

# TOMLINSON

## ESTATE MANAGEMENT

### Tenant's Guide to Water Hygiene

**This email aims to give you information on what precautions you can take within your home. Please read it carefully.**

Legionnaires' disease is a form of pneumonia. Anybody can catch it, but it is more likely to affect those more susceptible because of age, illness, immunosuppression (low immunity) or smoking etc.

Most cases have been in people aged between 40 and 70.

There is no evidence to say that the disease is contagious and only 200 – 400 cases are reported in the UK each year.

Legionnaires' disease does not appear to multiply below 20°C and will not survive above 60°C

The area of concern is stagnant water stored between 20°C and 40°C.

### How do people get it?

People catch Legionnaires' disease by inhaling small droplets of water suspended in the air, which contain bacteria.

You cannot get Legionnaires' disease from drinking water. The bacteria have to be in very small droplets like spray from a shower or spray taps.

In domestic properties risk is low. This can be kept low by following the guidelines in this pack.

### Ways to prevent it

**Legionella can be found in most water systems. Please read below for what you can do to make sure it remains at an acceptable level.**

Bacteria breeding in stagnant water:

- If taps in a property are not used for one week or more, each tap should be run or flushed.
- If your property is empty for long periods of time i.e over two weeks then the hot and cold water taps and shower should be flushed and cleaned.
- Shower heads should be flushed out on a regular basis.
- Ensure that any taps which are not normally used are flushed regularly (i.e outside toilets and taps)

Bacteria breeding in limescale:

- Keep tap and shower heads free from limescale where possible, if not flush or use outlets regularly.

**We will be safety testing once a year in addition to these precautions.**