

VALLEY FEVER SYMPTOMS

First, let's call it what it is: Coccidioidomycosis or Cocci for short. It is caused by a fungus which grows in the soil in some parts of the world, but particularly in Arizona and California. Cocci can be a very difficult disease to diagnose because the symptoms are very like those of many other medical conditions. Yet, it is very important to diagnose the disease as early as possible because early treatment may help reduce the risk of developing a serious case.

Doctors, even in endemic areas, may not think about the possibility of the Cocci fungus being the cause of a person's illness. It is important to recognize the risk and ask your physician to consider Cocci, particularly for any condition which doesn't go away and has proven difficult to diagnose.

For most people, the risk of developing a life threatening or disabling case is very small, but there are many who can tell you from personal experience, this miserable disease can be life changing.



Most common symptoms:

- **Fever**
- **Cough**
- **Extreme fatigue**
- **Shortness of Breath**
- **Skin lesions/rash**
- **Chills**
- **Night Sweats**
- **Muscle and joint pain**
- **Lack of appetite**
- **Weight loss**

Please do not consider the above as complete. If you have any medical condition that does not resolve with medical treatment, **ask your doctor to test for Valley Fever.**

ADDITIONAL INFORMATION ABOUT COCCI

Much has been written in recent years about the disease, including an excellent journalistic series titled "Just One Breath" which was sponsored by the USC Annenberg Center". (see link at right)

There are many other excellent sources of information as well. Here are just a few

- <http://kernpublichealth.com/valley-fever-coccidioidomycosis/>
- <http://www.vfce.arizona.edu/>

Just One Breath

Why Are People Still Dying From Valley Fever and Tens of Thousands Getting Sick?

Misdiagnosis. A lack of public awareness. And a long history of inaction by government agencies. In this occasional series, we will explore the startling rise of cases, the science of studying the disease, the high costs to patients and taxpayers, the weak federal and private interest in funding treatments and vaccines, and the public health response.

<http://www.centerforhealthjournalism.org/valleyfever>

- <https://www.cdph.ca.gov/healthinfo/discond/Pages/Coccidioidomycosis.aspx>
- <http://www.azdhs.gov/preparedness/epidemiology-disease-control/valley-fever/index.php>