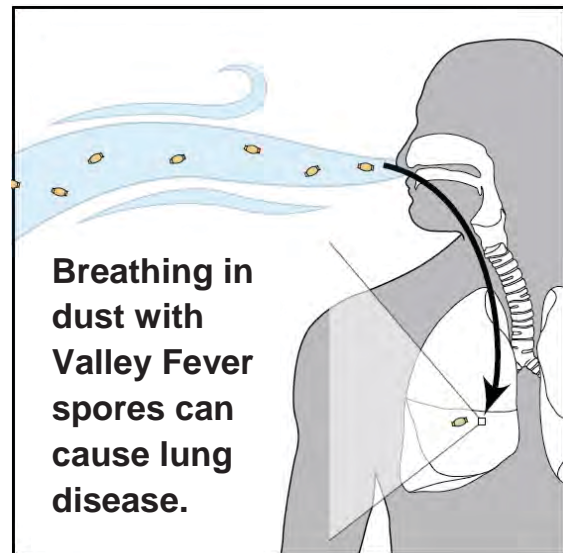


# Report Valley Fever Symptoms

Valley Fever fungus may be present in soil.

Digging or disturbing the soil may release spores.



Source: 

**Reduce dust exposure** by staying upwind from soil disturbance, wetting the soil if possible, or using a respirator. Ask your crew leader about other dust reduction measures.

## **Symptoms of Valley Fever may be like the flu:**

- cough
- fever
- chest pain
- headache
- muscle aches
- rash on upper trunk or extremities
- joint pain in the knees or ankles
- tiredness.

**If you have flu-like illness that lasts more than a week (after working outdoors in an area where Valley Fever occurs\*):**

- Report symptoms to your crew leader and arrange to see a health care provider for evaluation and treatment, if needed.
- Tell your health care provider that you worked in an area where Valley Fever occurs\* and ask to be tested.

\*Valley Fever occurs in or near the Central Valley with the highest rates in Fresno, Kern, Kings, Madera, Merced, San Luis Obispo, and Tulare Counties. Other affected counties: Tehama, Butte, Glenn, Yolo, San Joaquin, Alameda, Stanislaus, San Benito, Monterey, Los Angeles, Ventura, Riverside, Imperial, and San Bernardino.