



COCCIDIOIDOMYCOSIS (VALLEY FEVER) FACT SHEET

WHAT IS VALLEY FEVER?

Coccidioidomycosis, also called Valley fever, is an infection caused by a fungus known to live in the soil in the southwestern United States and parts of Mexico and Central and South America.

HOW DO YOU GET VALLEY FEVER?

- People can get Valley fever by breathing in fungal spores from the air.
- Valley fever can affect people of any age, but it's most common in adults aged 60 and older.
- Certain groups of people may be at higher risk for developing the severe forms of Valley fever, such as people with weakened immune systems and pregnant women.
- This infection cannot be spread from person to person.

SYMPTOMS

Many people who are exposed to the fungus never have symptoms. Other people may have flu-like symptoms including;

- Fatigue
- Cough
- Fever
- Shortness of breath
- Headache
- Night sweats
- Muscle aches
- Joint pain
- Rash on upper body or legs

TREATMENT

Usually people who get sick with Valley fever will get better on their own within weeks to months, but some people will need antifungal medication. Discuss treatment options with your doctor.

PREVENTION

It's difficult to prevent exposure to Valley fever fungal spores in areas where it's common in the environment, but people who are at higher risk should try to avoid breathing in large amounts of dust if they're in these areas.

DGHD EFFORTS

Reports of suspected and confirmed cases of disease are made to the Delaware General Health District (DGHD). The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.