

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.

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.



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.

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!