

Valley Fever is in California

Learn where it's common. Know the symptoms and who's at risk.

VALLEY FEVER COULD BE WHERE YOU LIVE

These tips can help reduce your risk of breathing in the fungus from outdoor dust that causes Valley fever.



Avoid dust outside in places where Valley fever rates are high like the Central Valley or Central Coast.



While driving in areas where Valley fever is common, keep car windows closed and use recirculating air.



Stay inside and keep windows and doors closed when it is windy outside and the air is dusty, especially during dust storms.



Cover open dirt areas around your home with grass, plants, or other ground cover to help reduce dusty, open areas.

WHEN DIGGING IN DIRT OR STIRRING UP DUST IN AREAS WHERE VALLEY FEVER IS COMMON:



Stay upwind of the area where dirt is being disturbed.



Wet down soil before digging or disturbing it.



Change out of dusty clothes after being outdoors.

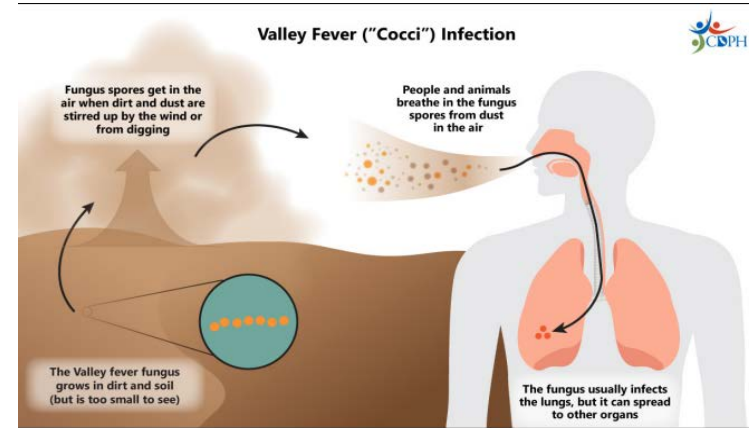


Be careful not to shake out clothing and breathe in the dust before washing.



Did you know?

In California, the number of reported Valley fever cases has greatly increased in recent years. Since 2000, the number of cases has increased from less than 1,000 cases to nearly 12,500 cases in 2024.



Learn more:

COULDBEVALLEYFEVER.ORG



Animals, including pets, can also get Valley fever by breathing in fungus spores from dirt and outdoor dust.

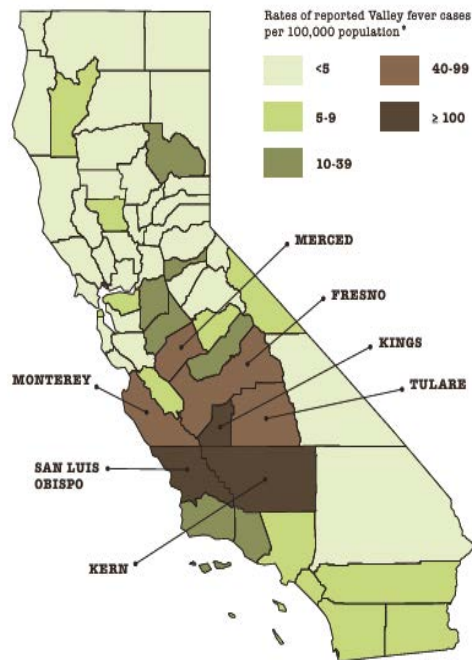
What is Valley Fever?

Valley Fever (coccidioidomycosis or “cocci”) is an illness caused by a fungus that lives in the soil and dirt. It can infect the lungs and cause flu-like symptoms or severe illness.

When and where do people get Valley Fever?

Valley Fever infection can occur year-round. In California, it has been reported from most counties, but especially the Central Coast and Central Valley.

Anyone who lives in, works in, or visits a place with Valley Fever can be infected.



How do people get Valley Fever?

People can get sick by breathing in a form of the Valley Fever fungus called spores. Spores are too small to be seen. They can get into the air with dust when it is windy or when dirt is disturbed.

Valley Fever cannot be spread from one person to another. Animals, both domestic and wildlife, can also contract Valley Fever from dust and disturbed dirt.

What are the symptoms of Valley Fever?

About 60% of infected people will not get sick. People who do get sick can have symptoms that last a month or more.

- Fever
- Tiredness
- Cough
- Chest pain
- Muscle or joint aches
- Headaches
- Weight loss
- Rash

Valley Fever can also infect the brain, joints, bone, skin, or other organs. This type of infection is rare. It can be very serious and sometimes fatal.

Most people who get Valley Fever fully recover and are usually protected from getting Valley Fever again.

Learn more:

COULDBEVALLEYFEVER.ORG



U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION

How is Valley Fever diagnosed and treated?

Valley Fever is diagnosed by a doctor. Your doctor can order a blood test, chest x-ray, or other tests. If you are diagnosed with Valley Fever, your doctor will determine if you need treatment with antifungal medications.

Are some people more at risk for Valley Fever?

Anyone can get Valley Fever, even young and healthy people. People who disturb dirt or soil when playing or working where Valley Fever is present may be at risk of infection. Some groups are at greater risk for severe Valley Fever including:

- Older adults (60 years and older)
- African Americans and Filipinos
- Pregnant women
- Persons with diabetes
- Persons with conditions that weaken their immune system such as: cancer, HIV, chemotherapy or steroids treatment, or organ transplant



When it is windy 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, consider wearing an N95 mask or respirator (available at drug and hardware stores).

When outside in areas with disturbed soil or dust:

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