

Preventing Legionella



About Legionella

Legionella bacteria occur naturally in locations such as rivers, lakes, and reservoirs, but it may also be found in:

- Domestic water systems in people's homes
- Places where water droplets may be formed such as showers and taps
- Hose pipes

The most likely way to be infected by legionella is by inhaling the bacteria when it is carried by water droplets.

Legionella bacteria will thrive in any suitable water system.

The temperature at which the bacteria will grow is between 37°C and 46°C. All hot water storage tanks in our properties include a thermostat which makes sure that stored water is kept above 46°C.

The risk of infection from exposure in domestic systems is very low, but everyone should be aware of the risks and take the necessary steps to avoid being exposed to the bacteria in water droplets.



How to Reduce the Risk of Legionella

- If you feel your hot water system is not heating your water properly, contact us and we will send someone out to check it
- Disinfect and descale your shower head every three months in addition to the normal cleaning process (using products like 'Milton' or antibacterial disinfectants)
- If you have a shower or water outlet you don't use regularly, you should flush the system once a week by running water through it for several minutes. If you don't use your shower for two weeks or more you should remove the shower head and let it run for two minutes. You should disinfect the shower head before re-fitting it
- You should flush hoses for several minutes without creating sprays each time they are used. You should flush through external hose pipes every week and if they are not used for two weeks or more you should remove the nozzle or adjust it so it doesn't produce a spray and let the hose run for two minutes. You should disinfect the nozzle before re-fitting it



If you would like to know more about legionella and Legionnaire's Disease, information can be found on the Health & Safety Executive website, www.hse.gov.uk, or you can contact us through elha.com, by e-mail at enquiries@elha.com, or by calling **01620 825032**.

elha.com
east lothian housing association



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