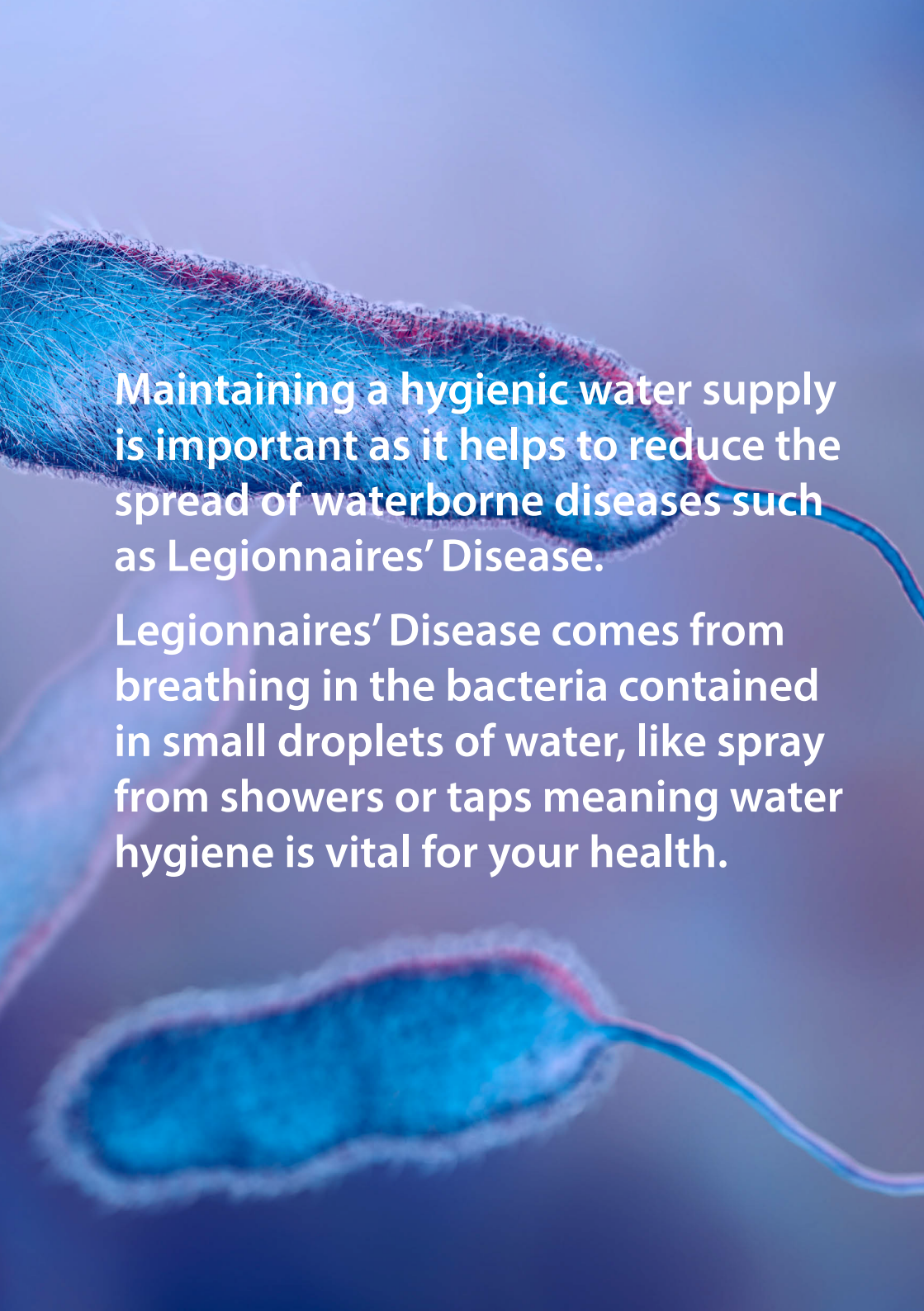




**Prevention and safety from
Legionnaires' disease**



Maintaining a hygienic water supply is important as it helps to reduce the spread of waterborne diseases such as Legionnaires' Disease.

Legionnaires' Disease comes from breathing in the bacteria contained in small droplets of water, like spray from showers or taps meaning water hygiene is vital for your health.



Keeping your home safe from Legionella

- Run all unused taps (inside and outdoor) for at least two minutes weekly.
- Clean and descale your taps and shower heads regularly to avoid limescale and bacteria build up.
- If you have been away, or have just moved into a new home flush the whole system for two minutes or more. First, flush your toilet, then run the kitchen taps, and then any hand basin taps for at least two minutes and let both hot and cold water pass through.
- If you have not used your shower for more than a week, or have just moved into a new home, run both hot and cold supplies for your shower, for at least two minutes before using them to clear any sitting water. Run the shower-head into a bucket of water, or into a bath full of water, to avoid spray escaping into the room.
- Before storing outdoor hoses, ensure that all of the water is removed before putting into storage.
- Your hot water system has been installed and designed to prevent water stagnation but it is important you let us know immediately if it becomes faulty.

If you have any concerns or questions about water hygiene or if your hot water system is not working correctly please contact us by calling 01322 343800.

What is Legionella?

- A type of bacteria found naturally in water
- Usually develops in stagnant water between 25 to 45C
- The bacteria in the water will increase daily if your taps or shower are not turned on to allow a good turnover of water.

What is Legionnaires' Disease?

- Legionnaires' disease is a form of pneumonia affecting the lungs
- Legionnaires' disease is contracted by inhaling small droplets of water (aerosols), suspended in the air, containing the bacteria.
- Cannot be caused by drinking water or from person to person contact
- Can be fatal if left undiagnosed and untreated
- It can be diagnosed by a blood test, urine samples or sputum sample
- Anyone can be affected, but some people are a higher risk including:

- o People over 45

- o Smokers

- o Heavy drinkers

- o People suffering from chronic respiratory disease, kidney disease or weakened immune systems.

For your safety Dartford Borough Council regularly carries out water risk assessments. If you have any concerns, please contact us.

Contact

Call: 01322 343800

Email: repairs@dartford.gov.uk

Useful links

<https://www.nhs.uk/conditions/legionnaires-disease>

www.hse.gov.uk/legionnaires