed Informed Consent for your records.*
- Click “Begin” to go to the next step.

# NATIONAL FIREFIGHTER REGISTRY FOR CANCER

## 3. CREATE YOUR PROFILE Est. 5 Mins

- **Add your information.** Date of birth and sex are required.
- **Provide the last 4 digits of your social security number (SSN).** Providing your SSN will increase the chance of correctly linking your NFR account to any past or future cancer diagnosis.
- **Choose your communication preferences for NFR updates.** You can provide a secondary email address and/or opt-in to receive text message updates.
- **Add your fire department information.** Provide the name of your current or most recent department or agency. If you are retired or no longer work in the fire service, you can also provide the approximate date when you stopped working.
- **Review your profile and then click “Save & Continue.”** You will receive your NFR participant number, which you can save for your records.

» *Tip: You can review or update your profile at a later time if anything changes.*

## NEED MORE HELP?

Review our [Enrollment Help Page](#) or email [NFRRegistry@cdc.gov](mailto:NFRRegistry@cdc.gov)

## 4. COMPLETE THE NFR QUESTIONNAIRE Est. 30 Mins

### Demographics

- **Add your demographic information and click “Save & Continue”** to go to the next section.

### Work and Exposure

- **Add your fire service history.** For each department/job title, estimate the number of fire responses you had in a typical year. This information will enable the NFR to have a clearer understanding of your experience and potential exposures.
- **Add responses to major events that you consider to be unusual in duration or intensity.**

#### Tips for Wildland Firefighters

- » *You can include vegetation/brush fires and wildland fires when estimating the number of responses throughout your career. Typically, brush/vegetation fires are shorter in duration, whereas wildland fires can include wildfires (often more severe in duration and intensity) and prescribed fires.*
- » *You can consider including a wildfire response in the “major events” question if it was more intense than most other wildfire responses.*
- » *You can select “N/A” if you believe any of the questions about personal protective equipment do not apply to your work.*

### Health History and Lifestyle

- **Add your health and lifestyle information.** Include any health conditions or injuries. This will enable the NFR to have a clearer understanding of factors that may impact cancer risk.

### Review and Submit

- **Click “Submit” to finish signing up for the NFR.** After you submit, you will have an opportunity to print a Certificate of Completion. You will also receive an email or text message thanking you for your participation.
- » *Tip: You can go back and review or update your answers before submitting.*
- » *Tip: You can access your profile, future questionnaires, and other resources at any time by logging back into [NFR.CDC.GOV](https://NFR.CDC.GOV).*



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FIREFIGHTER  
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for Cancer**  
Understanding &  
Reducing Cancer