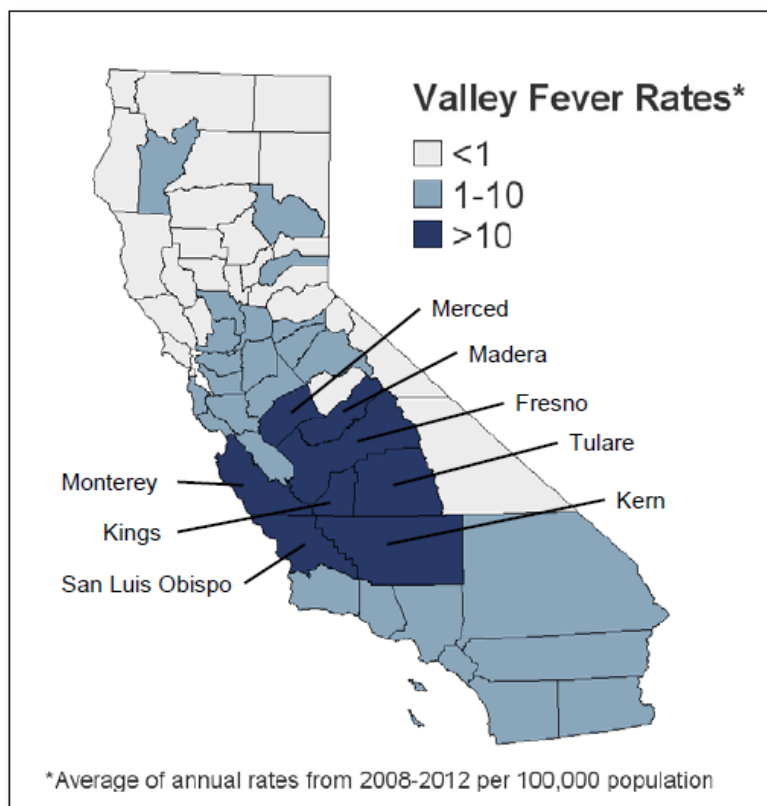


## Valley Fever Fact Sheet

### What is Valley Fever?

Valley Fever (coccidioidomycosis or “cocci”) is an infectious disease caused by a fungus called *Coccidioides* which lives in the soil and dirt in certain areas. The fungus usually infects the lungs causing flu-like symptoms. Most of the time symptoms get better on their own.

Some people with Valley Fever may develop severe disease. When Valley Fever is severe, patients may need to be hospitalized and in rare cases, the infection can spread beyond the lungs to other organs (this is called disseminated Valley Fever).



### When and where do people get Valley Fever?

Valley Fever infection can occur year-round and tends to occur in areas with dry dirt and desert-like weather conditions that allow the fungus to grow.

Cases of Valley Fever have been reported from most counties in California. Over 75% of cases have been in people who live in the San Joaquin (Central) Valley. In California, the number of reported Valley Fever cases has increased greatly since 2000, with more than 4,000 cases reported in 2012.

Outside of California, Valley Fever is found in some areas of Arizona, Nevada, New Mexico, Utah, and Texas, and parts of Mexico and Central and South America.

### **How do people get Valley Fever?**

People can get Valley Fever by breathing in dust containing a form of the *Coccidioides* fungus called spores which are too small to be seen. Anyone who lives, works, or visits in an area with Valley Fever can be infected. Animals, including pets, can also be infected. Valley Fever is not contagious and cannot be spread from one person or animal to another.

### **What are the signs and symptoms of Valley Fever?**

About 60% of people infected with Valley Fever have no symptoms and will fight off the infection naturally. The people who get sick usually develop a flu-like illness 1–3 weeks after exposure to the fungus.

Those who get sick can experience some of the following symptoms:

- Fever
- Tiredness
- Unexplained weight loss
- Muscle or joint aches
- Cough
- Chest pain
- Headaches
- Night sweats
- Rash

These symptoms can last a month or more but most people recover fully. Most people who have been infected become immune and will not get the infection again.

Valley Fever usually infects the lungs but it can spread outside of the lungs and infect the brain, joints, bone, skin, or other organs. This is called disseminated disease. This form of the disease is rare but can be very serious and could be fatal.

### **How is Valley Fever diagnosed and treated?**

If you think you might have Valley Fever, visit your healthcare provider. Since Valley Fever symptoms are similar to those of other illnesses, your provider may order a blood test or other tests, such as a chest x-ray, to help diagnose Valley Fever.

Treatment is usually not necessary for mild infections, which often get better on their own. All persons with symptoms, however, should see a healthcare provider who can determine if treatment is needed.

If you are diagnosed with Valley Fever it is very important to follow instructions given by your healthcare provider about treatment, follow-up appointments, and testing.

### **Are certain people at greater risk for Valley Fever?**

Anyone can get Valley Fever, even young and healthy people. People who live, work, or travel in areas with high rates of Valley Fever may be a higher risk of getting infected than others, especially if they:

- Participate in recreational activities where dirt and soil are disturbed
- Work in jobs where dirt and soil are disturbed, including construction, farming, military work, and archaeology.
  - If you work in a job where dirt or soil is disturbed in a place where Valley Fever is common, you and your employer may want to review the [CDPH website for preventing work-related Valley Fever](https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/Pages/Cocci.aspx) (<https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/Pages/Cocci.aspx>).

Some groups are at greater risk for severe Valley Fever. These include:

- Older adults (≥60 years old)
- African Americans, Filipinos, and Hispanics
- Pregnant women especially in the later stages of pregnancy
- Persons with diabetes
- Persons with conditions that weaken their immune system such as:
  - Cancer
  - Human immunodeficiency virus (HIV) infection
  - Treatment with chemotherapy or steroids
  - Organ transplant

### **How can I reduce my risk of getting Valley Fever?**

The best way to reduce your risk of getting Valley Fever is to avoid breathing in dirt or dust in areas where Valley Fever is common. Valley Fever can be difficult to prevent but some common sense recommendations that may help are below:

#### When it is windy outside and the air is dusty, especially during dust storms:

- Stay inside and keep windows and doors closed.
- While driving, keep car windows shut and use “recirculating” air conditioning if available.
- If you must be outdoors in dusty air, consider wearing an N95 mask or respirator.
  - N95 masks are available at drug and hardware stores
  - To be effective, N95 masks must be fitted properly. Instructions can be found at several online sites, including the [U.S. Centers for Disease Control and Prevention instruction video for using disposable respirators](http://www.youtube.com/watch?v=0d_RaKdqeck&feature=player_embedded) ([http://www.youtube.com/watch?v=0d\\_RaKdqeck&feature=player\\_embedded](http://www.youtube.com/watch?v=0d_RaKdqeck&feature=player_embedded)).

#### When working or playing in areas with open dirt:

- Wet down soil before disturbing it to reduce dust.
- Consider wearing an N95 mask or respirator.

#### Other things you can do:

- Cover open dirt areas around your home with grass, plants, or other ground cover.

- After work or play, change out of clothes if covered with dirt.
  - Take care not to shake out clothing and breathe in the dust before washing. Warn the person washing these clothes if you are not washing them yourself.
- Carry a couple of N95 masks or respirators in the car in case they are needed.

### **What is being done about Valley Fever in California?**

State and local health departments:

- Monitor the numbers of people who get Valley Fever in California
- Raise awareness of Valley Fever among healthcare providers and the public

### **Where can I get more information about Valley Fever?**

Contact your local health department or visit [CDPH's Valley Fever website](http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Coccidioidomycosis.aspx) (<http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Coccidioidomycosis.aspx>) and the [CDC's Valley Fever website](http://www.cdc.gov/fungal/diseases/coccidioidomycosis/index.html) (<http://www.cdc.gov/fungal/diseases/coccidioidomycosis/index.html>).

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