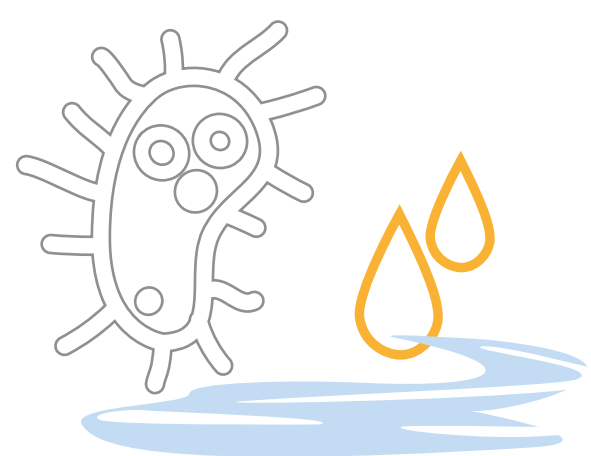
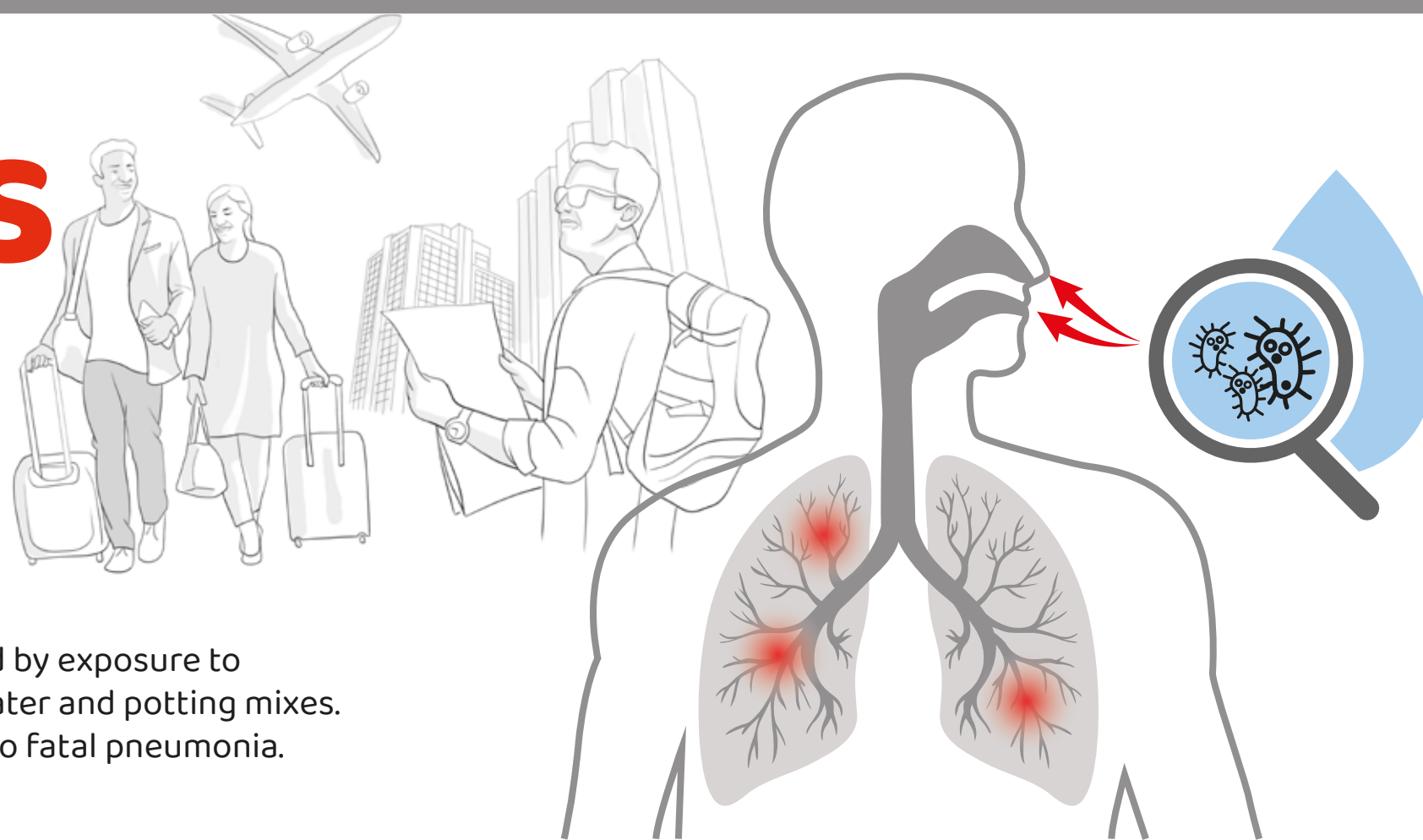


Legionnaire's disease

Information for travellers

Sources of infection

Legionnaire's disease is caused by exposure to *Legionella* species found in water and potting mixes. It varies in severity from mild to fatal pneumonia.



Type of exposure & prevention

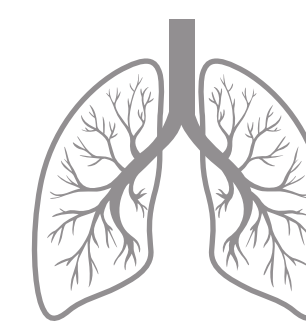
The bacteria is found worldwide in many different aquatic environments, such as cooling towers, water systems in hotels, homes, ships and factories, respiratory therapy equipment, fountains, misting devices, and spa pools.



Be cautious during travel as outbreaks have been linked to hot tubs and whirlpools, cooling towers in air conditioning systems, water tanks, heaters, fountains, swimming pools, birthing pools and drinking water



Stay at hotels that regularly clean and disinfect their water and cooling systems



Individuals with history of smoking, heavy drinking, pulmonary-related illness, immuno-suppression, and chronic respiratory or renal illnesses need to take extra care

Symptoms

Severity of disease ranges from a mild cough to a rapidly fatal pneumonia.

Mild symptoms:



Mild cough



Headache



Loss of appetite



Fever



Malaise



Lethargy

SEVERE:



50% of patients can have phlegm, blood-streaked phlegm or haemoptysis

Actions to take in case of symptoms:



Seek immediate medical advice in case of symptoms. Early diagnosis and treatment are important. Being 50 years or older or having pre-existing conditions are risk factors that can increase your chances of getting sick.