VALLEY FEVER

(also called coccidiodomycosis or "cocci")



Lingering cough, fever, or painful breathing for more than two weeks?

ASK YOUR DOCTOR ABOUT VALLEY FEVER

CONTRACTING VALLEY FEVER

Valley Fever is caused by a fungus that grows in the soil or dirt. You can get it by breathing in dust where the fungus grows. **ANYONE** can get Valley Fever. Even healthy people and pets.

Who is at risk of contracting Valley Fever?

People who spend time in dirt or dusty areas where the Valley Fever fungus grows may be at more risk of getting infected.

Who is at risk for severe Valley Fever illness?

- Adults 60+ years
- Pregnant women
- Diabetics
- People with weak immune systems
- African Americans and Filipinos

SYMPTOMS

Valley Fever symptoms can take 1-3 weeks to appear after breathing in the fungus. Valley Fever can affect people differently; some symptoms may resolve quickly, while others may take longer to go away.

- cough
- fatigue
- fever
- chest pain
- night sweats
- muscle or joint pain
- unexplained weight loss
- difficulty breathing
- headaches
- rash

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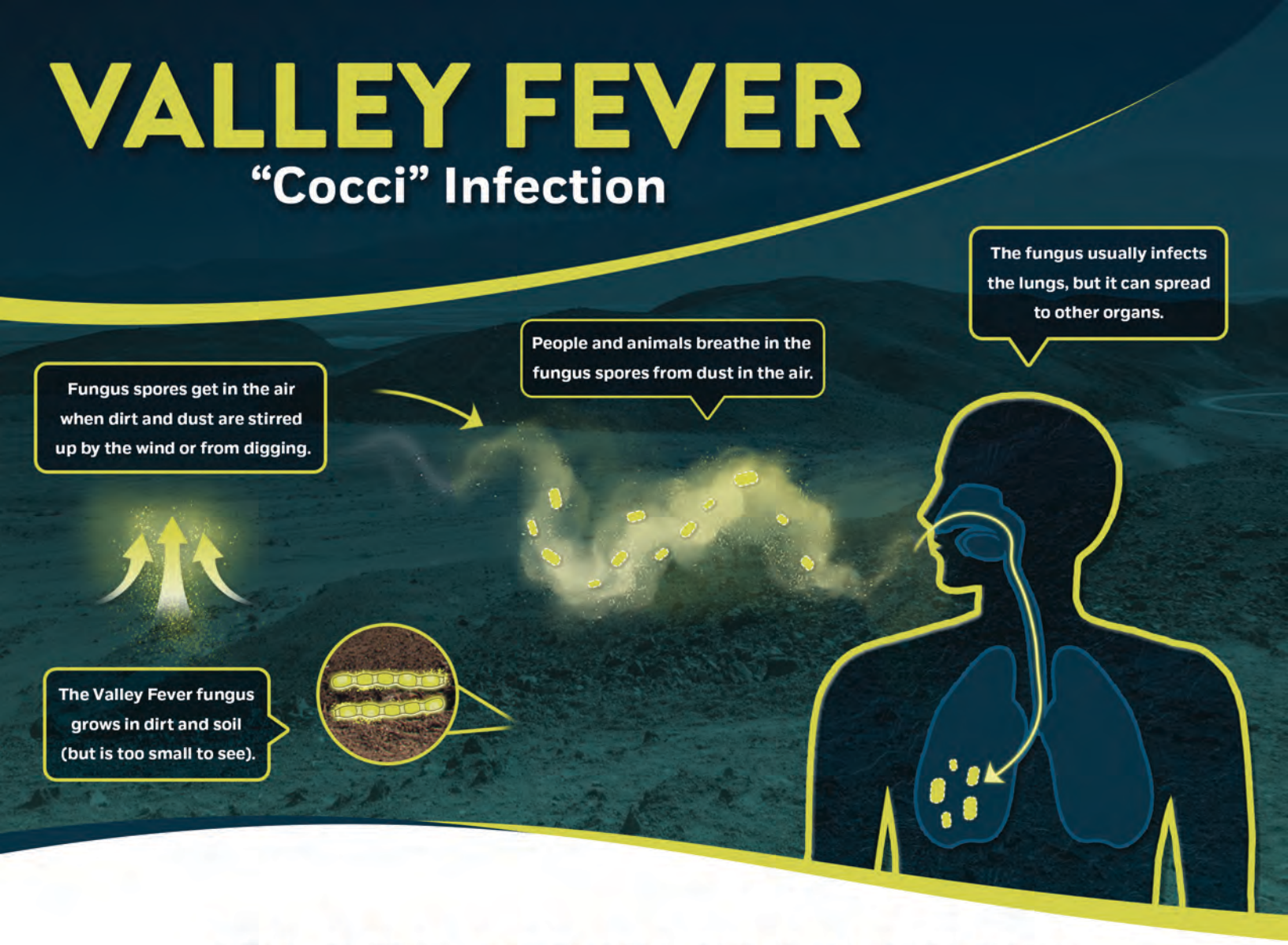
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VALLEY FEVER

"Cocci" Infection



TIPS TO REDUCE YOUR RISK

- Keep windows and doors closed when windy outside.
- Keep car windows closed and use recirculating air.
- Cover open dirt areas to help reduce dusty, open areas.
- Wet down dirt to reduce dust before digging.
- Face away from the wind while digging.
- If you must be outdoors in dusty air wear a N95 mask.

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