

VALLEY FEVER: BEWARE OF DUSTY AIR

VALLEY FEVER COULD BE WHERE YOU WORK

Valley fever is caused by a fungus in the soil in parts of California's Central Valley and Central Coast. People who work outdoors are at risk if they dig or disturb soil or work under windy conditions.

SYMPTOMS OF VALLEY FEVER



FATIGUE



COUGH



TROUBLE
BREATHING



FEVER



NIGHT
SWEATS



MUSCLE OR
JOINT PAIN



CHEST
PAIN



WEIGHT
LOSS

WHAT TO DO IF YOU HAVE SYMPTOMS

If you have any of these symptoms for a week or more, tell your supervisor. The company should send you to see a doctor for evaluation.

More information available online:
Know the symptoms. Protect yourself.

COULDBEVALLEYFEVER.ORG





VALLEY FEVER: TIPS TO REDUCE YOUR RISK

WHEN DIGGING IN DIRT OR STIRRING UP DUST IN AREAS WHERE VALLEY FEVER IS COMMON, FOLLOW THESE TIPS:



Wet down soil before digging or disturbing it. Use enough water to keep dust down.



Stay upwind of digging and dumping soil, drilling, or blasting.



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



Change into clean clothes and shoes before leaving a dusty jobsite. Keep dusty clothes and shoes in a plastic bag.

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