



# WATER HYGIENE

## Legionnaires Disease Helpful Information

### Legionnaires Disease is a severe form of pneumonia

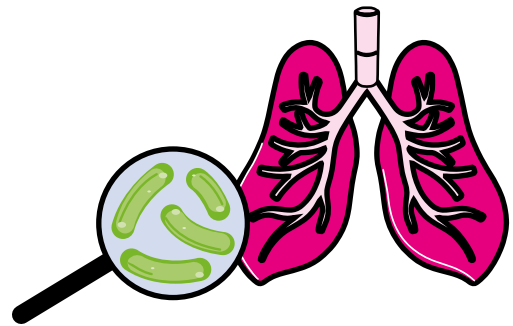
Caused by Legionella bacteria. Symptoms of this type of **respiratory infection** are high fever, chills, cough, muscle aches, headaches and diarrhea.

### What is Legionella bacteria?

Legionella bacteria are found naturally in water sources.

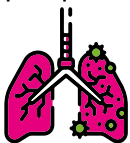
They can multiply in domestic water systems given the right conditions of temperature and nutrients.

The Inhalation of tiny droplets of water containing legionella bacteria can lead to developing Legionnaires Disease as well as other less serious illnesses.



### Who is susceptible?

Anyone can develop Legionnaires Disease however certain groups of people are more likely to be affected, they are:



Those with asthma or chronic lung disease



Smokers



The elderly

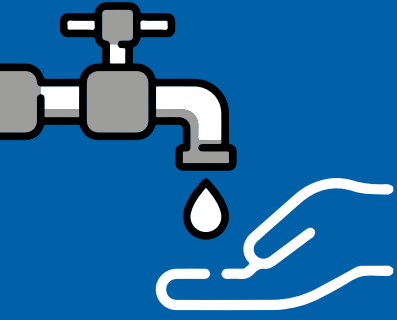


Those with suppressed immune systems or pre-existing conditions

### Facts

- You cannot get Legionnaires' disease by drinking water.
- Legionella survives best in water temperatures of 20-49 degrees Celsius and starts to die if heated above 50 degrees Celsius.
- The bacteria must be in very small droplets like spray from a shower tap.
- The risk in domestic properties is very small given the relatively small size of most domestic water systems and the high turnover of water.

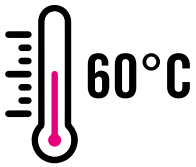




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## What you should do

To avoid the risk of this bacteria forming, the following regular safety precautions are advised:



- If you have a hot water cylinder you should ensure that your water temperature is set to at least **60 degrees Celsius** to ensure bacteria is killed off, by turning up your cylinder thermostat.

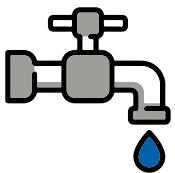


- Use and run all outlets regularly.

- Shower heads and hoses should be dismantled and descaled using proprietary domestic descaling agents every three months or sooner if the shower head shows signs of blockage and build-up of limescale.



- It is also good practice to replace the shower head and hose periodically, particularly if there are signs of corrosion or if scale and blockages become hard to remove.



- If all outlets not used for more than **one week** including the bath, basin and sink taps they should be run for **10 minutes** before use. Similarly, the shower head and hose should also be flushed through in this manner.

### Repairs



## Please notify us if:

- You experience any issue with the pipework associated to your outlets or of any interruption to the hot water supply in your home.
- If you are one of our Sheltered Residents and are having difficulties cleaning and maintaining your outlets, shower heads and hoses.

### Translations



Call the Contact Centre: 0121 2163330

