

VALLEY FEVER

Coccidioidomycosis or “cocci”

Do you work outdoors?

Have you had a cough, fever, or painful breathing for more than two weeks?

REPORT SYMPTOMS TO YOUR EMPLOYER AND SEE A DOCTOR ABOUT VALLEY FEVER

Valley Fever is caused by a fungus that lives in soil or dirt in some areas of California.

You can get it by breathing in dust where the fungus grows.

ANYONE can get Valley Fever. Even healthy people.

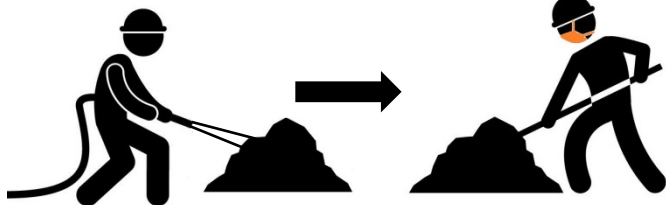
People who work outdoors in dirt or dusty areas where the Valley Fever fungus grows may be at more risk of getting sick, especially those who do activities such as:

- Digging
- Truck driving
- Construction work
- Operating heavy machinery



If you work outdoors in such areas:

- Stay upwind of dirt disturbance,
- Wet soil before digging,
- Wear a respirator, or
- Ask your employer about other ways to keep dust down



For more information, visit http://bit.ly/cdph_vfwork or call the CDPH Workplace Hazard Helpline (866) 282-5516

California Department of Public Health

www.cdph.ca.gov