

## PATIENT EDUCATION



### COCCIDIOIDOMYCOSIS (VALLEY FEVER): WHAT YOU SHOULD KNOW

#### WHAT IS VALLEY FEVER?

- ◆ Valley Fever is a disease caused by a fungus found in the ground in parts of Mexico and the Southwest region of the United States, including parts of California's Central Valley.
- ◆ You get sick from breathing in the fungus spores from the dust in the air. You cannot get Valley Fever from another person.
- ◆ There are eight CDCR prisons where the fungus is more common:  
PVSP    ASP    KVSP    NKSP    WSP    SATF    COR    CCI

#### WHAT ARE THE SYMPTOMS OF VALLEY FEVER?

- ◆ Most people who have Valley Fever have very few symptoms and may not know they are sick.
- ◆ Common symptoms of Valley Fever are:
  - Fever
  - Cough
  - Tiredness
  - Headaches
  - Rash
  - Joint/muscle aches
  - Night sweats
  - Weight loss/lack of appetite
  - Pneumonia
- ◆ **You could have Valley Fever even if you have only a few of these symptoms.**
- ◆ Let your health care provider know if you have any of these symptoms. You may need lab tests or x-rays if your health care provider thinks you may have Valley Fever.
- ◆ If a person gets very sick, the fungus can spread to other parts of the body causing skin rashes, bone pain, and sometimes infections in the brain.



#### WHAT IS THE TREATMENT FOR VALLEY FEVER?

- ◆ If you are normally healthy, Valley Fever will usually go away without any treatment
- ◆ You may be treated with antifungal medication if you have symptoms that do not go away
- ◆ Patients with serious infections may need to be put in the hospital for treatment
- ◆ Sometimes treatment is needed for a very long time for some Valley Fever infections

#### WHO CAN GET VALLEY FEVER?

- ◆ Anyone who lives, visits, or travels in areas where the fungus grows can get Valley Fever. **Tell your health care provider if you have lived in an area or been in a prison where Valley Fever occurs.**
- ◆ People who have certain other diseases are more likely to have serious symptoms of Valley Fever. If you have any of the conditions listed below, you should talk to your health care provider to discuss your risk of getting very sick from Valley Fever.
  - HIV
  - Lymphoma
  - Organ transplant
  - Cancer or are on chemotherapy
  - Medications that make your body less able to fight disease, such as steroids
  - You require oxygen therapy

#### HOW DO I KEEP FROM GETTING VALLEY FEVER?

- ◆ If you are in an area where there is Valley Fever:
  - ◆ Minimize your exposure to dust in the air.
  - ◆ On windy days, stay indoors. If you must go outside, cover your nose and mouth with a mask.
  - ◆ Before digging in the ground, get the dirt wet and use a mask

