

# HOTEL HYGIENE: WATCH OUT FOR THE WATER

To enjoy your hotel stay, be on the alert for waterborne illnesses that could be lurking. The most important concerns: Cryptosporidiosis and Legionnaires' Disease. Here's what you need to know.

## HOTELS AND WATERBORNE ILLNESS

The CDC reports the following. What you see may surprise you.



**33%** OF RECREATIONAL WATERBORNE DISEASE OUTBREAKS OCCUR AT HOTELS.

**748,000+**

CASES OF CRYPTOSPORIDIOSIS OCCUR ANNUALLY IN THE U.S., MOSTLY IN POOLS AND HOT TUBS.

**90%**

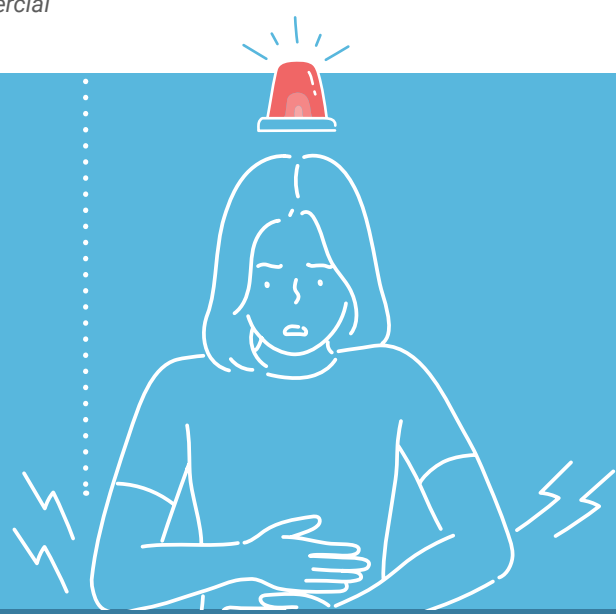
OF LEGIONNAIRES' OUTBREAKS ARE PREVENTABLE WITH BETTER WATER MANAGEMENT.



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### WHAT IS CRYPTOSPORIDIOSIS (CRYPTO)?

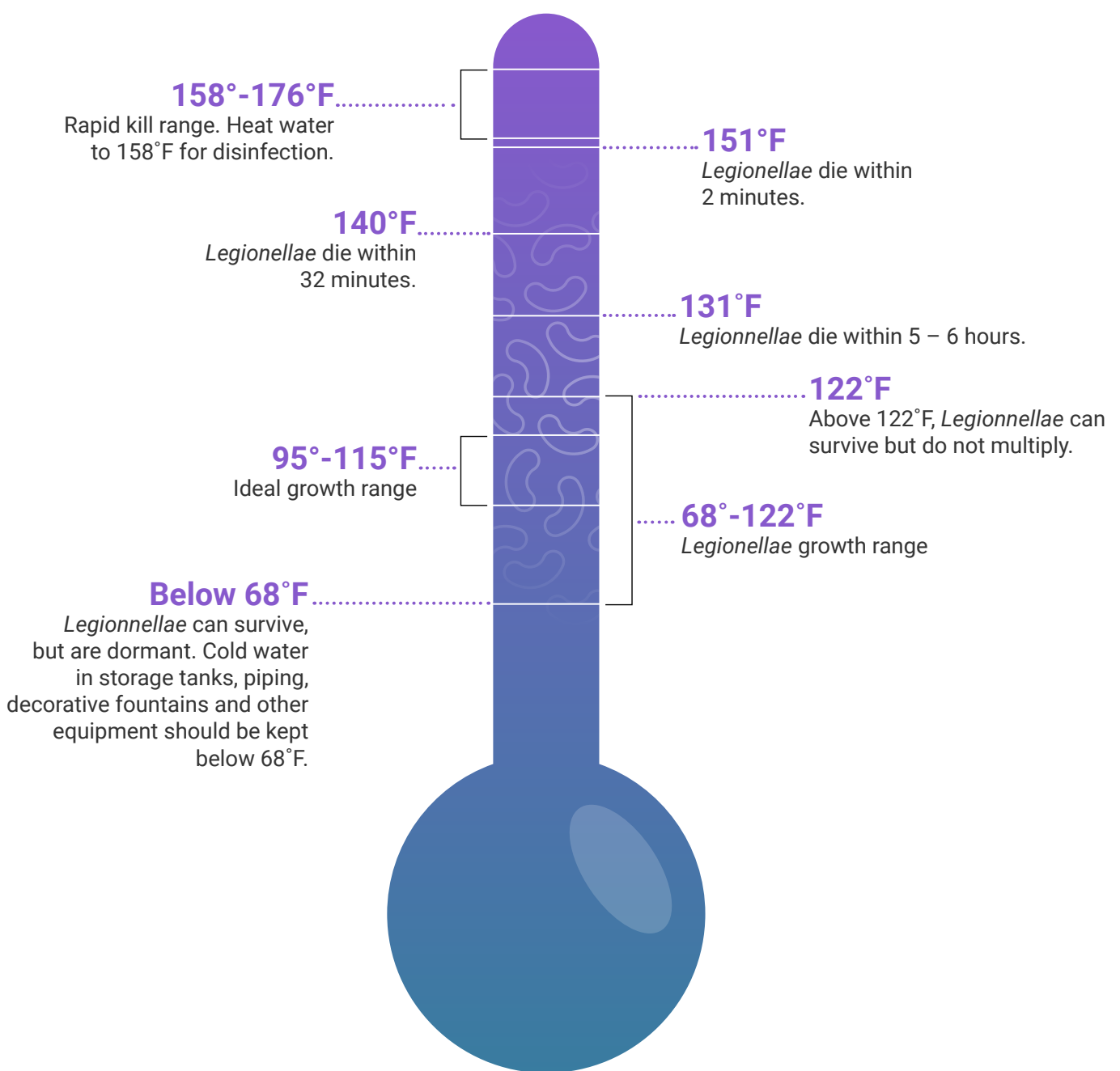
- Crypto is a disease caused by the parasite *Cryptosporidium*.
- You get it from swallowing water contaminated with fecal matter from an infected person.
- Symptoms are nausea, vomiting, weight loss, cramps, pain and fever.
- CDC-approved levels of chlorine in a pool will not kill it.



### WHAT IS LEGIONNAIRES' DISEASE?

- A pneumonia caused by *Legionella* bacteria that must be treated immediately.
- Early symptoms are coughing, shortness of breath, nausea and chest pain.
- Water heaters, cooling towers and warm, stagnant water promote its growth.
- Airborne moisture in hotels can contain the bacteria.

## LEGIONELLAE GROWTH CHART



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## HOTEL HEALTH TIPS FOR TRAVELERS

- ✓ Hot tubs and showers increase your chances of inhaling *Legionella*.
- ✓ Ask the hotel if it follows AH&LA standards for monitoring and mitigating *Legionella* bacteria.
- ✓ Don't go in recreational water if you've had diarrhea within the last two weeks.
- ✓ Shower before you go in the pool to remove germs that could contaminate the water.
- ✓ Never swallow water in pools, hot tubs or showers.
- ✓ Report incidents of diarrhea in the water immediately.
- ✓ Take kids on frequent bathroom breaks and check diapers in a diaper-changing area, not near the pool.
- ✓ Watch out for scalding beverages and scalding water in showers and sinks.
- ✓ Drink bottled water whenever you can.
- ✓ Avoid brushing your teeth with tap water.
- ✓ Research the quality of drinking water in the area you are visiting.

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Sources

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Makefoodsafes.com: Avoiding legionnaires disease in hotels