



**MERTHYR**  
VALLEYS HOMES

# **YOUR** *home*

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**Preventing  
Legionnaires' Disease**

**Please read to help  
keep you safe**

# Introduction

Legionella bacteria can be found in the natural environment, however with the correct conditions, legionella can contaminate and grow in hot and cold-water system.

Legionnaires' Disease is a potentially fatal form of pneumonia caused by inhalation of small droplets of contaminated water.

Within this leaflet we have outlined some simple, but effective control measures that will help keep your heating systems in safe working order.

## What you can do

It is important that your hot water system is kept hot, your cold water is kept cold and the water in general is kept circulated by regular use.

If, for example you go on holidays, and leave your home empty for a few days or more, ensure on your return that your taps and showers (not forgetting any outside taps) are flushed by running them for at least 2 minutes.



# Boiler

**It is really important that you tell us if your boiler is not working properly**, particularly if you notice any debris or discolouration in the water coming from your taps.

We ask that you do not interfere with the settings on your boiler or hot water system. Following your annual heating service, the hot water will be set so that the water is heated up to 60°C. This is the temperature at which legionella bacteria cannot grow.

# Shower

If you have a shower fitted it is important that the shower head is cleaned every 3 months. The traditional method is:



Unscrew your shower head and hose and place in a plastic bag



Pour in a solution of one-part white vinegar to one-part water and leave for 3 hours (you can also use any general de-scaler)



Rinse the shower head and hose thoroughly

This will remove any scale and other sediment which otherwise provides the environment for legionella to breed.

# Questions or queries

If you have any questions or concerns about anything in the leaflet, please give us a call on 0800 085 7843

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