

TIPS TO REDUCE VALLEY FEVER RISKS



Keep windows and doors closed when windy outside.



Wet down dirt to reduce dust before digging.



Keep car windows closed and use recirculating air.



Face away from the wind while digging.



Cover open dirt areas to help reduce dusty, open areas.



If you must be outdoors in dusty air wear a N95 mask.

IT'S IN THE AIR: **BE AWARE**

Valley Fever is caused by a fungus in dirt.

Airborne spores from disturbed soil can be inhaled and cause illness.
Symptoms vary.

See a doctor if you think you have **Valley Fever**.



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to learn more.