

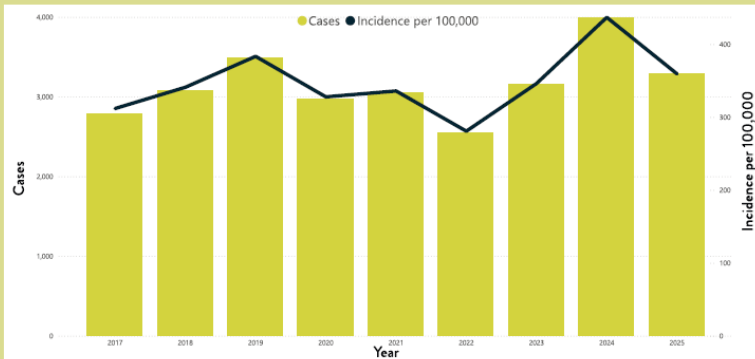
VALLEY FEVER AMBASSADOR NEWS

KERN
COUNTY
PUBLIC HEALTH

May 2026

Number of Cases and Incidence by Year

Cases of Valley Fever remain high in Kern County. 2025 saw the third highest number of cases on record at 7% higher than the 10 year average.



Deaths and Mortality Rate by Year

Deaths due to Valley Fever remain high in Kern County. 2025 saw the third highest number of deaths on record at 21% higher than the 10 year average.



Numbers remain high in Kern County. New Fast Facts available at kernpublichealth.com

Faces of Valley Fever

Meet our newest Face of Valley Fever, Erika Espinoza, Public Health Project Specialist in the HIV/ STI program.

New stories now available in Spanish!



10th Annual Valley Fever Walk



Thank you to our Community Partners at Valley Fever Institute at Kern Medical!

VALLEY FEVER

It's in the air. Be aware.

Tips to reduce your risk to Valley Fever



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.

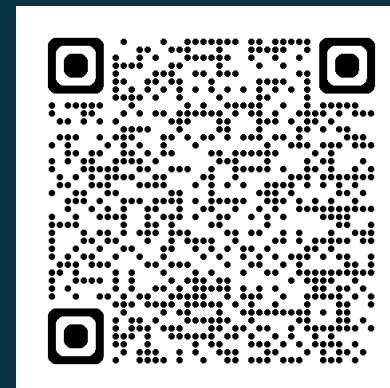
Hotter, drier months may increase Valley Fever exposure. Numbers received start rising in mid- spring with the highest numbers in the fall. This may be due to several factors:

- Hotter temperatures
- Increased dust
- Decreased moisture in soil
- More time spent outdoors

NEW Valley Fever Ambassador webpage



BECOME A
VALLEY FEVER
AMBASSADOR



Refer family, friend, and neighbors.
Anyone is welcome!

REMINDER:

Valley Fever affects everyone differently! If you suspect Valley Fever monitor your signs and symptoms. If they don't improve, seek medical care, and request to get tested.