

# Valley fever

## Do you work outside?

Have you had a cough, fever, or painful breathing for more than two weeks?

Tell your boss and see a doctor about Valley fever.

People get Valley fever from breathing fungal spores that come out of the soil. Today we know that you can get Valley fever while working in southcentral Washington soil. In the past, Valley fever was only known in the southwestern states like Arizona and California.

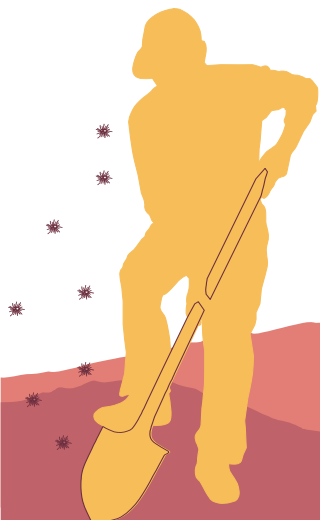
**ANYONE** can get Valley fever, even healthy people.

People who work outside near dirt may be at risk of getting sick, especially doing activities such as: digging, truck driving, construction work, and operating heavy machinery.

**You could breathe in this fungus near dusty work areas.**

Stay upwind of dirt movement and ask your boss about other ways to keep dust down.

**the fungus spreads through the air**



**wear a dust mask**



**wet soil before digging**



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