



Keep bacteria at bay and wash it away

Running all of your taps and your shower for a few minutes each day will cut the risk of legionella bacteria lurking in the system. The bacteria can cause Legionnaires' Disease which can make you very ill.

Symptoms include:

- having a flu-like illness with aching muscles
- tiredness
- headaches
- a dry cough
- a fever

Diarrhoea, confusion, a bad chest and breathing problems may also be symptoms.

If you are experiencing any of these, please call **NHS 111**, visit the **nhs.uk** website or contact your GP for advice.