

VALLEY FEVER COULD BE WHERE YOU WORK

KNOW THE SYMPTOMS. PROTECT YOURSELF.

Valley fever is an illness caused by a fungus found in the soil in many parts of California, especially the Central Valley and Central Coast. For some, it can be serious and even fatal. Construction workers and others who work outdoors are especially at risk for Valley fever if they dig or disturb soil, operate heavy machinery, or work under windy conditions.



Valley fever is bad news! It can cause weeks or months of missed work. Some people get sick enough to need lifelong treatment.

PAY ATTENTION TO THE SYMPTOMS!

Common symptoms can be mistaken for a cold, influenza, or pneumonia but last longer than one week. Valley fever can spread to other parts of the body and infect the brain, joints, bone, skin, or other organs.

WHO MIGHT GET SEVERE ILLNESS?

Some people are more likely to get very sick with Valley fever. These groups include:

- Older adults, African Americans, and Filipinos
- Pregnant women
- People who have cancer, HIV, or weakened immune systems from chemotherapy, steroid treatment, or organ transplants.

Common Symptoms Include:



FATIGUE



COUGH



TROUBLE
BREATHING



FEVER



NIGHT
SWEATS



MUSCLE OR
JOINT PAIN



CHEST
PAIN



WEIGHT
LOSS



RASH

For more information on what you and your employer can do to prevent Valley fever on the job, visit us online.

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WHEN TO REPORT VALLEY FEVER SYMPTOMS

People who get sick usually develop symptoms **one to three weeks** after breathing in the fungus. If you have Valley fever symptoms for a week or more, tell your supervisor. The company should send you to a doctor for evaluation.

HOW TO PREVENT GETTING VALLEY FEVER

Don't let dust get into your lungs and Valley fever into your life! There are steps to take to reduce the risk of getting Valley fever on the job. If these are not currently practiced at your worksite, talk with your supervisor, safety manager, or union representative. Let them know if you have any concerns about dust control, respiratory protection, or other health or safety issues.



VALLEY FEVER CAN BE PREVENTED. YOU JUST HAVE TO KNOW WHAT TO DO.

Tips to Reduce Your Risk

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.

Use NIOSH- approved respirators with particulate filters if controlling dust is not possible.

Change into clean clothes and shoes before leaving a dusty jobsite.

Shower and wash your hair at work or as soon as you get home.



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