

**Focus on...**

August is Valley Fever Awareness Month

People who work outdoors in California's Central Valley and other locations, especially workers who dig or disturb soil, are at risk for Valley Fever. Valley Fever is caused by inhaling fungal spores found in the soil in certain parts of the Southwest U.S., including the Central Valley.

Valley Fever symptoms are often like the flu. They include fever, night sweats, fatigue, cough, chest pain, headache, skin rash, and joint aches. Serious illness can occur, resulting in hospitalization, long-term disability, or even death.



Photo: Site where workers got Valley Fever

Employers in affected areas can take steps to protect workers from breathing in the fungal spores that cause Valley Fever (also called coccidioidomycosis). These include controlling dust, providing worker training, and suspending outdoor work during heavy winds.

For August, CDPH adds a new [poster](#) for employers of outdoor workers to its [resources for preventing work-related Valley Fever](#). OHB is also partnering with

other CDPH programs to promote Valley Fever Awareness Month in California by providing more information and resources through social media

Resources

[Outdoor workers & Valley Fever poster](#)

[Work-related Valley Fever web page](#)

[CDPH Valley Fever web page](#)

[Cal/OSHA Valley Fever prevention web page](#)

[OHB](#) improves California worker health and safety through prevention activities. We gather information on job hazards, test new approaches to prevent worker injury and illness, and help make changes at the workplace. Email OHW@cdph.ca.gov with feedback about this update or change of address.

