Valley Fever in Arizona

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Valley Fever

- Caused by a fungus called *Coccidioides immitis* (Cocci)
- Naturally occurs in AZ, the Southwestern US, Mexico, Central and South America
- Areas of low rainfall, high summer temps and moderate winter temps
- Most commonly causes upper respiratory infection
Severity of Disease

- No Symptoms: 60%
- Mild to Moderate: 30%
- Complications: 5% - 10%
- Fatal: less than 1%
What are the Symptoms?

- Most cases have no or mild symptoms
- **Common symptoms include:**
  - Fatigue, cough, fever
  - Rash
  - Profuse sweating at night
  - Loss of appetite
  - Chest pain
  - Muscle & joint aches (ankles & knees)

- May last months or years
How can you get Valley Fever?

- Spores are found naturally in the soil
- Become airborne with dirt and dust
- Exposure from inhaling fungal spores
- Incubation is 7-28 days after exposure
- Not contagious
Who can get Valley Fever?

- Anyone living in or traveling through areas where it is common is at risk

- More likely with certain occupations
  - Farmers
  - Construction
  - Archeologists
Southwestern U.S. est. 150,000 cases per year

--Valley Fever Center for Excellence
Reported rates of Valley Fever per 100,000 population, by county, January - October 2005
Monthly Averages

Coccidiodomycosis in Pinal County: 2012

Cases

Month

Average
2013
Standard Deviation
Age/Sex Distribution

Age and Sex Distribution of Cocci for 2011

Age Group

Male
Female
Valley Fever, Pinal County: 2012
Link to Dust Storms?

Weekly Valley Fever: 2011

Cases

Week
Questions?