

UNDERSTANDING YOUR **VALLEY FEVER (COCCI) TITER**

Valley Fever Americas Foundation (VFAF) Patient Education



WHAT IS **COCCI TITER?**

A blood test that measures antibodies your body makes to fight **Valley Fever (coccidioidomycosis)**.



Antibodies are proteins your immune system produces when you have an infection. There are two types of antibodies that Valley Fever tests look for.

- **IgM:** Appears early in infection; Suggests a recent or new infection.
- **IgG:** Appears later; May indicate ongoing or past infection.



A cocci titer comes from a test called the **Complement Fixation (CF) test**. This test measures the amount of the IgG antibodies in your blood.

This test helps your healthcare provider:



**Confirm
infection**



**Determine
how active
the infection is**



**Monitor
your progress
over time**

Your result is reported as a number called a “titer”, some examples include: 1:2, 1:4, 1:8, 1:16, 1:32

What do Titer Numbers Mean?

The higher the titer number means that your body has more IgG antibodies present.



Lower numbers (1:2, 1:4): Less antibodies present, can mean an early infection, a mild or improving infection, or a poor immune response.



Higher numbers (1:16 or higher): More antibodies present, can mean a more active immune response or more severe infection.

Often this test is repeated so doctors can compare results and monitor progress. Tracking trends is more important than a single number:

**Number going
down**

▶ Immune response is slowing,
infection is improving

**Number staying
the same**

▶ **Stable**

**Number going
up**

▶ Immune response increasing,
infection may be worsening

OTHER TESTS



There are other tests that do not provide a titer that may happen before or at the same time as the CF test.

1 EIA (Enzyme Immunoassay)

- A reliable test that often finds infection early.
- If positive, it is usually confirmed with additional tests.

2 Immunodiffusion (ID)

- Determines if IgM or IgG antibodies are present, but does not give a titer.
- Used to confirm EIA results.

* Important Things to Remember

- A titer does not always match how you feel.
- Some people may have symptoms even with low numbers.
- Others may feel well while titers remain positive.
- Your healthcare provider will consider the whole picture.



Scan the QR code to learn more information about **VALLEY FEVER.**