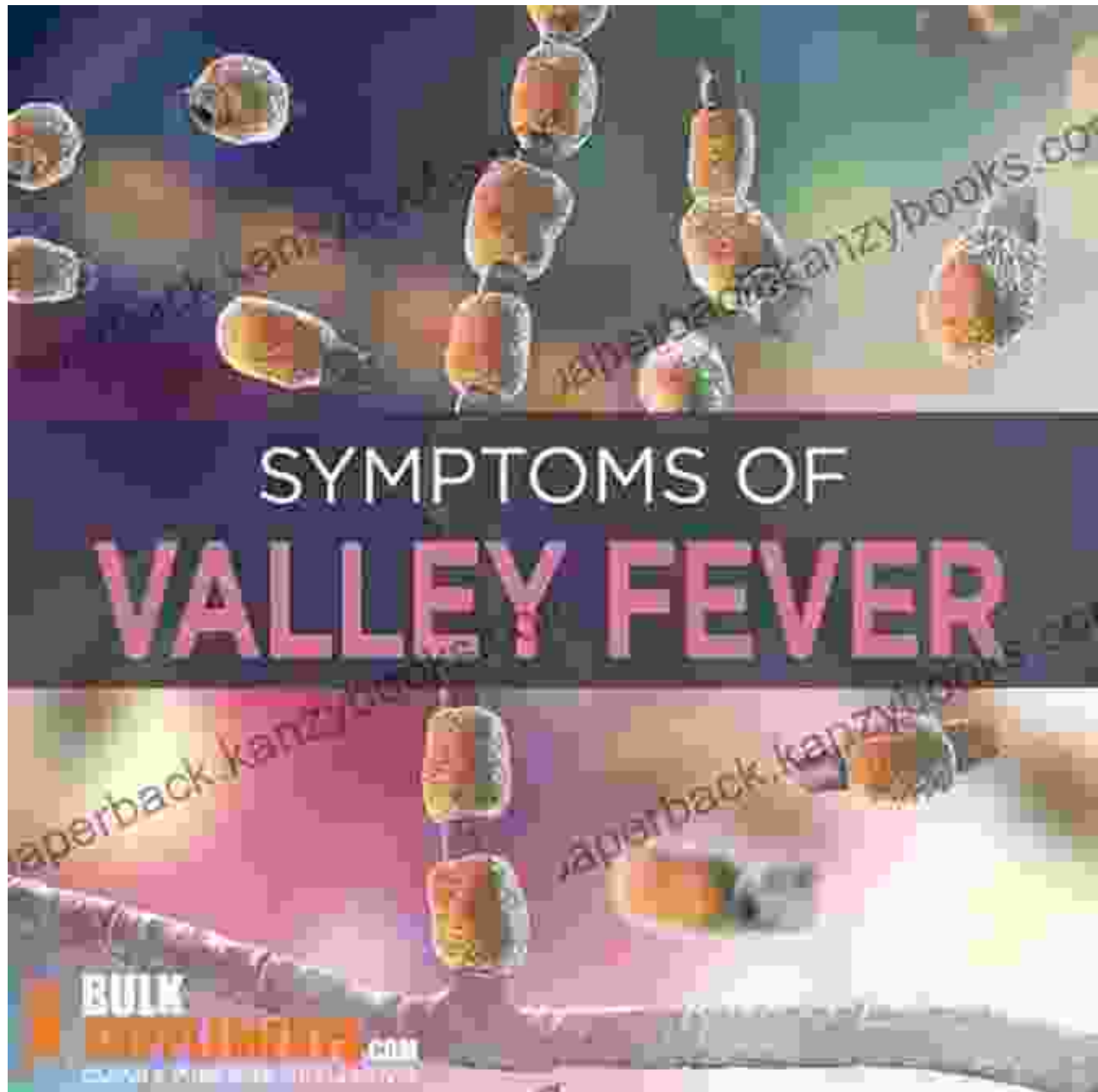


# Valley Fever: The Silent Epidemic Ravaging California's Central Valley

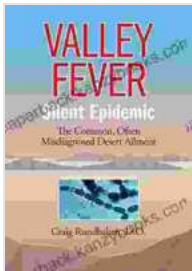


## What is Valley Fever?

Valley Fever is a fungal infection caused by the *Coccidioides* fungus. The fungus lives in the soil in the southwestern United States, including

California, Arizona, Nevada, Utah, and New Mexico. When the soil is disturbed, the spores of the fungus can become airborne and inhaled.

Once inhaled, the spores travel to the lungs, where they can cause an infection. The infection can range from mild to severe, and can sometimes be fatal.



## Valley Fever Silent Epidemic: The Common, Often Misdiagnosed Desert Ailment

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2743 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 106 pages
Lending	: Enabled



### Symptoms of Valley Fever

The symptoms of Valley Fever can vary depending on the severity of the infection. Mild symptoms may include:

\* Fever \* Chills \* Cough \* Shortness of breath \* Fatigue \* Muscle aches \* Joint pain \* Headache

More severe symptoms may include:

\* Pneumonia \* Meningitis \* Encephalitis \* Skin rashes \* Joint swelling \* Eye pain \* Liver damage \* Kidney damage

## **Treatment for Valley Fever**

There is no cure for Valley Fever, but the symptoms can be treated.

Treatment options may include:

\* Antifungal medications \* Steroids \* Oxygen therapy \* Surgery

## **Preventing Valley Fever**

There is no surefire way to prevent Valley Fever, but there are some things you can do to reduce your risk of infection:

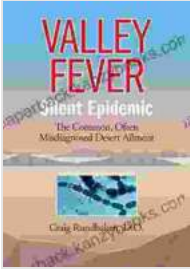
\* Avoid areas where the soil is disturbed, such as construction sites or agricultural fields. \* If you must be in an area where the soil is disturbed, wear a dust mask. \* Keep your windows and doors closed during dust storms. \* Avoid digging in the soil, especially in areas where Valley Fever is common. \* If you have any symptoms of Valley Fever, see your doctor right away.

## **The Silent Epidemic**

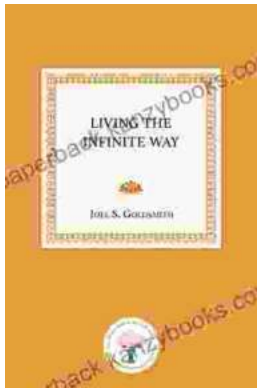
Valley Fever is a serious and often debilitating disease that is on the rise in California's Central Valley. The disease is often misdiagnosed, and many people who have Valley Fever do not know it.

The lack of awareness about Valley Fever is a major problem, because early diagnosis and treatment can improve the chances of a full recovery. If you live in the Central Valley, it is important to be aware of the symptoms of Valley Fever and to take steps to prevent the disease.

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