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

For free resources visit:
http://publichealth.lacounty.gov/acd/Diseases/Cocci.htm
Answer Key

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