

# VALLEY FEVER

Coccidioidomycosis or “cocci”

**Do you work outdoors?**

**Have you had a cough, fever, or painful breathing for more than two weeks?**

**REPORT SYMPTOMS TO YOUR EMPLOYER  
AND SEE A DOCTOR ABOUT VALLEY FEVER**

Valley Fever is caused by a fungus that lives in soil or dirt in some areas of California.

You can get it by breathing in dust where the fungus grows.

**ANYONE can get Valley Fever. Even healthy people.**

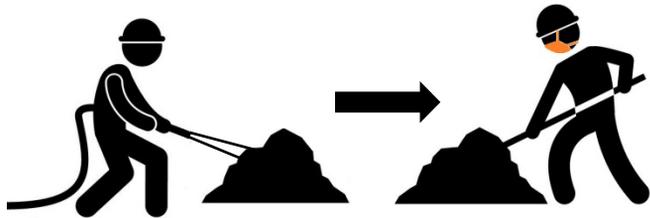
People who work outdoors in dirt or dusty areas where the Valley Fever fungus grows may be at more risk of getting sick, especially those who do activities such as:

- Digging
- Truck driving
- Construction work
- Operating heavy machinery



If you work outdoors in such areas:

- Stay upwind of dirt disturbance,
- Wet soil before digging,
- Wear a respirator, or
- Ask your employer about other ways to keep dust down



For more information, visit <http://bit.ly/cdphvwork>  
or call the CDPH Workplace Hazard Helpline (866) 282-5516

California Department of Public Health  
[www.cdph.ca.gov](http://www.cdph.ca.gov)

