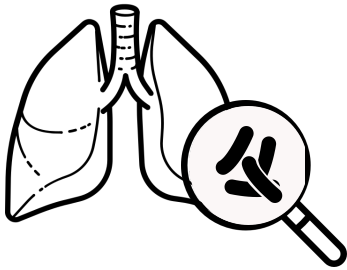


# Legionellosis (Legionnaires' Disease and Pontiac Fever)

Fact Sheet



*Legionella* bacteria can cause a disease known as legionellosis. Legionellosis can present as a serious type of pneumonia (lung infection) called Legionnaires' disease, a less serious illness called Pontiac fever, or wound infections.

## Signs and Symptoms



High Fever



Dry Cough



Headache



Diarrhea



Muscle and Stomach  
Cramps



Loss of Appetite

In cases of Legionnaires' disease, pneumonia can also be seen on the chest x-ray. Symptoms usually begin two to 14 days after a person is exposed.



Talk to your health care provider if you think you have legionellosis. Your healthcare provider may order a chest x-ray. Several other tests can also be used to help diagnose, including culture and urinary antigen test. The disease is usually treated with antibiotics.

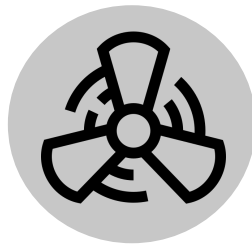
# Spread of *Legionella*



A person can become sick by breathing in small droplets of water or mist that contain the bacteria. It is not spread from person-to-person.

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## Common Sources of *Legionella*



Building Cooling  
Towers



Shower Heads  
and Faucets



Hot Tubs

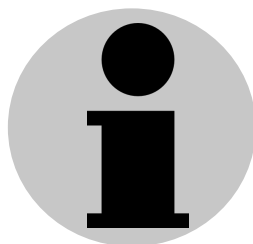


Fountains

*Legionella* bacteria are found in many places in the environment. A common source is water. Outbreaks are often related to human-made building water systems like building cooling towers, fountains, showers, and hot tubs/whirlpool baths. Hotels, cruise ships, and hospitals have reported outbreaks of *Legionella*. The bacteria are also found in creeks, ponds, and wet soil.

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## For More Information, Visit:



1. [www.maine.gov/dhhs/legionellosis](http://www.maine.gov/dhhs/legionellosis)
2. [www.cdc.gov/legionella](http://www.cdc.gov/legionella)

You can also call Maine CDC at 1-800-821-5821.

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