



Water Hygiene

**Prevention and
safety from
Legionnaires' disease**

**Important advice for tenants of
residential accommodation**

Tenant's information

This leaflet has been provided to inform you about the risks of contracting Legionnaires' disease, and how to safely prevent it.

As your Landlord and Letting Agent, we need to ensure you are aware of the possible causes and symptoms of Legionnaires' disease so you can identify any problems easily and report any concerns to us.

What is Legionnaires' disease

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

Where is Legionella found

All hot and cold water systems in residential properties are a potential source for legionella bacteria growth.

The main areas of risk are where the bacteria can multiply and increase to dangerous levels and then be spread, e.g. in spray from showers and taps, even in dishwasher and washing machine pipes.

Conditions ripe for colonisation are where water of between 20°C and 45°C stagnates, and where there is sludge, rust and scale present for the bacteria to feed upon and multiply.



Peace of mind

Owners and managers of private rented property have a duty of care to ensure that their tenants and visitors can use the property safely. If you have received a copy of this leaflet, your Landlord or Letting Agent has appointed us to undertake a risk assessment at your property and to ensure proper control and preventative measures have been put in place.

We will:

- **Identify and assess the risks**
- **Prevent or control the risk where possible**
- **Undertake a water sample analysis**
- **Keep thorough records**
- **Review the risks regularly**

Together, ours, yours, and your Landlord and Letting Agent's actions will help prevent the risk of Legionnaires'.

For further information or advice contact your Landlord or Letting Agent directly.



Who is at risk

Legionnaires' disease most commonly affects the elderly, or people with chest or lung problems. Not everyone exposed to legionella bacteria becomes ill. Legionnaires' disease is not contagious and you can not contract it from drinking water.

On average, there are approximately 500 reported cases of Legionnaires' disease a year.

The symptoms of Legionnaires' disease are similar to those of flu:

- | | |
|---------------------------|----------------------|
| ■ High temperature | ■ Tiredness |
| ■ Fever or chills | ■ Muscle pain |
| ■ Headache | ■ Dry cough |

Am I at risk

There is no need for concern. Legionnaires' disease is easily preventable by putting in place some simple control measures. The information in this leaflet will help you identify any potential problems.



**Legionnaires'
disease
is not
contagious**



What precautions can I take

Taking the following simple precautions will help keep you safe:

- ✓ Flush through showers and taps for 10 minutes following a period of non-use (i.e. after you have been on holiday or if a room is not in regular use)
- ✓ Keep all shower heads and taps clean and free from a build-up of limescale, mould or algae growth (regular bleaching every 3 months will help sterilise and kill any bacteria)
- ✓ Keep the hot water on your boiler system at a temperature of 60°C or greater.
WARNING: BE AWARE OF SCALDING!
- ✓ Report any deposits such as rust or any unusual matter flowing from your water outlets

What to do if you think you may have contracted Legionnaires' disease

If you suspect that you or someone in your home has contracted Legionnaires' disease, contact your doctor immediately.

You should also contact your Landlord or Letting Agent so that appropriate measures can be taken.



Health and Safety Executive

The Health & Safety Executive is the government body responsible for water hygiene and Legionnaires' disease.

Further advice and information can be viewed at their website:

www.hse.gov.uk/legionnaires



www.aquabgroup.com



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