

SYMPTOMS OF *LEGIONELLA* INFECTION?

Legionella infection usually develops 2 to 10 days after exposure and some or all of the following symptoms may be experienced:

- fever, chills
- a cough which may be dry or may produce sputum
- aching muscles
- headache
- tiredness
- loss of appetite

If you develop any of these symptoms, see your doctor immediately.



Enjoy Gardening

without the risk of Legionella



Safe handling of potting mixes (bagged or unbagged), mulches, garden soils and composts can protect you from *Legionella* infection

Self protection is easy

For more information contact your local council Environmental Health Officer or the Department of Health Environmental Health Service on (08) 8226-7100



Government of South Australia
Department of Health

WHAT IS *LEGIONELLA*?

Legionella is a type of bacteria that may cause serious pneumonia.

It can be found in potting mixes, mulches, composts and soils.



HOW IS THE *LEGIONELLA* ORGANISM SPREAD?

Studies have shown that the most likely way *Legionella* is transmitted is by breathing in aerosols and dusts from potting mixes, composts, mulches and from hands contaminated with these materials.

Legionella infection can't be caught from other people or animals.

Self protection is easy

6 EASY STEPS

1. Read the warning on bagged composted potting mixes.
2. Wear gloves.
3. Wear a dust mask.
4. Carefully dampen contents before opening fully.
5. Avoid breathing potting mix or compost dust.
6. Wash hands immediately after using potting mixes or compost.

WHO GETS *LEGIONELLA* INFECTION?

People of any age may be infected, but the disease is more common in middle aged and older people and people whose immune system is weak.

Factors that increase your risk of legionellosis are smoking, emphysema, diabetes, HIV, recent surgery, cancer treatment and steroid or other immunosuppressive medication.

The risk of *Legionella* infection is not limited to gardeners but the use of potting mixes, composts and other soils puts them at greater risk.