

# Valley Fever: Leave it in the Dust

## 1. What is Valley Fever?

- Valley Fever (*coccidioidomycosis* or "cocci") is an illness caused by a fungus (a type of germ) that lives in the soil and dirt.
- People can get it by breathing in the fungus found in dust, dirt, or soil.

## 2. Where is it found?

- In California, especially in the Central Valley.
- Antelope Valley in LA County is known to be a common area.

## 3. Who can get it?

- You can get Valley Fever if you live, work, or visit a place where it's found.
- Valley Fever can't be spread from person to person.
- People who spend time outside may be at higher risk:
  - Construction workers
  - Farmers
- Pets can get Valley Fever, too.

## 4. What are the signs?

- Coughing
- Fever
- Rash
- Feeling Tired
- Headache
- Difficulty Breathing
- Night sweats
- Not everyone feels sick.

## 5. How is it treated?

- Visit a doctor for more information. Your doctor will determine if you have Valley Fever and if treatment is needed.
- If you don't have a doctor, ask your family to call 2-1-1 to find a free or low-cost doctor in the area

## 6. How can you prevent it?

- Avoid breathing in dust and dirt when it is kicked or stirred up
- Stay inside during dust storms
- Roll up car windows in dusty areas



Visit <http://publichealth.lacounty.gov/acd/Diseases/Cocci.htm> for more information.

