

VALLEY FEVER: TIPS TO REDUCE YOUR RISK

VALLEY FEVER COULD BE WHERE YOU LIVE

These tips can help reduce your risk of breathing in the fungus from outdoor dust that causes Valley fever.



Avoid dust outside in places where Valley fever rates are high like the **Central Valley** or **Central Coast**.



While driving in areas where Valley fever is common, **keep car windows closed** and use **recirculating air**.



Stay inside and **keep windows and doors closed** when it is windy outside and the air is dusty, especially during dust storms.



Cover open dirt areas around your home with grass, plants, or other ground cover to help reduce dusty, open areas.

Learn more:

[COULDBEVALLEYFEVER.ORG](https://www.couldbevalleyfever.org)





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WHEN DIGGING IN DIRT OR STIRRING UP DUST IN AREAS WHERE VALLEY FEVER IS COMMON:



Stay upwind of the area where dirt is being disturbed.



Wet down soil before digging or disturbing it.



Change out of dusty clothes after being outdoors.



Be careful not to shake out clothing and breathe in the dust before washing.

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