Valley Fever

Symptoms:
- Cough
- Fatigue
- Muscle aches
- Joint aches
- High temperature
- COVID-19 shares many symptoms

Avoid blowing dust

Wet your dirt!

Even animals are at risk

Ask your doctor for a test
STAY OUT OF STORMS

Water your soil!

Hi, I’m Oklahoma Bobby! I will be talking about Valley Fever.

Anyone can get Valley Fever even healthy people and pets.

Check for Valley Fever!

Coughing

Fever

Exhaustion

Covid + Valley Fever Have Similar Symptoms
Valley Fever

Signs
- Cough
- Fever
- Night sweats
- Rush on upper body or legs
- Muscle aches or joint pain
- Shortness of breath
- Headache

Valley fever

Similar to:
- Covid

Symptoms:
- Wet the ground disturbing the soil
- Ask your doctor for a test
- Stay out of blowing dust
- Anyone can get Valley Fever even healthy people, dogs, and other pets
Look out for...
Valley Fever!

Symptoms:
- Cough
- Fever
- Headaches
- Muscle aches or joint pains
- Rash on upper body or legs
- Shortness on breath
- Fatigue/tiredness

Not feeling well, you think you have Valley Fever but you might have other issues. Check with your doctor or get tested!

Stay inside if there is a dust storm to not catch Valley Fever. Stay out of blowing dust or dust storms.

Don't breathe in dust that your lungs will get affected or you might get Valley Fever.

Get tested if you think you have Valley Fever.

Remedies: ANYONE can catch Valley Fever, even pets! To not catch Valley Fever wet the ground before disturbing the soil.
Valley Fever

You can get it from stirring up dirt and inhaling it.

Anyone can get valley fever. Even dogs, healthy people, horses, etc.

Symptoms are coughing, loss of appetite, rashes, and night sweats.

Symptoms are the same as Covid.

Ask a doctor if concerned about having valley fever.

Stay out of blowing dust and make sure to cover your face or wet dirt before stirring.
Stay inside during storms.

Ask a doctor for a Valley Fever test.

Wear a mask when digging and use gloves.

Make sure to follow these steps.

Check your pets for the symptoms.

Art!
Valley Fever

It's symptoms:

- Valley Fever affects anyone!
- Valley Fever symptoms:
  - Aching muscles (normally in knees and lower joints)
  - Fatigue
  - Loss in appetite
  - Coughing

How to prevent Valley Fever:

- Stay out of dusty areas!
- (Do not breathe in dust!)
- Even pets are affected!

Even healthy people can get Valley Fever!

Wear a mask!

(Masks can help prevent breathing in dust!)
SYMPTOMS
- High temperature
- Chills
- Shortness of breath
- Fatigue
- Chest pain
- Cough

STAY OUT OF BLOWING DUST + STORMS!

COVID-19 & Valley Fever have similar symptoms!

ANYONE can get Valley Fever, even dogs!

AND HEALTHY PEOPLE!

ASK YOUR DOCTOR to test if you think you have VALLEY FEVER

WET THE GROUND BEFORE DISTURBING THE SOIL!