



Legionnaires'

What is Legionnaires' Disease?

Legionnaires' disease is caused by a type of bacteria called *Legionella*. Legionnaires' disease varies in severity from mild to severe pneumonia characterized by fever, cough and progressive respiratory illness.

How is Legionnaires' Disease spread?

This disease is airborne and can result when someone inhales the aerosolized bacteria from a contaminated water source as may be found in an air-conditioning cooling tower, hot water system, humidifier, whirlpool spa or respiratory equipment. The source of infection can be related to contaminated water in the home, medical facilities, workplaces, hospitals or aerosol producing devices in public places. Outbreaks have occurred in hospitals, hotels and other large buildings as well as on cruise ships.

Legionnaires' disease is not spread by person-to-person contact. Symptoms usually begin 2-14 days after being exposed to the bacteria.

How is Legionnaires' Disease treated?

Disease occurs most frequently in persons 65 years of age and older, as well as people who are smokers, those with suppressed immune systems, and those who have chronic illnesses such as diabetes, cancer, kidney failure and lung disease. Legionnaires' disease can be very serious and cause death in 5 to 30% of cases. However, most cases can be treated successfully with antibiotics and healthy people usually recover from the infection.

What should I do if I suspect exposure to Legionella bacteria?

Most people exposed to the bacteria do not become ill. If you have reason to believe that you were exposed to the bacteria talk to your doctor or consult with your local health department. A person diagnosed with Legionnaires' disease in

the workplace is not a threat to others who share office space or other areas with the infected person. However, if you believe your workplace is the source of the person's illness, be sure to notify your local health department.

How can Legionnaires' Disease be prevented?

- Cooling towers should be drained when not in use and cleaned periodically.
- Perform routine cultures of hospital water system, maintain hot water at highest temperature allowed by state regulations or chlorinate the water.
- Respiratory equipment should be rinsed with sterile water only.

Symptoms of Legionnaires' Disease:

- Headache
- Lack of appetite
- Muscle aches
- Extreme exhaustion
- High fever (102°F - 105°F)
- Cough
- Chills
- Chest pain
- Rapid or labored breathing
- Diarrhea
- Abdominal pain

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