

# Controlling the Risk of Legionella

## Advice for households



### ■ What is Legionella and Legionnaires' disease?

Legionnaires' disease is a severe form of pneumonia (a bacterial respiratory infection) caused by Legionella bacteria. In low numbers, this bacteria can be found in natural water resources such as lakes, rivers and reservoirs. Legionella may also be present in water environments and poorly maintained artificial water systems.

### ■ How can it make you ill? Where can you get it from?

The most common way to contract the respiratory infection is by the inhalation of small water droplets (aerosols) which are sprayed from contaminated sources.

#### Examples

- Wet air conditioning systems
- Spa pools
- Water sprays
- Hot and cold water systems
- Hot tubs
- Fountains
- Water taps & hoses
- Water pumps
- Humidifiers
- Expansion vessels

#### Symptoms

- High temperature, fever
- Loss of appetite
- Muscle pain
- Headache
- Cough
- Pneumonia
- Diarrhoea
- Signs of mental confusion

### ■ How long does it take to become ill? (Incubation period)

From exposure to infection and first sign of illness can be 6 to 7 days although it can be any time from 2 to 19 days.

### ■ What to do if you have become ill?

Antibiotics are required to treat the disease - for more information and advice contact your G.P. Some people are at higher risk of developing Legionnaires' disease: those with weakened immune system, smokers, history of heavy drinking, and history of respiratory or renal illnesses.

### ■ Environmental sources of Legionella, ideal conditions for bacterial growth

- Warm water temperatures between 20°C and 45°C
- Deposits which support bacterial growth such as rust, organic matter and biofilms
- Scale and corrosion
- Low flow or stagnation in any dead legs/blind ends of distribution system pipework and in water storage tanks

### ■ How can you reduce the risk?

The best thing to do is eliminate bacterial growth through good design and regular maintenance of your water systems.

- Clean and regularly maintain your artificial water systems, including ornamental fountains and ponds
- Clean and disinfect showerheads every 3 months
- Keep cold water below 20°C and hot water above 50°C
- Ensure water storage tanks are lidded and well insulated.
- Maintain recommended level of chemicals, such as chlorine, in hot tubs in addition to regular draining down and cleaning
- Flush all unused taps once a week and particularly after holidays/periods away from your home
- Regularly clean your rainwater storage tanks and water butts.
- Drain water from hose pipes before storing them.

# Rheoli'r risg o Legionella

## Cyngor i aelwydydd



Gwasanaethau  
Rheoliadol  
a Rennir



### ■ Beth yw Legionella a Chlefyd y Llungfilwyr?

Mae clefyd y llungfilwyr yn fath difrifol o niwmonia (haint anadlol facterol) a achosir gan facteria Legionella. Gall niferoedd bach o'r bacteria hyn gael eu canfod mewn adnoddau dŵr naturiol fel llynnoedd, afonydd a chronfeydd dŵr. Efallai y bydd Legionella hefyd yn bresennol mewn amgylcheddau dŵr a systemau dŵr artiffisial sy'n cael eu cynnal yn wael.

### ■ Sut mae'n eich gwneud chi'n sâl? Ble gallwch chi ei ddal?

Y ffordd fwyaf cyffredin o ddal yr haint anadlol hon yw drwy fewnanadlu diferion bach o ddŵr (erosolau) sy'n cael eu chwistrellu o ffynonellau llygredig.

#### Enghreifftiau

- Systemau aerdymheru gwlyb
- Pyllau sba
- Chwistrelli dŵr
- Systemau dŵr poeth ac oer
- Pyllau poeth
- Ffynhonnau
- Tapiau a pheipiau dŵr
- Pympiâu dŵr
- Lleithyddion
- Cynwysyddion chwyddo

#### Symptomau

- Tymheredd uchel, twymyn
- Ddim eisiau bwyta
- Poen cyhyrol
- Pen tost
- Peswch
- Niwmonia
- Dolur rhydd
- Arwyddion o ddryswch meddyliol

### ■ Pa mor hir mae'n ei gymryd i fynd yn sâl? (Cyfnod magu)

Gall gymryd 6 i 7 diwrnod o gael eich amlygu i'r haint i'r arwydd cyntaf o salwch, ond gall fod yn unrhyw beth o 2 i 19 diwrnod.

### ■ Beth i'w wneud os ydych yn sâl?

Mae angen gwrthfotigau i drin y clefyd - i gael rhagor o wybodaeth a chyngor cysylltwch â'ch meddyg teulu. Mae rhai pobl yn wynebu risg uwch o ddatblygu clefyd y llungfilwyr: pobl â system imiwnedd sydd wedi gwanhau, smygwyr, pobl â hanes o yfed trwm, a phobl â hanes o salwch anadlol neu arenol.

### ■ Ffynonellau amgylcheddol o Legionella, sy'n ddefnyddol ar gyfer twf bacteria

- Tymreddau dŵr poeth o rhwng 20°C a 45°C.
- Dyddodion sy'n cefnogi twf bacteria fel rhwd, mater organig a bioffilmiau
- Cen a chyrydu
- Llif isel neu ddŵr llonydd mewn canghennau segur/pennau caeedig ym mhibwaith y system ddisbarthu ac mewn tanciau storio dŵr

### ■ Sut gallwch chi leihau'r risg?

Y peth gorau i'w wneud yw dileu twf bacteria drwy ddylunio da chynnal a chadw eich systemau dŵr yn rheolaidd.

- Glanhewch a chynhaliwch eich systemau dŵr artiffisial yn rheolaidd, gan gynnwys ffynhonnau addurniadol a phyllau dŵr
- Glanhewch a diheintiwch bennau cawodydd bob 3 mis
- Cadwch ddŵr oer o dan 20°C a dŵr poeth yn uwch na 50°C
- Sicrhewch fod caead ar danciau storio dŵr a'u bod wedi'u hinswleiddio'n dda.
- Sicrhewch fod y lefel a argymhellir o gemegion, fel clorin, mewn pyllau poeth, a draeniwch a glanhewch nhw yn rheolaidd
- Fflysiwch bob tap nad ydych wedi'i ddefnyddio unwaith yr wythnos, ac yn arbennig ar ôl gwyliau/cyfnodau i ffwrdd o'ch cartref
- Glanhewch eich tanciau storio dŵr glaw a chasgenni dŵr yn rheolaidd.
- Draeniwch ddŵr o beipiau dŵr cyn eu rhoi i gadw.