



CONTRA COSTA HEALTH

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Provider Health Advisory

August 7, 2023

Legionnaires' Disease and Potential Association with Zen Day Spa in Richmond

Summary:


Contra Costa Health (CCH) is investigating three cases of Legionnaires' Disease potentially linked to the Zen Day Spa, 12230 San Pablo Avenue in Richmond. Two cases were fatal, the third case recovered. Contra Costa Environmental Health closed the Zen Day Spa on Friday, August 4th.

Actions Requested of Healthcare Professionals:

1. **Identify patients** who may benefit from legionella testing:
 - Patients who present with pneumonia or fever/cough **AND** report visiting the Zen Day Spa in Richmond within 2 weeks of illness onset; **OR**
 - Patients who present with severe pneumonia requiring ICU level care and unable to provide an exposure history
2. **Collect:**
 - **Urine** for legionella antigen testing
 - **Sputum** or other respiratory specimens for legionella detection
 - **Additional potential exposure history** that occurred within 2 weeks of illness onset, including:
 - Overnight travel outside the area,
 - Hospitalization or dental procedure,
 - Congregate living facility history
3. **Report suspected and confirmed legionellosis** to Contra Costa Public Health at (925) 313-6740 (voice) or (925) 313-6465 (fax)

Background:

Legionnaires' Disease is a severe pneumonia, often requiring hospitalization. It is caused by *Legionella* bacteria and may be underrecognized and underdiagnosed. Infection is via inhalation of aerosolized water containing *Legionella*. It is not transmitted person-to-person.



Legionella can be found in natural, freshwater environments but not usually in sufficient numbers to cause illness. In certain human-made water systems (*e.g.* air conditioning cooling towers, hot tubs, decorative fountains, *etc.*), conditions can allow *Legionella* to grow and cause infection via aerosols.

Risk factors for Legionnaires' Disease include:

- Age \geq 50 years
- Smoking (current or historical)
- Chronic lung disease (such as emphysema or COPD)
- Immune system disorders due to disease or medication
- Systemic malignancy
- Underlying illness such as diabetes, renal failure, or hepatic failure
- Recent travel with an overnight stay outside of the home
- Recent care at a healthcare facility
- Exposure to hot tubs

Additional Resources:

- [CDC Legionnaires' Disease Information for Clinicians: www.cdc.gov/legionella/clinicians.html](http://www.cdc.gov/legionella/clinicians.html)
- [CDC Legionnaires' Disease Fact Sheet for Clinicians: www.cdc.gov/legionella/downloads/fs-legionella-clinicians.pdf](http://www.cdc.gov/legionella/downloads/fs-legionella-clinicians.pdf)
- [CCH Media Advisory on Legionnaires' Disease Investigation: cchealth.org/press-releases/2023/0805-Legionella-Deaths-Possibly-Linked-to-Richmond-Spa.php](http://cchealth.org/press-releases/2023/0805-Legionella-Deaths-Possibly-Linked-to-Richmond-Spa.php)