

# COMMON SIGNS & SYMPTOMS



Cough & shortness of breath



Muscle aches



Fever & headache



Nausea & vomiting

Signs & symptoms usually start 2 to 14 days after exposure to the bacteria.

# RESOURCES



**Centers for Disease Control & Prevention - Legionella**

[cdc.gov/legionella/index.html](https://cdc.gov/legionella/index.html)



**Centers for Disease Control & Prevention - Prevent Legionnaires' Disease (LD) Training**

[cdc.gov/control-legionella/php/training/index.html](https://cdc.gov/control-legionella/php/training/index.html)



**Southern Nevada Health District - Legionella Resource Library**

[SNHD.info/programs/legionella-resource-library/](https://SNHD.info/programs/legionella-resource-library/)

If you're interested in follow-up *Legionella* testing, scan the QR code or visit the link to view a list of CDC ELITE-certified laboratories



**Centers for Disease Control & Prevention - ELITE Labs**

[wwwn.cdc.gov/elite/Public/MemberList.aspx](https://wwwn.cdc.gov/elite/Public/MemberList.aspx)



**Southern Nevada Health District**

702-759-1000



# LEGIONELLA & LEGIONNAIRES' DISEASE

## WHAT IS IT AND HOW TO PREVENT IT IN YOUR HOME

### QUICK FACTS

- *Legionella* bacteria is naturally occurring in fresh water & can sometimes be found in the pipes of homes & buildings.
- Legionnaires' disease is caused by breathing in water or mist contaminated by *Legionella* bacteria.
- Drinking contaminated water does not cause Legionnaires' disease.

## WHERE AM I MOST LIKELY TO GET EXPOSED TO *LEGIONELLA*?



Shower heads



Sink faucets with aerators



Poorly maintained respiratory medical equipment with a water reservoir



Decorative fountains, misting systems & humidifiers

People can get Legionnaires' disease if they breathe in water droplets containing the bacteria. This is the most common way people get sick.

## WHAT CAN I DO TO MINIMIZE *LEGIONELLA* BACTERIA IN MY HOME?



**Once per week**, run all water fixtures (sinks, showers, hoses, etc.) with **hot** water for 5 minutes, then run all water fixtures with **cold** water for 5 minutes.



Clean & disinfect respiratory medical equipment & humidifiers, as directed by the manufacturer.



Perform routine maintenance & flushing of water heaters, as directed by the manufacturer.

*Legionella* bacteria grows best in stagnant water & warm water temperatures (77–113°F).

## WHO IS MOST AT RISK FOR LEGIONNAIRES' DISEASE?



People that are immunocompromised



People aged 50 years and older



People that smoke



People that have underlying lung conditions



People with chronic diseases (e.g. diabetes, kidney disease, etc.)