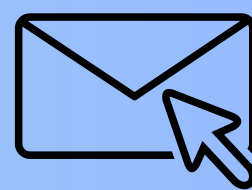


October 2025

Monthly Newsletter



WHAT'S NEW FROM THE IPAC HUB



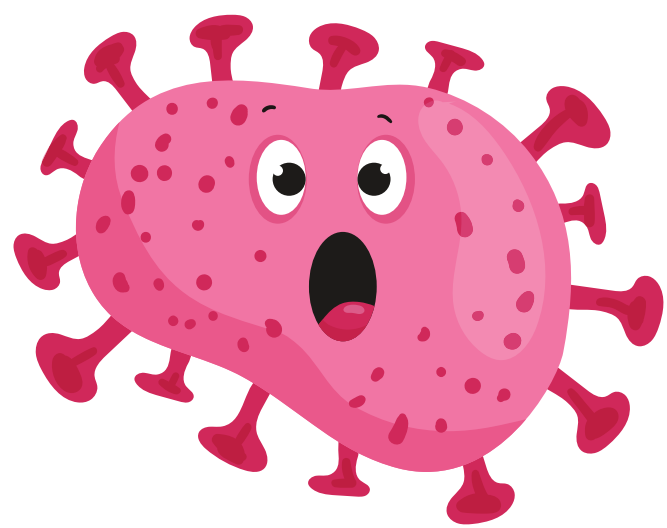
IPAC Week Activities 2025



IPAC Activities conducted by the Hub at our LTCHs and RHs:

- Hand hygiene return demonstration
- IPAC Jeopardy
- Donning/doffing education
- Environmental cleaning crossword
- Hand hygiene word search
- IPAC Facts vs Myths quiz
- PPE quiz
- Giveaways (pens, note pads and treats)!!!

BUG OF THE MONTH: Legionella



WHAT IS IT?

- **Legionella** are bacteria found in natural and human-made water sources
- They can cause two types of infections, known as legionellosis:
 - **Legionnaires' disease:** A serious form of pneumonia
 - **Pontiac fever:** A milder, flu-like illness without pneumonia

SIGNS AND SYMPTOMS

Legionnaires' Disease (Severe form)

- Fever (often high)
- Cough (dry or productive), shortness of breath, chest pain
- Muscle aches, fatigue, headache
- Diarrhea, nausea or vomiting
- Confusion or disorientation

Pontiac Fever (Mild form)

- Fever, muscle aches, headache, fatigue
- No cough or pneumonia



DID YOU KNOW??



- **Legionella** can grow in poorly maintained water systems in homes and buildings
- Common sources include:
 - Cooling towers
 - HVAC systems (heating, ventilation, air conditioning)
 - Showers and hot & cold water tanks

Who's Most at Risk?

- Adults over 50
- Smokers
- People with chronic lung disease
- Immunocompromised individuals
- People with diabetes, kidney disease, or cancer

TRANSMISSION

How Legionella Spreads:

- By breathing in tiny water droplets (mist) that contain the bacteria

Not Spread by:

- Person-to-person contact (extremely rare)
- Drinking contaminated water

IPAC CONSIDERATIONS

- Keep water hot or cold: Hot water $>50^{\circ}\text{C}$, cold $<20^{\circ}\text{C}$
- Prevent stagnation: Keep water flowing; flush unused outlets
- Clean regularly: Disinfect tanks, pipes, showers, cooling systems
- Test water, specially in high-risk buildings
- Train staff on risks, cleaning, response steps



FEEDBACK SURVEY

Please scan the QR code with your cell phone camera and provide the IPAC Hub with feedback and topic suggestions. Thank you!

[Survey Link](#)

REFERENCES

Ontario Agency for Health Protection and Promotion (Public Health Ontario). (2019). Legionella: Questions and answers (2nd ed.). Queen's Printer for Ontario.

RESOURCES

Public Health Agency of Canada. (2025, September 10). Legionellosis (Legionnaires' disease and Pontiac fever). Government of Canada. <https://www.canada.ca/en/public-health/services/infectious-diseases/legionella.html>