

Do you work outdoors?

Follow these tips to protect yourself from Valley Fever

What is Valley Fever?

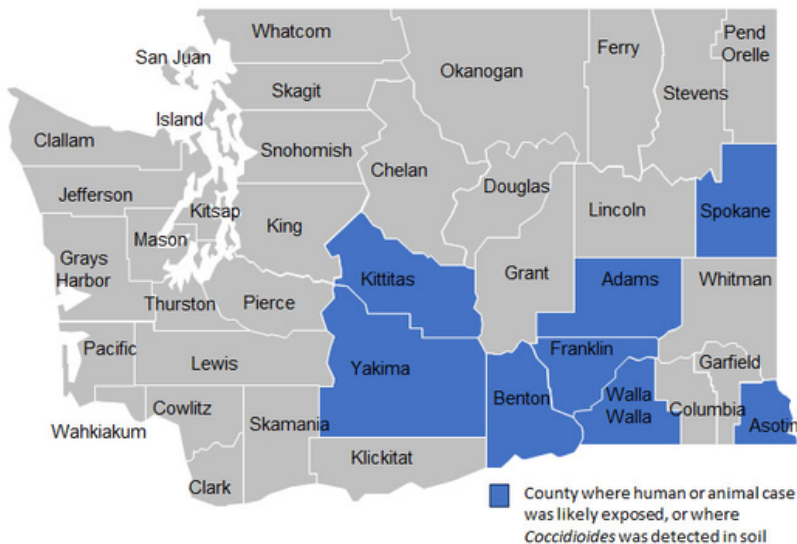
Valley Fever is an infection caused by fungal spores that live in the soil. People can breathe in dust with these spores and become ill. Common symptoms can be mistaken for a cold, flu, or pneumonia, but they last longer than a week.

Symptoms can include:

- Fever
- Cough
- Headache
- Night sweats
- Shortness of breath
- Body aches

If you are experiencing symptoms of Valley Fever, talk with your healthcare provider.

Where is Valley Fever found in WA?



The fungus that causes Valley Fever, *Coccidioides immitis*, has been found in soils of south-central Washington. However, the distribution of the fungus is not well known. Anyone can catch Valley Fever if they live in or travel to areas where it's in the environment.

Who is at risk?

Data suggest risk of severe disease may be greater for:

- People taking chronic corticosteroid therapy
- People with weakened immune systems
- Pregnant people
- People with diabetes
- People of American Indian or Alaska native descent
- People who are Black or Filipino

Outdoor workers

People have a higher risk of exposure to Valley Fever if they work or live near industries that generate dust or disturb soil, including:

- Construction
- Wildfire response
- Mining
- Truck driving
- Gas and oil extraction
- Agriculture



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Lower Your Risk of Valley Fever

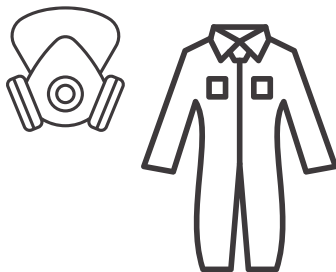
- 1** Wet soil before shoveling or digging to keep dust levels down



- 2** Take precaution during dust storms or high winds. Stay upwind of dirt disturbance when possible.



- 3** Wear a respirator, such as an N95 mask, with a particulate filter, and coveralls or disposable Tyvek suits to prevent spores from getting on clothes.



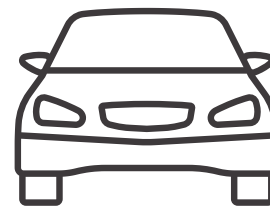
- 4** After working, change into clean clothes and shoes, put dusty shoes and clothes in a plastic bag, and wash them when you get home.



- 5** Place overnight camps, especially sleeping quarters and dining halls, away from sources of dust such as roadways.



- 6** In vehicles, keep windows closed and use air conditioning on recirculate.



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