

I think I have Valley Fever

Could I have Valley Fever?

- I have had 1 or more of the following symptoms for 10 days or longer: **cough, fever, rash, night sweats, fatigue**
- I have already taken antibiotics and I am not feeling any better
- I have never felt sick like this before
- I have recently been in Central California and the doctors can't figure out what is wrong
- I have been recently diagnosed with pneumonia



How do I get tested for Valley Fever?

- Ask a medical provider to test you for Valley Fever
 - Blood Test (most common)
 - X-rays or imaging
 - Biopsy or other tests
- Tests can be ordered by any Doctor, Urgent Care or Hospital
- Tests that are sent to the Kern County Public Health Department are the most accurate
- Follow up with the provider that ordered your test to get results
- Get a second test in 4 – 6 weeks if you aren't better and the first test came back negative
- Some Valley Fever patients never test positive by blood test, so a different test or other methods may help with a diagnosis

I have been diagnosed with Valley Fever now what?

- **Don't panic!** Make sure you follow the doctor's orders, take your medicine and make it to all your appointments
- Ask your doctor about the side effects of your medication and how to handle them
 - Dry skin and lips are among the most common complaints of patients
 - Different medicines have different side effects

How to Fight Valley Fever

- Keep a notebook and write down questions to ask your doctor
- Valley Fever can be serious or deadly, when in doubt seek medical attention
- It can take 6 months or more to recover
- Support groups are available through the Valley Fever Institute
- If you have questions, go to the patient section at www.valleyfeverinstitute.com
- Most patients can be treated by an experienced medical provider; severe cases require an Infectious Disease specialist like the doctors at the Valley Fever Institute
 - Physician to Physician phone consultations are available
 - Second opinions are available to patients who wish to visit the Valley Fever Institute at Kern Medical
- Most patients will have their Valley Fever go dormant and will be able to stop taking medication
- Follow-up blood work should be done after you have finished medication to make sure Valley Fever doesn't reactivate