Legionella and Legionellosis: Introduction to Epidemiology and Risk Management

Participants will be in listen only mode. 9 a.m. (PST)

Presented by:

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Download the PDF: http://www.emlab.com/m/media/legionella-webinar.pdf

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- Complete survey within 24 hours.
- You will receive an email in 2-3 weeks when your certificate is ready.



- Overview of Legionella
- Legionellosis
- ANSI/ASHRAE 188-2015
- Guidelines, Reviews & Regulations
- Monitoring
 - Sampling
 - Analysis

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Remediation

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Transmission electron micrograph of *Legionella pneumophila* multiplying inside a cultured human lung fibroblast. CDC Public Health Image Library/Dr Edwin P. Ewing, Jr.

Basic Biology

- Gram negative rod-shaped
 bacterium
- More than 60 species and >70 serogroups have been described
- Widely distributed natural inhabitant of water
- Survives and multiplies as intracellular parasite in protozoans (e.g. Acantamoeba polyphaga)





Acantamoeba Source: https://sixkingdomsmaraleve.weebly.com/protista.html

Temperature Requirements

- 35 46°C (95 115°F): Optimum temperature range for growth
- Below 20°C (< 68°F): Predominantly dormant but viable
- Above 50°C (>122°F): 90% kill rate in 2 hrs
- Above 60°C (>140°F): 90% kill rate in 2 min
- Above 70°C (>158°F): 100% rapid kill

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Legionella is the causative agent of Legionellosis.

Legionellosis takes two distinct forms...

Legionellosis

Pontiac fever

respiratory illness without pneumonia, symptoms resemble acute influenza.

Legionnaires' disease

symptoms include fever, chills, cough, muscle aches, headache, tiredness, loss of appetite, loss of coordination (ataxia), and occasionally diarrhea and vomiting; approx. 10% fatalities

History

Legionnaires' disease

The first recognized outbreak of the disease occurred 1976 in Philadelphia.

As many as 221 people were treated and 34 deaths occurred.

The source was identified as the *Legionella* bacterium and found in the cooling tower of the hotel's air conditioning system.

Over 90% of Legionellosis are caused by *Legionella pneumophila*.



Legionella species Isolated from Patients



Legionella species isolated from consecutive patients with community-acquired pneumonia (84.2% of the *L. pneumophila* were SG1). Data source: Yu et al., JID 2002;186

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Risk Factors

- Age
 - Highest risk in elderly >65
 - Not common in people <50
 - Very rare in people <20
- Smoking
- Pre-existing chronic obstructive pulmonary disease (COPD)
- Diabetes
- Compromised immune system

Infection and Transmission

- Not transmitted from person to person
- Inhalation of aerosols (or soil)
- Aspiration when choking or spontaneously during drinking

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Figure 1: Factors that affect legionellosis risk.

Source: ASHRAE Journal, April 2004

Plumbing Systems and Biofilms



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CDC – Reported Cases of LD



https://www.cdc.gov/legionella/images/national-incidence.jpg

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Legionella – CDC Review (June 2016)



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CDC report:

- ✓ 4x increase of legionellosis between 2000 and 2014
- ✓ 10% fatality rate
- ✓ 9 in 10 cases were caused by problems preventable with more effective water management

Legionella – CDC review





Deciding where control measures should be applied and how to monitor them.

www.cdc.gov/legionella/WMPtoolkit

SOURCE: ASHRAE 188: Legionellosis: Risk Management for Building Water Systems June 26, 2015.

Water management program

- 1) Establish management team
- 2) Describe building water system
- 3) Identify areas where *Legionella* could grow and spread
- 4) Decide where control measures are applies and how to monitor them
- 5) Establish ways to intervene when control limits are not met
- 6) Make sure the program is effective
- Document and communicate all activities

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Purpose

... to establish minimum Legionellosis risk management requirements for building water systems.

Scope

... applies to human-occupied commercial, institutional, multiunit residential, and industrial buildings - excluding single-family homes

Intended use

... building owners and managers as well as individuals involved in design, installation, commissioning etc. of centralized building water systems and components

Are building owners required to comply with ASHRAE 188?

- ASHRAE Standard 188 is a set of standards, not legislation!
- It provides a robust and effective Legionella risk management system.
- It provides protection against allegations of wrongdoing or negligence, should a *Legionella* outbreak occur.

ASHRAE 188 – Water Management Program

PROGRAM TEAM—Identify persons responsible for Program development and implementation. DESCRIBE WATER SYSTEMS/FLOW DIAGRAMS—Describe the potable and nonpotable water systems within the building and on the building site and develop water-system schematics. ANALYSIS OF BUILDING WATER SYSTEMS—Evaluate where hazardous conditions may occur in the water systems and determine where control measures can be applied. CONTROL MEASURES—Determine locations where control measures must be applied and maintained in order to stay within established control limits. MONITORING/CORRECTIVE ACTIONS—Establish procedures for monitoring whether control measures are operating within established limits and, if not, take corrective actions. Elements of a water CONFIRMATION—Establish procedures to confirm that the Program is being implemented as designed (verification), management program and the Program effectively controls the hazardous conditions throughout the building water systems (validation). (Fig.1: ANSI/ASHRAE 188) DOCUMENTATION—Establish documentation and communication procedures for all activities of the Program.

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Program Team – Identify persons responsible for program development and implementation

Health Care Hospitals etc.

Facility Director Administrator Health & Safety Infection control Environm. Services Medical Director Chief Engineer

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Institutional

Hotels, Casinos etc.

Facility Director Maintenance Housekeeping Health & Safety

Industrial

Pharma, Food etc.

Plant Manager Maintenance Engineering Health&Safety

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ASHRAE 188 – Water Management Program

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Elements of a water management program (Fig.1: ANSI/ASHRAE 188)

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DESCRIBE WATER SYSTEMS/FLOW DIAGRAMS—Describe the potable and nonpotable water systems within the building and on the building site and develop water-system schematics.

ANALYSIS OF BUILDING WATER SYSTEMS—Evaluate where hazardous conditions may occur in the water systems and determine where control measures can be applied.

CONTROL MEASURES—Determine locations where control measures must be applied and maintained in order to stay within established control limits.

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ASHRAE 188 – Water Management Program (cont'd)

Water Systems – Description and analysis



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CDC Toolkit



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MONITORING/CORRECTIVE ACTIONS—Establish procedures for monitoring whether control measures are operating within established limits and, if not, take corrective actions.

Access Point /Process Unit	Action Item	Control Limit	Method	Frequency
Cooling tower (CCP1)	Legionella	<100 cfu/ml	Culture test	Quarterly
	HPC	<10,000 cfu/ml	Culture test	Weekly
	Disinfection	See microbial action limits	Ozone treatment	As needed (see microbial thresholds)
	Off-line cleaning	Visual appearance	Visual inspection	Annually (late fall)
	On-line cleaning	Visual appearance	Visual inspection	Annually (early spring)



Legionella control measures

- Temperature control
- Supplemental disinfection/treatment
- Flushing
- Recirculation
- Filtration
- Cleaning and maintenance

CONFIRMATION—Establish procedures to confirm that

- the Program is being implemented as designed (verification), and
- the Program effectively controls the hazardous conditions throughout the building water systems (validation).

DOCUMENTATION—Establish documentation and communication procedures for all activities of the Program.



Documentation

May include

- Work orders
- Vendor reports
- Critical Control Points Map
- Data logs
- Contact list w/ responsibilities

Verification

Designate responsible party to ensure...

Control measures
 Monitoring
 Corrective action

...are carried out.

Validation

Review program to make sure...

- The plan is being followed
- The plan is effective
- New scientific data and regulations are considered.

Proposed Revision of Guideline 12-2000, Managing the Risk of Legionellosis Associated with Building Water Systems (3rd public review Nov 2018)

Purpose: ... to provide information and guidance for *control* of legionellosis associated with *building water systems*.

<u>Scope:</u>...applies to human-occupied commercial, institutional, multiunit residential, and industrial buildings - excluding single-family homes. It is also intended for use in the implementation of ANSI/ASHRAE Standard 188.

Planned publication of revision in 2019 (Q4)

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Legionella Reviews and Guidelines

US Organizations weighing in on Legionella



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Legionella Control Measures (Appendix A) – Potable Water

Regulatory Authority	Test Frequency	Legionella Concentration (cfu/ml)	Remediation
NYC	No data		No data
NYS	Every 90 days first year, annualy thereafter	<30% positive results	Maintain WMP
		≥30% positive results of sites tested	Immediate short-term control levels. Retest. Persistent ≥30% results - institute long-term control levels.
AIHA	2x/year	1-9	Continue monitoring and review MWP.
		10 - 100	ID infection source and online disinfection.
		>100	ID infection source and offline disinfectinon.
OSHA	Not stated	1 - 99	Online disinfection.
		≥100	Offline disinfection.
PW and GSC Canada	2x/year	1 - 100 Lp sg 2-15	Online disinfection within 48 hours.
		1 - 10 Lp sg 1	Online disinfection within 48 hours.
		> 100 Lp sg 2-15	Offline disinfection within 48 hours.
		> 10 Lp sg 1	Offline disinfection within 48 hours.

Associated Water Technologies: (https://www.awt.org/pub/035C2942-03BE-3BFF-08C3-4C686FB7395C)

Legionella Control Measures (Appendix A) – Cooling Towers

Regulatory Authority	Test Frequency	Legionella Concentration (cfu/ml)	Remediation
NYC	At system startup and every 90 days thereafter.	<10	Maintain water chemistry and biocide levels.
		≥10 - <100	Online disinfection within 24 hours. Retest.
		≥100 - <1000	Online disinfection within 24 hours. Retest. Review WMP.
		≥1000	Online disinfection within 24 hours. Offline disinfection within 48 hours. Retest. Notify DOH within 24 hours of results.
	At system startup and every 90 days thereafter.	<20	Maintain water chemistry and biocide levels.
A NYS ev th		≥20 - <1000	Online disinfection immediately. Retest. Review WMP. Online disinfection immediately. Retest. Review WMP. Any retest >1000 offline disinfection immediately.
AIHA M	Monthly.	10-99	Review WMP and retest until <10 CFU/ml.
		100-1000	Review WMP and conduct an online disinfection until consistently <10 CFU/ml.
		>1000	Review WMP and conduct an offline disinfection until consistently <10 CFU/mI.
	Not stated	100-999	Online disinfection.
USIA	พบเ รเลเยน.	>1000	Offline disinfection.

Associated Water Technologies: (https://www.awt.org/pub/035C2942-03BE-3BFF-08C3-4C686FB7395C)

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CMS Memorandum – updated July 2018

DEPARTMENT OF HEALTH & HUMAN SERVICES Centers for Medicare & Medicaid Services 7500 Security Boulevard, Mail Stop C2-21-16 Baltimore, Maryland 21244-1850



REVISED 07.06.2018

Center for Clinical Standards and Quality/Quality, Safety and Oversight Group

- Ref: OSO-17-30- Hospitals/CAHs/NHs DATE: June 02, 2017
- TO: State Survey Agency Directors
- FROM: Director Quality, Safety and Oversight Group (formerly Survey & Certification Group)
- SUBJECT: Requirement to Reduce Legionella Risk in Healthcare Facility Water Systems to Prevent Cases and Outbreaks of Legionnaires' Disease (LD)

Revised to Clarify Expectations for Providers, Accrediting Organizations, and Surveyors

Memorandum Summary

Legionella Infections: The bacterium Legionella can cause a serious type of pneumonia called LD in persons at risk. Those at risk include persons who are at least 50 years old, smokers, or those with underlying medical conditions such as chronic lung disease or immunosuppression. Outbreaks have been linked to poorly maintained water systems in buildings with large or complex water systems including hospitals and long-term care facilities. Transmission can occur via aerosols from devices such as showerheads, cooling towers, hot tubs, and decorative fountains.

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Expectations for Healthcare Facilities and Surveyors

CMS expects Medicare certified healthcare facilities to have water management policies and procedures to reduce the risk of growth and spread of *Legionella* and other opportunistic pathogens in building water systems. An industry standard¹ calling for the development and implementation of water management programs in large or complex building water systems to reduce the risk of legionellosis was published in 2015 by American Society of Heating, Refrigerating, and Air Conditioning Engineers (ASHRAE). In 2016, the CDC and its partners developed a toolkit to facilitate implementation of this ASHRAE Standard (https://www.cdc.gov/legionella/maintenance/wmp-toolkit.html). Environmental, clinical, and epidemiologic considerations for healthcare facilities are described in this toolkit.

Note: CMS does not require water cultures for *Legionella* or other opportunistic water borne pathogens. Testing protocols are at the discretion of the provider.

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<u>Cases</u>

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Infected: 128 Death toll: 12

The outbreak was said to be liked to a cooling tower in the Opera House Hotel in the Bronx.

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The Opera House Hotel (Bronx, NY). Source: http://www.trumanreview.com/opera-house-hotelaims-class-bronx-historical-site-2-2073/

- City, state and federal officials canvassed more than 700 sites in the south Bronx.
- 14 of 39 buildings with the type of cooling towers that lend themselves to Legionella growth were found to be contaminated.
- New York City passed new legislation to regulate testing of cooling towers. This makes NYC the first major city in the U.S. to regulate cooling towers.
- New York State follow with State regulations for Legionella testing (cooling towers and health care facilities).

NY Regulations

← → C Secure | https://regs.health.ny.gov/content/part-4-protection-against-legionella
 New York Codes, Rules and Regulations
 Home Title 10 Title 18 Laws & Regulations
 Home / VOLUME A (Title 10) / Title: Part 4 - Protection Against Legionella
 Title: Part 4 - Protection Against Legionella

Outli

Printer-friendly version

Effective Date

07/06/2016

Part 4 - Protection Against Legionella

- Subpart 4-1 Cooling Towers
- Subpart 4-2 Health Care Facilities
- · Appendix 4-A Interpretation of Legionella Culture Results from Cooling Towers
- · Appendix 4-B Interpretation of Routine Legionella Culture Results from Covered Facilities

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Sample types

- Water samples
- Swab samples
- Air samples (?)

Sampling instructions:

https://www.osha.gov/dts/osta/otm/otm_iii/otm_iii_7.html



Personal protective equipment

SAFETY PRECAUTIONS

The facility should be notified in advance to turn off (but do not drain or disinfect) any aerosol-generating devices to minimize the risk to the sampling team. Persons at an increased risk of developing Legionnaires' disease if exposed to *Legionella* (e.g., immunocompromised individuals) should not accompany the sampling team.

Optional personal protective equipment (PPE):

- Gloves are useful for sampling whirlpool spa filters or other sites that may be heavily contaminated with organic material.
- Wearing a half-face air-purifying respirator equipped with an N95 filter may be appropriate in the following situations: a.) when sampling cooling towers if the fans cannot be turned off, or b.) in enclosed spaces with an aerosol-generating device that cannot be turned off. Respirators must be used in accordance with a comprehensive respiratory protection program, which includes fit testing, training, and medical clearance ahead of their use (see OSHA standard <u>29 CFR 1910.134</u>). For more information about N95 respirators, visit the National Institute for Occupational Safety and Health (NIOSH) <u>website</u>.

https://www.cdc.gov/legionella/downloads/cdc-sampling-procedure.pdf

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CDC Sampling Instructions

https://www.cdc.gov/legionella/health-depts/environmental-inv-resources.html

Centers for Disease Control and Prevention Sampling Procedure and Potential Sampling Sites

Protocol for collecting environmental samples for *Legionella* culture during a cluster or outbreak investigation or when cases of disease may be associated with a facility.

Keep in mind: Focus of CDC procedure and sampling is for case investigations!

Considerations for case investigations and water management:

- Sample volume and sample number
- Test sensitivity
- Species and serotype identifications
- Isolate storage
- Test method

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Sampling – Water Samples

- 250 ml or 1 L polypropylene bottles
- Collect 250 ml 1 L water
- Add sodium thiosulfate
- Warm water systems
- Collect pre- and post-flush sample
- Cold water systems may also contain *Legionella* bacteria



Sampling – Surface Swabs

- Swabs can be used to collect surface samples
- Especially useful for investigating biofilms





- Air sampling is typically not recommended.
- Impaction samplers often collect fast growing fungi and bacteria which overwhelm slow growing *Legionella*.
- Concentration of *Legionella* in water is generally higher than in air and easier to detect.



Source: CDC 2005: Procedures for the Recovery of *Legionella* from the Environment.

Shipping Samples

- Overnight
- Temperature stable coolers
- Recommended shipping temp: 6 18°C
- Check for local regulations







NY ELAP (Legionella)

Sample Type	Holding Time	Reference	Temperature
Potable Water	24 hours*	ISO19458:2006(E)	5 ± 3°C*
Cooling Tower	24 hours*	ISO19458:2006(E)	5 ± 3°C*

* 24 hrs recommended, <u>48 hrs acceptable</u>; ambient temp. acceptable

For non-NY ELAP holding times are recommendation (check local requirements and guidelines)

Culture testing

- Traditional spread plate (ISO11731, CDC)
- IDEXX Legiolert

PCR

- ISO12869
- BioRad iQ-Check
- Veriflow

Field tests

- Spartan cube (qPCR test)
- Lovibond and other antibody based field tests
- Dipslide tests (culture test)





2) Time



3) Legal defensibility (accreditations)



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Spread Plate Culture Testing

- CDC protocol
- ISO 11731
- Heat and/or acid treatment
- Selective media
- Confirmation of Legionella
- Detects only viable colony forming units



 Reference method – application of threshold values refers to culture test only

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Not every cell forms a colony (culture test) because:

- a) The cell is already dead
- b) The cell is alive but culture conditions prevent the formation of a colony

- Enumeration of Legionella via different test methods may not always correlate well.
- Use caution with the terms "false positive" or "false negative".

Action Levels

- There are no mandated action limits or threshold levels in the US beyond which remediation should take place except in New York.
- Action limits should be based on the threat of infection from exposure.
- The AWT position statement provides a good summary of national and international recommendations and requirements for threshold levels.
- Threshold levels refer to spread plate culture test results and sum of all *Legionella* species in the US.

Occupational Safety and Health Administration (OSHA)

- Action 1: Prompt cleaning and/or treatment of the system.
- Action 2: Immediate cleaning and take prompt steps to prevent employee exposure.

Action	Cooling Tower	Domestic Water	Humidifier
1	100 CFU/ml	10 CFU/ml	1 CFU/ml
2	1,000 CFU/ml	100 CFU/ml	10 CFU/ml

https://www.osha.gov/dts/osta/otm/otm_iii/otm_iii_7.html

Action Levels (NY State) – Cooling Towers

 Appendix 4-A (NY Regulations) – Interpretation of Legionella Culture Results from Cooling Towers

Results (cfu per ml)	Approach
<20 (or no detection)	Maintain treatment program and Legionella monitoring
≥20	Review treatment program
<100 (but >20) <1000 (but >100)	Institute immediate online disinfection Retest water in 3 -7 days Continue retest and treatments until 2 consecutive acceptable tests are obtained Further investigate treatment program in addition
≥1000	Review treatment program Institute immediate online decontamination Continue retest and treatments until 2 consecutive acceptable tests are obtained

https://regs.health.ny.gov/volume-title-10/1339572150/appendix-4-interpretation-legionella-culture-results-cooling-towers

Action Levels (NY State) – Health Care Facilities

 Appendix 4-B (NY Regulations) – Interpretation of Routine Legionella Culture Results from Covered Facilities

% positive <i>Legionella</i> test sites	Approach
< 30%	Maintain environmental assessment and Legionella monitoring in accordance with the sampling and management plan.
≥ 30%	Immediately institute short term control measures Re-sample no sooner than 7 days and no later than 4 weeks Implement long term control measures to ensure \leq 30% positive sites If \geq 30% positive sites, repeat short term control measures

https://regs.health.ny.gov/volume-title-10/11428922/appendix-4-b-interpretation-routine-legionella-culture-results-covered

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- 158°-176°F (70°-80°C): Disinfection range
- At 151°F (66°C): Legionellae die within 2 minutes
- At 140°F (60°C): Legionellae die within 32 minutes
- At 131°F (55°C): Legionellae die within 5 to 6 hours
- ASHRAE Guideline 12-2000 recommends storing hot water at 140°F or periodically raising the temperature to 150°F.



- Chlorination (free Chlorine Cl₂)
 - continuous chlorination at 1-2 ppm (free chlorine) is minimally effective
 - shock chlorination at 20 to 50 ppm provided temporary results but causes corrosion and has odor and "bad taste" effect
- Chlorine Dioxide (ClO₂)
 - (effective against *Legionella* at levels as low as 0.2 mg/l)
- Monochloramine (NH₂Cl)
 - More effective than free chlorine against bacteria

Remediation – Cu / Ag Ionization

- Copper and silver ions are introduced into the water system
- Ions kill off the bacteria by interfering with cell walls





Source: Liquitech

- Work using a variety of mechanisms
- May produce byproducts
- Read labels!



- UV light can be used at the point of delivery
- High energy short wavelength UV light disrupts bacterial DNA, preventing cellular reproduction and killing the cells.



Source:http://www.water-technology.net/projects/-catskilldelaware-ultraviolet-water-treatment-facility/

Remediation – Ozone

- First used for treating drinking water in 1893 (Netherlands)
- Strong oxidizer
- Portable injection devices can be used for remedial applications





Source: http://www.ozotech.com/

Point of Use Filters (POU)

- Sheffer et al. reported >99% reduction of waterborne bacteria (including *Legionella*) with point of use water filters.
- Can be a good solution for example for sensitive individuals in residential settings.
- In addition point of entry filters (POE) may be considered to minimize particles and bacteria that enter the water system.
- Some filter materials may reduce disinfectants (e.g. carbon filters) and are not recommended for POE.
- ✓ Filters must be well maintained to remain effective.





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Summary

- ✓ *Legionella* bacteria are common in aquatic freshwater systems.
- Legionellosis is a rapidly evolving topic in the US with increasing attention.
- New guidelines and regulations: CDC toolkit, ANSI/ASHRAE 188, NY Regulations establish best practice and legislate requirements.
- Culture testing remains the "gold standard" but other methods may provide additional useful tools.
- Water management plans and effective control measures will (hopefully) help reduce number of infections and outbreaks of LD.

Continuing Education Units (CEUs)



To receive a certificate of attendance, you must complete the survey after the webinar:

- Click on the survey link in the "Thank you" email (sent 1 hour after this webinar).
- Complete survey within 24 hours.
- You will receive an email in 2-3 weeks when your certificate is ready.

Thank you for joining us!

Questions About Legionella: MBerg@emlabpk.com

Other Questions: webinars@emlabpk.com

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