

## Legionella Safety Information for Residents

### What is Legionella?

Legionella is a type of bacteria that can cause Legionnaires' disease, a serious form of pneumonia. It thrives in warm water, particularly in water systems that are poorly maintained.

### How Does Legionella Spread?

Legionella bacteria can spread through:

- **Aerosolized Water:** Tiny droplets from showers, taps, or misting systems.
- **Water Stagnation:** Stagnant water in pipes can promote bacterial growth.
- **Why is This Important?**
- Understanding Legionella is crucial to protect your health and the health of your neighbours. By taking simple precautions, you can help minimise the risk of Legionnaires' disease.



### 1. Be Aware of Symptoms:

- Symptoms of Legionnaires' disease include:
  - Cough
  - Shortness of breath
  - Fever
  - Muscle aches

› If you experience these symptoms, especially after using water systems, seek medical attention promptly.

### 2. Participate in Testing:

- You may be selected for random water testing as part of our safety program. Your cooperation helps ensure the health of the entire community.

### 3. Stay Informed:

- Read updates about Legionella management in the building. Knowledge is key to prevention.

### Safety Tips for Residents

#### 4. Use Hot Water Safely:

- **Flush Taps:** If you haven't used a tap or shower for a while, run the water for 1-2 minutes before use.
- **Temperature Matters:** Ensure that your hot water is set to at least 60°C to inhibit bacterial growth.

#### 5. Maintain Fixtures:

- **Clean Showerheads and Taps:** Regularly remove and clean these fixtures to prevent limescale build-up, which can harbour bacteria
- **Report Issues:** Notify maintenance of any leaks or signs of stagnation in the water system.

#### 6. Regularly Check Water Temperature:

- Keep an eye on the temperature of your water. If you're unsure, ask for assistance.

### What We Are Doing

- Our building management conducts regular inspections and maintenance of the hot water system.
- Monthly sentinel testing is performed to monitor water quality.
- Routine cleaning and maintenance procedures are in place to ensure a safe living environment.

### Need More Information?

If you have questions or concerns about Legionella, please reach out to the building management or visit the Health and Safety Executive (HSE) website for more resources.

**Stay safe and help keep our community healthy!**