



A quick guide to  
recognizing and treating

# Valley fever

Coccidioidomycosis



Contact **ASU Environmental Health and Safety** at  
**602-460-4720** or visit [cfo.asu.edu/ehs](http://cfo.asu.edu/ehs).

## Immediate treatment

For acute exposure, immediately decontaminate the skin, wound, mucous membranes and clothing.

Early diagnosis of coccidioidal infections is vital and may prevent complications. Review **Centers for Disease Control and Prevention** guidelines to manage coccidioidomycosis infections: [cdc.gov/fungal/diseases/coccidioidomycosis/health-professionals.html](https://www.cdc.gov/fungal/diseases/coccidioidomycosis/health-professionals.html).

If the patient is admitted to the hospital, notify the hospital's **Infectious Disease MD** and call **ASU Environmental Health and Safety** at **602-460-4720**.

## What to know

Valley fever or coccidioidomycosis is generally self-limiting and resolves without treatment.

Coccidioides research suggests exposure is a significant concern due to the high concentration of spores used. In rare cases, Valley fever may result in fungal meningitis or respiratory failure.

Find additional information at:

**[cdc.gov/fungal/diseases/coccidioidomycosis/index.html](https://www.cdc.gov/fungal/diseases/coccidioidomycosis/index.html)**.

If anyone has been exposed, immediately contact

**ASU Environmental Health and Safety** at **602-460-4720**.

## Medical alert information

The person carrying this card has sustained a potential high-dose exposure to coccidioides, which causes Valley fever, at an ASU laboratory. In research settings, potential contacts are inhaling spores, aerosols exposure and parenteral inoculation. Symptoms include:

- Altered mental status.
- Arthralgia, myalgia and fatigue lasting two-to-six weeks.
- Chills.
- Cough.
- Fever.
- Headaches.
- Nausea or vomiting.
- Shortness of breath.