



Dr. Miller's Potable Water Site Flushing Procedure to Reduce *Legionella* (or other Pathogens)

Patient room hand sinks can experience pathogen proliferation, including *Legionella*, (especially if the temperature of the hot water is not sufficiently hot), leading to disease transmission to patients. For *Legionella* control, temperatures at the faucets are **recommended to be 124 F**, or as close as possible depending on code for scald protection. One action that is often helpful in reducing biofilm accumulation (and *Legionella* persistence), is an increased flushing of these hand sink faucets, in order to take advantage of:

- **Increased physical flushing** of the biofilm, physically reducing the loosely adhered outer layer of the biofilm organic material and bacteria.
- **Maximum hot temperatures** (as close to 124 F as possible), which may be lethal (or at least unfavorable) for bacterial growth and survival.
- **Maximum free chlorine** disinfectant that has remained available from the city water as it enters the building. The **cold water** will be the source of highest residual free chlorine levels.

Dr. Miller's 1-5-5 Site Flushing Procedure:

Step 1- The **Hot Water (HW)** faucet should be turned on so that **maximum temperature hot water** (measure the temperature) is **blasting as forcefully as possible for one (1) minute**

Step 2- The **HW faucet should then be turned down to a slower pencil-thick flow**, but maintaining the hot temperature for an **additional five (5) minutes**.

Step 3- Next, the **HW should be turned off**, and the **cold water (CW) should be turned on to a pencil thick flow**, exposing the remaining biofilm to residual chlorine (measure the free chlorine, if strips are available) for **five (5) minutes**.

Step 4- Finally, the **CW faucet should be turned off**, leaving the residual free chlorine remaining in the water of the faucet plumbing and fixture when leaving the room.

Note: The same **1-5-5 Flushing Procedure** can be used for shower heads as well.