

Is Valley Fever contagious?

No, Valley Fever is not spread from person to person, and you cannot catch it from your pets.

How is Valley Fever treated?

Most patients with Valley Fever recover with no treatment, and will have life-long immunity. For persistent symptoms, an antifungal drug is often prescribed. In severe cases, years of anti-fungal treatment may be required, and surgery may be necessary to remove damaged tissue.

How is Valley Fever diagnosed?

Blood testing for the cocci antibody and sputum testing for presence of cocci organisms are considered reliable only after three weeks or more from the onset of symptoms. Chest x-rays may show lung abnormalities associated with Cocci. Your doctor can order a test of blood or other bodily fluids. The specimen should be sent to either:

Coccidioidomycosis Serology Laboratory

School of Medicine
UC Davis
Davis, California 95616

Kern County Public Health Laboratory

1800 Mount Vernon Ave
Bakersfield, CA 93306



Protect yourself

Use caution when conducting activities associated with dust and airborne dirt. There is no vaccine available at this time, although research is being conducted. If you have a condition that weakens your immune system, consider avoiding high-risk activities associated with disturbing dirt, especially on windy days.

For more information on Valley Fever, contact:

San Luis Obispo County Public Health Department

(805) 781-5500

<http://www.slocounty.ca.gov/health/publichealth/commdisease.htm>

Valley Fever Center of Excellence

Tucson, Arizona 85724

(520) 626-6517

<http://www.vfce.arizona.edu>

Centers for Disease Control and Prevention (CDC)

http://www.cdc.gov/nczved/divisions/d_md/diseases/coccidioidomycosis/

California Department of Public Health

<http://www.cdph.ca.gov/healthinfo/discond/Pages/Coccidioidomycosis.aspx>

American Lung Association

<http://www.lungusa.org/lung-disease/coccidioidomycosis/>

National Institutes of Health (NIH)

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002299/>



San Luis Obispo County
Public Health Department

What is Valley Fever?



Valley Fever (Coccidioidomycosis or “cocci”) is a disease caused by the spores of a fungus (Coccidioides) that can infect lungs, and in some cases spread to other parts of the body...

...more about Valley Fever

When you

are in an

area where

Valley Fever

is common,

spores can

be inhaled

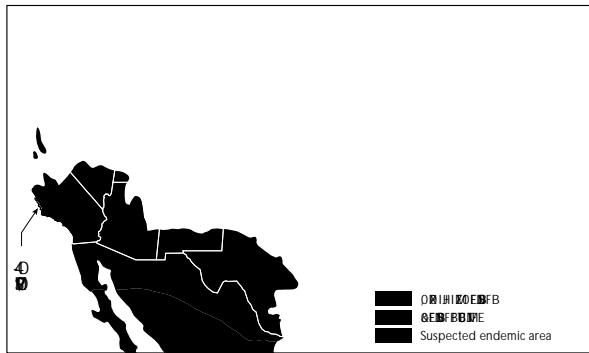
and

once inhaled, the spores make their way into the tiny air sacs

in the lungs.

Most people

with Valley Fever



How common is Valley Fever in San Luis Obispo County?

Valley Fever is

very common in

the Central Valley

and Southern California

and is suspected to be

endemic in San Luis Obispo County.

It is also common in

San Luis Obispo County.

San Luis Obispo County

Who gets Valley Fever?

Valley Fever is

caused by a fungus

that is found in

the Central Valley

and Southern California

and is suspected to be

endemic in San Luis Obispo County.

It is also common in

San Luis Obispo County.

Valley Fever is

caused by a fungus

that is found in

the Central Valley

and Southern California

and is suspected to be

endemic in San Luis Obispo County.

It is also common in San Luis Obispo County.

Valley Fever is

caused by a fungus

that is found in the Central Valley and Southern California

and is suspected to be

endemic in San Luis Obispo County.

What should I do if I think I have been exposed and become sick?

Valley Fever is

caused by a fungus

that is found in

the Central Valley

and Southern California

and is suspected to be

endemic in San Luis Obispo County.

The disease may not produce any symptoms at all, or flu-like symptoms may occur within one to three weeks after exposure.

Exposure symptoms can include:

fever

chills

night sweats

fatigue

weight loss

headaches

muscle aches

joint pain

For most people, symptoms disappear on their own

and do not

take up to six months.

Some people

with Valley Fever

develop

serious

Disseminated symptoms can include:

fever

chills

night sweats

fatigue

weight loss

headaches

muscle aches

joint pain