Report Valley Fever Symptoms

Valley Fever fungus may be present in soil.

Digging or disturbing the soil may release spores.

Breathing in dust with Valley Fever spores can cause lung disease.

Reduce dust exposure by staying upwind from soil disturbance, wetting the soil if possible, or using a respirator. Ask your crew leader about other dust reduction measures.

Symptoms of Valley Fever may be like the flu:

- cough
- fever
- chest pain
- headache
- muscle aches
- rash on upper trunk or extremities
- joint pain in the knees or ankles
- tiredness.

If you have flu-like illness that lasts more than a week (after working outdoors in an area where Valley Fever occurs*):

- Report symptoms to your crew leader and arrange to see a health care provider for evaluation and treatment, if needed.
- Tell your health care provider that you worked in an area where Valley Fever occurs* and ask to be tested.

*Valley Fever occurs in or near the Central Valley with the highest rates in Fresno, Kern, Kings, Madera, Merced, San Luis Obispo, and Tulare Counties. Other affected counties: Tehama, Butte, Glenn, Yolo, San Joaquin, Alameda, Stanislaus, San Benito, Monterey, Los Angeles, Ventura, Riverside, Imperial, and San Bernardino.