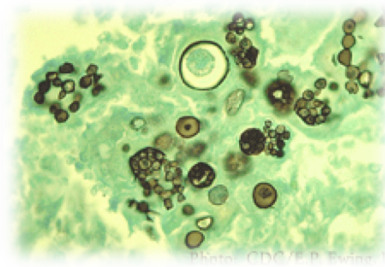


Valley Fever

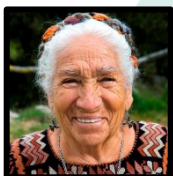
Other names: Coccidioidomycosis, Valley Fever

Valley Fever is diagnosed using blood test or by testing other bodily fluids or tissues. Many people who have an acute infection recover without treatment.



Valley Fever is an infection caused by a fungus (or mold) called *Coccidioides*. This fungus lives in the soil in arid areas like in southwestern parts of the US. It can be contracted by breathing in (inhaling) the fungal spores. The infection is not contagious between people.

Who is at Risk?



At Greater Risk:

- Older people, especially those above 60 years of age.
- People who have recently moved to an area where the fungus is found.

At High Risk:

- People whose Jobs expose them to dust from the ground:
 - Farmworkers,
 - Construction workers,
 - People in the military who train in the fields.
- African Americans and Asians
- Women in their third trimester of pregnancy
- People with a weak immune system



The Symptoms:



Valley Fever is usually mild, without symptoms. If you are experiencing symptoms, they may resemble the flu:

- Fever,
- Cough, headache,
- Skin rash and muscle pain.

The majority of people recover in a few weeks or months. A few people may develop chronic lung disease or a generalized infection.

In some cases, doctors can prescribe medications that destroy the fungus, called antimycotics (antifungals).

Based on information from the Centers for Disease Control and Prevention

<https://www.cdc.gov/fungal/diseases/coccidioidomycosis/index.html>