**Legionella**

Legionella bacteria occur naturally in locations such as rivers, lakes and reservoirs but may also be found in:

• Domestic water systems

• Places where water droplets may be formed such as showers and taps

• Hose pipes

The risk of infection from exposure in domestic systems is very low but everyone should be

aware of the risks and take the necessary steps to avoid being exposed to the bacteria in water droplets.

**How to reduce the risk of legionella**

• Disinfect and de-scale your shower head every three months using products like Milton or antibacterial disinfectants.

• If you have a shower or water outlet you don’t use regularly, you should flush the system out once a week by running water through it for several minutes.

• If you don’t use your shower for two weeks or more, you should remove the shower head and let it run for two minutes and disinfect the shower head before refitting it.

• If you have an external hose pipe, you should flush this through every week and if they are not used for over 2 weeks, you should remove the nozzle or adjust it so it doesn’t produce a spray and let the hose run for two minutes. Disinfect the nozzle before refitting it.

Further information can be found on the Health and Safety website: www.hse.gov.uk