

What is Valley Fever?



- Valley fever is a lung infection caused by a microscopic fungus in soil.
- People may breathe in the fungus when the soil is moved around.
- Valley fever cannot pass from person to person.
- Valley fever can make us sick with symptoms such as cough, fever, tiredness, and rash.



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What is My Risk?

- The fungus that causes Valley fever is common in Arizona, California, and Nevada.
- Every year there are at least 10,000 to 20,000 cases.
- More people are getting sick each year.



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Prevent Valley Fever

Valley fever is difficult to prevent, and there are no vaccines. People who work outdoors have a higher risk of being infected with Valley fever.

To protect yourself you can:

- Limit time outside during dry, dusty, or windy periods.
- Wear an N95 respirator when working outdoors.



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