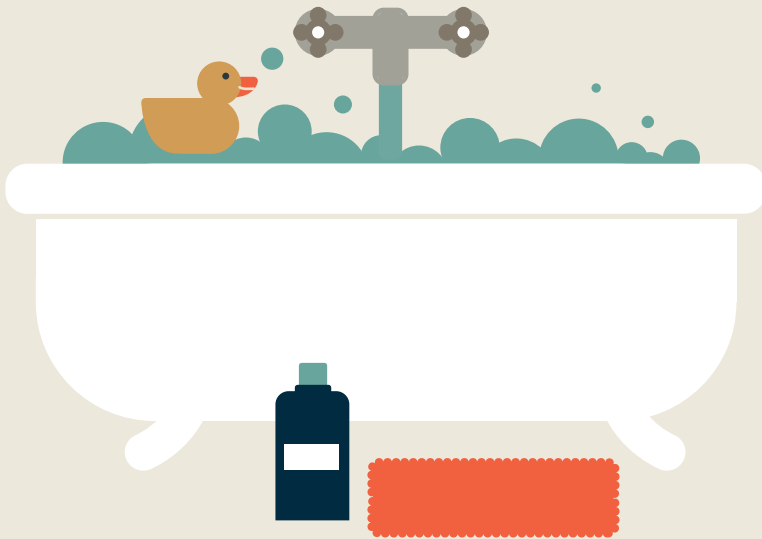


cairn



# Legionella

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A guide for tenants

## WHAT IS LEGIONELLA?

Legionella is a type of bacteria found naturally in freshwater environments, like lakes and streams. It can become a health concern when it grows and spreads in human-made water systems like showerheads, taps, hot water tanks and heaters.

People can contract Legionnaires disease, which is a form of pneumonia, when they breathe in small droplets of water in the air that contain the Legionella bacteria. It can make you very ill. Symptoms are similar to the flu and the illness is treated with antibiotics.

## AM I AT RISK OF CATCHING LEGIONNAIRES DISEASE?

Thankfully, catching Legionnaires disease in your home is rare. Most incidents of the disease are caught from faulty air conditioning systems or cooling towers. It is also not infectious so it can't be passed from person to person.

However, there is a possibility that when certain conditions exist in the home it increases your risk. Water that is between 20 - 45°C (lukewarm to hot) is a suitable breeding ground for bacteria to grow. This can happen in large water tanks in lofts that are not used much, or pipes that go to a tap that is hardly ever turned on.

## WHAT CAN I DO TO MINIMISE RISK?

The likelihood of Legionella being in your home is very low as most households do not store huge amounts of water and water is used regularly so it's not standing still in pipes.

However, here are some tips to make sure the water in your home is safe.

- If you move into a new home or your home has been lying empty for at least a week, for example, if you've been on holiday, then you should flush out your water.
- If you aren't using

showers or taps regularly, make sure you flush them through at least once a week.

- To flush out your water you need to run the water in all showers, baths, wash basins, sinks and taps continuously for at least two minutes, beginning with the sink taps. You must do both hot and cold taps.
- When turning taps on, turn them on slowly so that you don't splash water, as this might release water droplets into the air.
- When flushing showers, remove the shower head and lower the hose into the bath. If you're unable to remove the head, wrap it in a towel or facecloth to make sure there is no spray that you could inhale.
- Legionella can grow and multiply on grime, scale, algae and rust. Make sure you clean and descale all your taps and showerhead every three months or when there is an obvious build up by using a nylon brush or diluted bleach.

- Set your hot water tank temperature to 60°C (this does not apply to combi boiler systems that provide instant hot water) as this is too hot for bacteria to survive.

## WHAT ARE CAIRN DOING?

We employ a water hygiene company to assess certain communal water systems. Where necessary, and in line with legal obligations, we'll regularly monitor and inspect certain buildings to make sure water systems are clean and the water is safe to use.

We do not monitor water hygiene within your home, so please follow the advice in this leaflet.



To find out more information about Legionella, please go to the Health and Safety Executive website at [www.hse.gov.uk/legionnaires](http://www.hse.gov.uk/legionnaires) or contact your local office using the details below.

**0800 990 3405**

**[www.cairnha.com](http://www.cairnha.com)**

**[enquiries@cairnha.com](mailto:enquiries@cairnha.com)**

This Legionella leaflet is available on CD, in braille, in large print and in community languages from Cairn, Bellevue House, 22 Hopetoun Street, Edinburgh EH7 4GH. Email [enquiries@cairnha.com](mailto:enquiries@cairnha.com) or call 0800 990 3405.

本文件提供 CD、布莱叶盲文、大字体印刷和社区语言版本，可从以下地址 Cairn, Bellevue House, 22 Hopetoun Street, Edinburgh EH7 4GH、通过电子邮件 [enquiries@cairnha.com](mailto:enquiries@cairnha.com) 或致电 0800 990 3405 获取。

Cairn, Bellevue House، هذا المستند متوفر على أسطوانة مضغوطة، بلغة برايل وطباعة كبيرة ولغات الأقليات من 22 Hopetoun Street, Edinburgh EH7 4GH. بريد إلكتروني [enquiries@cairnha.com](mailto:enquiries@cairnha.com) أو اتصل بالرقم

یہ دستاویز سی ڈی، بریل، بڑے حروف کی چھپائی اور کمیونٹی کی دیگر زبانوں میں 'کیرن' Cairn سے اس پتے پر دستیاب ہے: Bellevue House, 22 Hopetoun Street, Edinburgh EH7 4GH ای میل [enquiries@cairnha.com](mailto:enquiries@cairnha.com) یا اس نمبر پر فون کریں : 0800 990 3405

Niniejszy dokument dostępny jest na płycie CD, w formie dużym drukiem, oraz w językach ojczystych członków lokalnej społeczności. Aby uzyskać ten dokument należy odwiedzić Cairn pod adresem: Bellevue House, 22 Hopetoun Street, Edinburgh EH7 4GH, wysłać e-mail na adres: [enquiries@cairnha.com](mailto:enquiries@cairnha.com) lub zadzwonić pod numer 0800 990 3405.



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