

**RESIDENT
CHECKED**

Residents have been involved to ensure this document is easy to read

**archeshousing**
peoplecommunitieshomes

A GUIDE TO WATER SAFETY IN YOUR HOME

This information is intended to make all Arches residents aware of the risks of contracting Legionnaires' disease and how to safely prevent it.

What is Legionnaires' disease?

Legionnaires' disease is a potentially fatal form of pneumonia and everyone is susceptible to infection. It is caused by the inhalation of small droplets of water from contaminated sources containing legionella bacteria.

Where is Legionella found?

Legionella can be found in all hot and cold water systems. Certain conditions increase the risk from legionella if:

- The water temperature in all or some parts of the system is between 20-45 °C, which is suitable for legionella bacteria growth.
- It is possible for breathable water droplets to be created and dispersed e.g. from the use of showers and taps.
- If water is stored and/or re-circulated in cold water tanks or hot water heaters for example.
- If there are deposits that can support bacterial growth providing a source of nutrients for the organism e.g. rust, sediment, scale, organic matter and biofilms. These can be commonly found on shower-heads, on filters, in cold water storage tanks and hot water heaters.

Your safety and those living with you?

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 cannot get it from drinking water.

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

Legionella and your home

Where we need to carry out servicing to water tanks where these are in place in your home or in the common parts of the building you live in we will do this; this is usually in blocks of flats.

If we need to gain access to your home to carry out any servicing to water systems we will contact you. In the majority of homes, this will not be the case.

There are some simple Do's and Don'ts that can help reduce the risk of contracting Legionnaires' disease.

Some Water Safety Dos and Don'ts



Please do...

- Ensure cold water temperature runs under 20°C and hot water runs above 50°C after 2 minutes running, if the water temperatures are outside of this guidance please contact us straight away and do not use the water supply.
- Any water outlet that is not used at least weekly should be ran or flushed for 2 minutes on at least a weekly basis.
- Flush through showers and taps for 10 minutes after a period of non-use (i.e. after they have not been used for one week).
- Keep all shower-heads and taps clean and free from a build-up of lime scale, mould or algae growth.
- Flush toilets with the lid down following a period of non-use.
- Drain hose-pipes after use and keep out of sunlight.



Please do not...

- Change any pre-set water temperatures on the water system in your home, if you are in doubt contact us on 0114 228 8100.

If you have any concerns about the condition of the water system in your home, please contact us immediately on:

0114 228 8100

 **archeshousing**
peoplecommunitieshomes

Your questions answered

1. How and what do I need to do to clean my shower?

It is recommended on a quarterly basis they are dismantled, cleaned, de-scaled and disinfected, ensuring that any removal parts, heads, inserts and hoses are included.

2. How do I know the temperature of the water coming out of my water outlets?

You can obtain a low cost thermometer from many high street or DIY stockists to monitor the water temperature. As your landlord we will not routinely test the water temperature inside your home, however if it is above 20°C for cold water or below 50°C for hot water you should either adjust your water temperature system if you know how to, or contact us on 0114 228 8100.

3. What are the symptoms of Legionnaires' disease?

The symptoms are very similar to the flu - they include high temperature, tiredness, fever of chills, muscle pain, headache, nausea or a dry cough.

