



**KWAZULU-NATAL PROVINCE**

**HEALTH**  
REPUBLIC OF SOUTH AFRICA

# *Legionnaire's Disease*



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



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**GROWING  
KWAZULU-NATAL  
TOGETHER**

## ***Iyini iLegionnaires' disease?***

I-Legionnaires' disease yisifo esithathelanayo esidalwa uhlobo lwamagciwane angama- Gram-negative bacilli abizwa ngokuthi i- Legionella.

## ***Indlela esitholakala ngayo***

**Abantu bathola lesi sifo ngokuba bahogele amaconsana amanzi analawa magciwane e- Legionella, atholakala:**

- Emapayipini amanzi ashisayo nabandayo (isb. emashaweni nakompompi)
- Kumathawa okupholisa nakuziguqulimhwamuko zama- air conditioners (Cooling towers and evaporative condensers of air conditioners )
- Kobhavu basezindaweni zokuzibhucunga (Spa baths) (kuma-Jacuzzi) , kuma-whirlpool baths nasemadamini okubhukuda ajwayelekile nje noma emadamini ashisayo okubhukuda ( thermal springs)
- Emithonjaneni yokuhlobisa (ikakhulukazi esendlini) nakuzinkasa zokunisela
- Emakhabetheni anomswakama okubeka ukudla
- Kuzinsizakuphefumula

## ***Abantu abasemathubeni***

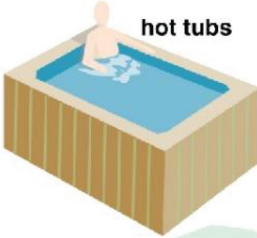




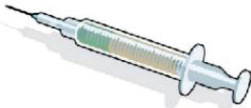

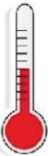
**Lezi zinhlobo zabantu ezilandelayo zisebungozini bokuthola lesi sifo:**

- Abesilisa (basemathubeni ama-2 kuya kwama-3 kunabesifazane okuthola lesi sifo)
- Abantu abadala, ikakhulukazi esebivile eminyakeni yobudala engama-50
- Ababhemayo
- Abaphuza utshwala
- Abantu abanamasosha omzimba antekenteke, ikakhulukazi labo abaphila nezifo ezingelapheki (esingabala umdlavuza, isifo sikashukela, isifo esingelapheki samaphaphu noma sezinso) kanye nalabo abagcobisa noma abathatha imishanguzo eyenza amasosha omzimba abe ntekenteke.

## ***Lezi zimo ezilandelayo zingawandisa amathuba okuba sengozini bokuthola lesi sifo:***

- Ukunganakekelwa ngendlela kwendawo okwenza kube namaxhaphozi amanzi amgahambi
- Ukuhlala ezindaweni ezinamapayipi asemadala amanzi
- Ukuhlala eduze nezinsizakupholisa noma kwemithombo yamanzi
- Ukusebenzisa izinsizakushisa zikagesi ezisebenza ngamanzi, ama-whirlpool, amadanyana asezindaweni zokuzibhucunga noma amadanyana anamanzi ashisayo asezindaweni zokuzibhucuka

# Legionnaire's Disease

Infection	Symptoms	Treatment
<p>Caused by bacteria which thrives in warm water and damp places like:</p>  <p><b>hot tubs</b></p>  <p><b>air-conditioning systems</b></p>  <p><b>plumbing systems</b></p> <p>source : WHO, UK NHS</p>	 <p>Similar to a severe flu and can include fever, chills, loss of appetite, headache, lethargy</p> <p><b>Potentially fatal form of pneumonia</b></p>  <p><b>Legionella bacteria</b></p> <p>Can not be transmitted from person to person</p>	<p><b>Antibiotics</b></p>  <p><b>No vaccine</b> is currently available</p>  <p><b>Prevention</b></p>  <p>Water supply systems should be cooled below 20C or heated above 60C</p> <p>AFP</p>

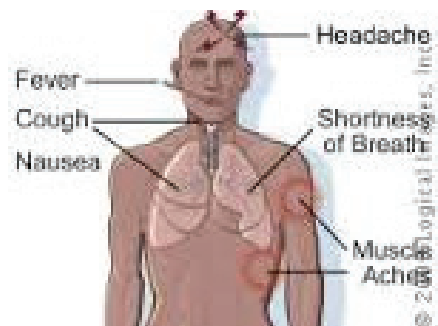
## Isikhathi sokuchamuseleka kwalawa magciwane

Kuthatha izinsuku ezi-2 kuya kweziyi- 10

## Izimpawu zokuba nalesi sifo

Izimpawu kuba ukugula ongeke washo ukuthi uphethwe yini kahle kahle futhi okubandakanya nomkhuhlane nje. ongaba :

- nokukhwehlela okomile
- nemfiva
- nephika
- nokukhathala
- nokuphathwa yikhanda
- nobuhlungu bemisipha kanye nesisu
- nokuhanjiswa yisisu
- nokudideka emqondweni



## ***Ukwelashwa kwaso***

- Singelashwa ngamaphilisi kumbe imithi yokubulala amagciwane (antibiotics)
- Bonana nodokotela uma usola ukuthi une- Legionella
- Okwamanje ayikho imijovo yokuvikela lesi sifo i- Legionnaires.

## ***Ukuvikelwa kwaso***

Kumqoka ukulandela le miyalelo elandelayo ukuze unciphise amathuba okuthola lesi sifo:

- Zwana nenhlanzeko
- Gwema ukubhema nokuphuza ngokweqile
- Izinga lokushisa lamanzi owasebenzisayo kumele lingabi ngaphezu kuka- 60°C kanti lawo aphuma empompini angashisi ngaphezu kuka- 50°C.
- Izinga lokubanda kwamanzi owasebenzisayo kumele lingabi ngaphansi kuka- 20°C.
- Amapayipi amanzi kumele ahlale evulelwa futhi kugwenywe ukuba amanzi ahambe kancane kuwona uma ephuma.
- Hlanza amapayipi amanzi, amadamu okubhukuda kanye namadanyana asezindaweni zokuzibhucunga ngokukhulu ukucophelela.

