

VALLEY FEVER



Outdoor Worker



Outdoor Activities

PEOPLE AT INCREASED RISK FOR GETTING VALLEY FEVER INCLUDE:

- ANYONE SPENDING TIME OUTDOORS IN WESTERN FRESNO COUNTY
- OUTDOOR WORKERS
- CONSTRUCTION WORKERS



Dust



Soil

Fresno County VALLEY FEVER

Resources

FOR MORE INFORMATION:

Valley Fever in Fresno County
Contact The County of Fresno, Department of Public Health at: (559) 600-3332

Or visit the website at:
www.fcdph.org/valleyfever

OTHER VALLEY FEVER RESOURCES:

- Centers for Disease Control
www.cdc.gov/fungal/coccidioidomycosis/
- California Department of Public Health
www.cdph.ca.gov/healthinfo/discond/Pages/Coccidioidomycosis.aspx



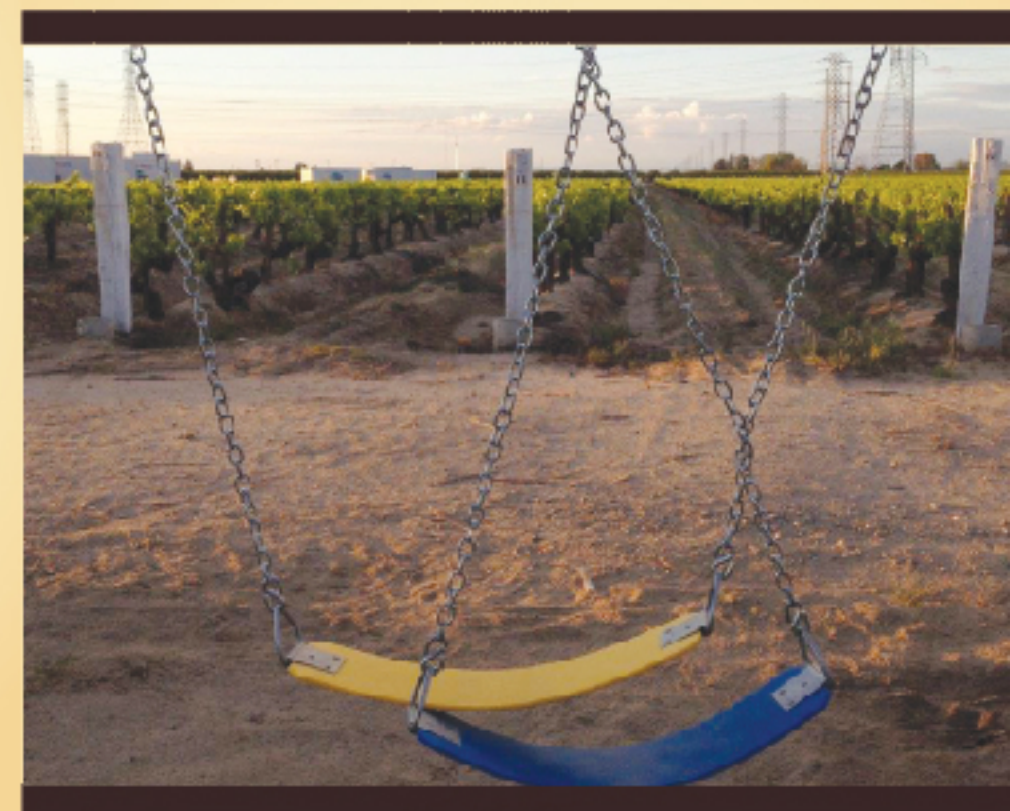
Department of Public Health
Division of Community Health
1221 Fulton Mall
Fresno, CA 93721

Phone: (559) 600-3332
Fax: (559) 600-7603

www.fcdph.org/valleyfever

VALLEY FEVER

In Fresno County



Dust Increases the Risk of People Getting Valley Fever

Valley Fever is Part of Our Environment

Follow these recommendations to Prevent Valley Fever



Department of Public Health
www.fcdph.org/valleyfever

What is VALLEY FEVER?

www.fcdph.org/valleyfever

(COCCIDIOIDOMYCOSIS)

KOK-SID-EE-OY-DOH-MY-KOH-SIS

Valley Fever is an infection in the lungs caused by a fungus called *Coccidioides* that grows in the soil of hot, dry climates that have little rain. The fungus grows naturally and is common (endemic) in many areas along the western region of Fresno County. People can get this infection by breathing in the fungal spores from the air, especially when the wind blows the soil with the fungal spores into the air or the dirt is moved by human activity.

West Fresno County: Areas of Elevated Valley Fever Activity



About 40% of people who come in contact with the fungal spores will develop symptoms that may require medical treatment and the symptoms will not go away on their own. Some people may develop a more severe infection, especially those who have a weakened immune system, African-American, or Filipino descent, or women in their third trimester of pregnancy.

Symptoms may appear between 1-3 weeks after contact with the fungal spores. Some people report having symptoms for 6 months or longer, especially when the infection was not diagnosed and treated right away.

SYMPTOMS MAY INCLUDE:

- Fever
- Cough
- Headache
- Rash on upper trunk or arms and leg
- Muscle aches
- Joint pain in the knees or ankles

SYMPTOMS OF ADVANCED VALLEY FEVER:

- Skin lesions
- Chronic pneumonia
- Meningitis
- Bone or joint infection

Talk to your health care provider (doctor) if you have symptoms and think you might have been exposed to Valley Fever.

If you are diagnosed with Valley Fever:

- Be sure to continue follow-up with your health care provider
- Valley Fever can be hard to treat. Be sure to complete all treatment unless directed by your doctor to stop

VALLEY FEVER PREVENTION:

It is difficult to avoid contact with the fungal spores, but people who live in endemic regions, such as areas in the western region of Fresno County, should avoid dusty areas and outside activity on windy days, if possible.

PREVENTION GUIDELINES:

- Stay indoors and close windows and doors during times of increased dusty winds
- *Wear a mask when doing activities that involve exposure to dust including yard work, gardening, and digging in dry soil
- **Outdoor workers: Wear respiratory protection if it is necessary to be in or near a dusty area, such as a construction zone
- Clean skin wounds well with soap and water, especially if they have been exposed to soil or dust
- Wet the dirt before digging

* Respiratory protective equipment such as masks reduce exposure by 90%. (The remaining 10% still poses a risk of infection whenever Valley Fever fungus spores are present).

www.cdph.ca.gov/programs/hesis/Documents/CocciFact.pdf

**When dust is unavoidable, the California Department of Public Health recommends NIOSH-approved respiratory protection with filters rated as N95, N99, N100, P100, or HEPA.