

# ARE YOU AT RISK FOR VALLEY FEVER?

## VALLEY FEVER CAN BE PREVENTED. YOU JUST HAVE TO KNOW WHAT TO DO.

Valley fever is an illness caused by a fungus found in the soil in many parts of California, especially the Central Valley and Central Coast. For some, it can be serious and even fatal. Construction workers and others who work outdoors are especially at risk for Valley fever if they dig or disturb soil, operate heavy machinery, or work under windy conditions.

**Valley fever is bad news!** It can cause weeks or months of missed work. Some people get sick enough to need lifelong treatment.

### KNOW THE SYMPTOMS

Common symptoms can be mistaken for a cold, influenza, or pneumonia but last longer than one week. People who get sick usually develop symptoms one to three weeks after breathing in the fungus.

If you have Valley fever symptoms for a week or more, tell your supervisor. The company should send you to a doctor for evaluation.



FATIGUE



COUGH



TROUBLE  
BREATHING



FEVER



NIGHT  
SWEATS



MUSCLE OR  
JOINT PAIN



CHEST  
PAIN



WEIGHT  
LOSS

### PROTECT YOURSELF AND OTHERS

- **Use enough water** to keep dust down.
- **Stay upwind** of digging and dumping soil, drilling, or blasting.
- In vehicles, **keep windows closed** and use air conditioning on recirculate.
- **Change into clean clothes and shoes** before leaving a dusty jobsite.
- **Use NIOSH-approved respirators** with particulate filters if controlling dust is not possible.



Know the symptoms.  
Protect yourself.

**COULDBEVALLEYFEVER.ORG**

