



# Using water safely

## Legionnaires' Disease



*Pride in Our Homes, Proud of Our Neighbourhoods*

# Legionnaires' Disease

Legionnaires' disease is a potentially fatal form of pneumonia that can affect anybody. It is caused by the inhalation of small droplets of water from contaminated sources containing legionella bacteria.

This guide is designed to raise awareness of the possible causes and symptoms of Legionnaire's disease, so you can identify any problems and report any concerns to us.

## Where is Legionella found?

Legionella bacteria can grow in any hot or cold water system, including storage tanks, pipe-work, taps and showers. It thrives in stagnant water between 20°C and 45°C and can spread to dangerous levels wherever water stagnates. Spray from showers and taps can be particularly high in Legionella bacteria.

## Who is at risk?

Legionnaires' disease can affect anybody, but some people are at higher risk including those over 45, smokers, heavy drinkers, those suffering from chronic respiratory or kidney disease, and people with a weakened immune system.

The symptoms are similar to those of flu:

- High temperatures
- Fevers or chills
- Headaches
- Tiredness
- Muscle Pains
- Dry coughs

You cannot contract Legionnaires' from drinking water. People contract the disease by inhaling small droplets of stagnant water suspended in the air.

## Reducing the risks

Taking these simple precautions will help keep you and your family safe:

1. Run hot water through the taps or showers for about 5-10 minutes once every three months
2. Keep all shower heads and taps clean and free from a build-up of lime scale, mould or algae growth. At least once every three months, shower heads and hoses should be dismantled, cleaned and de-scaled
3. Any units which are not regularly used must be flushed through and allowed to drain either weekly or immediately before use
4. Ensure that there are no unnecessary areas of stagnant or standing water

## Remember

- If you suspect you or someone in your home has contracted Legionnaire's disease you should contact your doctor immediately
- Please also get in touch with us so that we can take the appropriate measures



## Head Office

The Observatory, 1 Old Haymarket, L1 6RA

Opening times: Monday to Friday, 8.30am to 5.00pm.

## Clubmoor Housing Office

Clubmoor Community Centre

181 Townsend Lane, L13 9DY

Opening times: Monday to Friday, 9.00am to 5.00pm.

**Please note, on Wednesday all offices are closed from 9.00am to 10.30am for staff training.**

