



Legionella: Cleaning shower heads



- *Legionella* can grow in your shower heads and faucets.
- Clean shower heads and faucets often to reduce the growth of *Legionella* bacteria.

Clean your shower head regularly:

- ☐ Take apart the shower head
- ☐ Remove any limescale and other debris
- ☐ Place the shower head fixture in a bucket filled with vinegar or chlorine bleach
- ☐ Let the shower head soak for a few minutes to remove any deposits
- ☐ Rinse the shower head with fresh water and put back together

Helpful Housekeeping Tips:

- ☐ Use your shower daily to prevent water from becoming stagnant
- ☐ Run your faucets and showers for at least 3 minutes when they have been out of use for more than a week.