



**KEEP YOUR  
HEATING  
SYSTEMS IN  
SAFE  
WORKING  
ORDER**

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Follow this  
water hygiene  
guide to prevent  
Legionnaires'  
disease

## INTRODUCTION



**Legionella bacteria is found in the natural environment however with the correct conditions, legionella may have the opportunity to contaminate and grow in hot and cold water systems. This is where you may or may not have heard of Legionnaires' disease.**

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 you safe in your home.

## WHAT YOU CAN DO

### RUNNING YOUR TAPS



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. You may have been in hospital or on holiday, whichever the reason, if your property is empty for 7 days or more, please 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 equally as 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. You can report this by messaging us on **MyCadwyn**, calling **029 2049 8898** or emailing **info@cadwyn.co.uk**

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 to 60°C. Please take care operating your hot taps and check the temperature is at a comfortable level before bathing and washing.

## SHOWERS

If you have a shower, it is important that the shower head and hose is cleaned every 3 months.



**The traditional method is to:**

1. Unscrew your shower head and hose and place in a plastic bag
2. 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)
3. Rinse the shower head and hose thoroughly

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



## RAINWATER COLLECTION

If you have a rainwater collection butt, please do not connect any spray producing outlets, for example pressure washers or spray hoses. This will generate an aerosol from water that may contain legionella bacteria.

If you have any further concerns please contact us:



[www.cadwyn.co.uk](http://www.cadwyn.co.uk)



[info@cadwyn.co.uk](mailto:info@cadwyn.co.uk)



029 2049 8898