

YOUR GUIDE TO Water Hygiene



Our Assets

Warrington Housing Association

Your Guide to: Water Hygiene

This information leaflet is intended to make all residents aware of the risk of contracting Legionnaire's disease and how to prevent it.

Legionnaires Disease

Legionnaire's disease is a potentially fatal form of pneumonia and everyone is susceptible to infection. It can be found in all hot and cold water systems, and certain conditions increase the risk from legionella

Where is it 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 and 45 degrees centigrade which is suitable for legionella bacteria growth.

Deposits can support bacterial growth by way of providing a source of nutrients for the organism e.g. rust, sediment, organic matter, and scale. These can be found in cold water storage tanks and hot water heaters, but more commonly found on shower heads, where it is possible for breathable water droplets to be created and dispersed.

Dos and Don'ts!

There are some simple do's and don'ts that can help to reduce the risk of contracting Legionnaires' disease

- Ensure any water outlet that is not used at least weekly should be flushed for 2 minutes on a weekly basis.
- Keep all shower heads and taps clean and free from a build-up of mould, algae and lime scale
- Ensure cold water temperature runs under 20 degrees centigrade and hot

water runs above 50 degrees centigrade after 2 minutes running.

- Flush through showers and taps for 10 minutes after a period of non-use. i.e. after they have not been used for a week and flush toilets with the lid down following periods of non-use
- Do Not change any pre-set water temperatures on the water systems in your home, if you are in doubt contact us on 01925 246810.

Frequently Asked Questions

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

A. You could use a low cost thermometer to monitor the temperature. If the cold water is above 20 degrees centigrade and the hot water is below 50 degrees centigrade you should either adjust the water temperature if you know how to or contact us on 01925 246810

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

A. it is recommended you dismantle, clean and descale the shower head and disinfect, ensuring that any inserts are also cleaned

Q. What are the symptoms of Legionnaires' disease?

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

If you have any concerns about the condition of the water system in your home. Please contact us on 01925 246810



Produced by
Warrington Housing Association
the Gateway, 89 Sankey Street,
Warrington, Cheshire, WA1 1SR

Tel: 01925 246810
www.wha.org.uk

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