



## **Dr. Miller's 1-5-5 Faucet and Showerhead Flushing Procedure to Reduce *Legionella* (or other Pathogens)**

**Patient room hand sinks and showers** 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 and showerheads 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 and showerheads, 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 free chlorine levels.

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

**Step 1-** The **Hot Water (HW) faucet or showerhead** 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 or showerhead 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 chlorine (measure the free chlorine, if strips are available) for **five (5) minutes**.

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

**Note:** The same **1-5-5 Flushing Procedure** can be used for other potable water sites (eyewashes, drinking fountains, etc.) as well.