

Valley Fever: Leave it in the Dust

Be a Valley Fever champion.
Share what you learn.



**Los Angeles County Department of Public Health
Acute Communicable Disease Control Program**



What is Valley Fever?



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
- You can get it by breathing in fungus found in dust, dirt or soil
- Happens year-round



Where is Valley Fever found?

- Hot, dry places
- The fungus that causes Valley Fever lives in the soil in the Southwestern U.S.
 - Arizona
 - California
 - New Mexico
 - Nevada
 - Texas
 - Utah



Valley Fever in California



- Valley Fever is found in California
 - Central Valley
 - Antelope Valley (in Los Angeles County)



What are the signs of Valley Fever?



Signs of Valley Fever

Cough

Fever



Signs of Valley Fever

Rash



Signs of Valley Fever

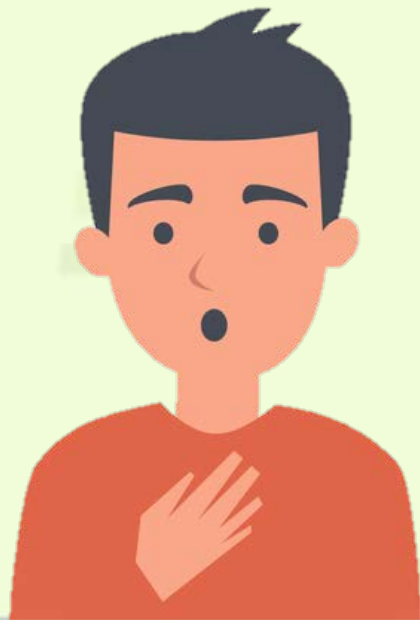
Feeling Tired

Headache



Signs of Valley Fever

Shortness of
Breath



Night Sweats



Not everyone feels sick



Go to the
doctor if you
or your family
show signs of
Valley Fever



How do you get Valley Fever?



How do you get Valley Fever?

- Spores are part of fungus that can cause Valley Fever
- People can get sick by breathing in these spores
- The spores are too small to be seen
- Valley Fever can't be spread from person to person



Who is at risk of getting Valley Fever?

- You can get Valley Fever if you live, work, or visit a place where it's found
- Some groups are at greater risk for getting the disease
- Let's learn more about who's at risk...

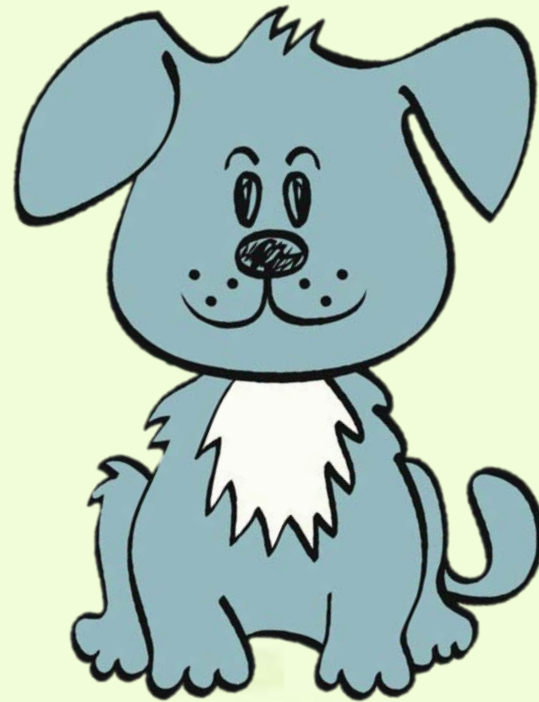


Groups at risk

- People who spend time outside when dust from the dirt is stirred up into the air
 - Farmers
 - Construction workers



Pets can get Valley Fever too



Prevention and treatment of Valley Fever



Preventing Valley Fever

- Avoid breathing in dust and dirt when it's kicked or stirred up
- Stay inside during dust storms
- Roll up the car windows
- Use air conditioning in the car when traveling in dusty areas



How is Valley Fever treated?

1. Go to the doctor if you or your family show signs of Valley Fever
 - 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
2. They may order a blood test, chest x-ray, or other tests
3. The doctor will decide if treatment is needed



Quiz Activity:

Test your knowledge so you
can share the information
with your friends
and family



True or False?

Valley Fever is an illness caused by breathing in a fungus found in dust, dirt, or soil.

- A True
- B False



FACT: Avoid playing in dirt or soil. Roll up car windows if you're traveling through a dusty area.

True or False?

Valley Fever is found on islands and tropical places.

A

True

B

False



FACT: Valley Fever is found in hot, dry areas of the Southwestern U.S. This includes the Central Valley and the Antelope Valley in Los Angeles County.



True or False?

Fever, cough, rash, feeling tired, shortness of breath, night sweats, and headaches are all signs of Valley Fever.

A

True

B

False



FACT: Talk to your doctor if you or someone you know show signs of Valley Fever.



True or False?

Farmers and construction workers who work outside are at higher risk for getting Valley Fever.

A

True

B

False



FACT: Anyone who lives in, works in, or visits a place with Valley fever can get sick.



Congratulations! You're now a Valley Fever Champion.

Share what you learned
today with friends and family.



Free Resources

Bookmarks

Ask Me About Valley Fever

What is it?
Valley Fever is an illness caused by a fungus (a type of germ) that lives in the soil and dirt. It can cause flu-like symptoms.

Did you Know?
You can avoid getting sick if you roll up car windows and avoid breathing the air in dusty areas.

Share your knowledge!
Share what you learned about Valley Fever with your friends and family.

¿Qué es?
La Fiebre del Valle es una enfermedad causada por un hongo (un tipo de germen) que vive en el suelo y la tierra. Puede causar síntomas parecidos a los de la gripe.

¿Sabía usted?
Usted puede evitar enfermarse si cierra las ventanas de los automóviles y evita respirar el aire en áreas polvorientas.

¡Comparta su conocimiento!
Comparta lo que ha aprendido acerca de la Fiebre del Valle con su familia y amigos.

LA Public Health | LASalud Pública

Stickers

Crossword Puzzle

Ask Me About Valley Fever.
Valley Fever is an illness caused by a fungus (a type of germ) that lives in the soil and dirt. If the fungus is breathed in, it can infect the lungs and cause flu-like symptoms or severe illness.

Symptoms:
What are the signs?
 Fever
 Feeling tired
 Cough
 Night sweats
 Rash

Prevention
How do I avoid getting sick?
 Avoid breathing the air in dusty areas
 Wet the soil or dirt before playing in it
 Stay inside during dust storms
 Roll up car windows if you're in a dusty area

Word Search

S	D	I	R	T	O	F	N	L	J
H	M	E	V	A	L	L	E	Y	
N	X	W	G	V	S	Y	H	X	F
X	L	U	Y	W	D	C	A	L	U
M	O	C	F	B	U	F	C	U	N
W	Z	D	U	S	T	E	O	N	G
S	Q	Q	F	F	T	V	U	Q	U
E	D	D	Q	R	U	E	G	S	S
P	E	I	S	K	V	R	C	K	K
J	M	T	L	X	Q	J	K	I	I

Word Bank:
 Fever
 Cough
 Valley
 Dust
 Soil
 Fungus
 Dirt
 Lungs

3 things I can share with my parents about Valley Fever:
 1. _____
 2. _____
 3. _____

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

Los Angeles County Department of Public Health
<http://publichealth.lacounty.gov>

For free resources visit:

<http://publichealth.lacounty.gov/acd/Diseases/Cocci.htm>



Answer Key

- 1) True
- 2) False
- 3) True
- 4) True

