

Safe Chlorine Use Infographic



Is Swimming Pool Chlorine Safe?

While chlorinating your swimming pool can kill off a wide variety of dangerous germs, chlorine is not a perfect solution.

Occasional exposure to outdoor chlorinated swimming pools is generally safe, but frequent exposure poses its own health risks. People exposed to indoor chlorinated pools, people with pre-existing skin and respiratory conditions, and people who are sensitive to chlorine exposure can experience additional health issues.

Alternatives to Chlorine Pools

Natural pools rely on aquatic plants to act as natural filters to keep your water clean and clear.

Salt water pools organically produce tiny amounts of chlorine to keep your water clear.

Ionized pools use copper and silver ions to break down bacteria and other contaminants.

Health Problems from Swimming in Chlorine



Competitive swimmers & babies who are exposed to chlorinated water may develop asthma



Long-term use of chlorinated pools may erode your dental enamel, leading to cavities



Body care products and human waste can combine with chlorine in swimming pools to create eye and lung irritants



Some people who are sensitive to chlorine may experience a mild burning sensation on their skin



Poorly ventilated indoor pools can cause short term breathing difficulty and has even hospitalized Olympic swimmers



Chlorinated pools release chloramine gas, which may cause severe lung injury in high concentrations

Health Problems from Chlorine Gas Exposure



Irritated skin



Redness, blisters, and burning pain



Chest pain and difficulty breathing



Nausea, vomiting, and wheezing



Burning in nose, throat, and eyes



We Don't Know All of the Risks

- 1 Researchers are still learning about the side effects of chlorine exposure
- 2 Long term exposure to chlorine pools and chlorinated drinking water may be linked to bladder cancer
- 3 Chlorine exposure from pools may increase a child's risk of developing allergies

By: BayAreaPoolDemolition.com

Sources:

<https://www.ncbi.nlm.nih.gov/pubmed/21885333>
<https://www.ncbi.nlm.nih.gov/pubmed/21950139>
<https://www.ncbi.nlm.nih.gov/pubmed/21952583>
<http://pediatrics.aappublications.org/content/134/4/1110>
<https://www.emergency.cdc.gov/agents/chlorine/facts.asp>
<https://www.scientificamerican.com/article/chlorine-accidents-take-big-human-toll/>
<https://academic.oup.com/aje/article/165/2/148/98015>
<https://wellnessmama.com/10658/minimize-swimming-chlorine-exposure/>
<https://enrjournals.com/content/28/4/990.long>
<https://www.nytimes.com/2013/06/16/well/to-chlorine-in-swimming-pools-safe.html?https://www.nytimes.com/2013/06/16/well/to-chlorine-in-swimming-pools-safe.html>

Source: <https://www.medicpresents.com>