

# 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

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

By: BayAreaPoolDemolition.com

Sources:  
<https://www.ncbi.nlm.nih.gov/pubmed/2188333>  
<https://www.ncbi.nlm.nih.gov/pubmed/2185039>  
<https://www.ncbi.nlm.nih.gov/pubmed/21952583>  
<https://pediatrics.aappublications.org/content/124/4/1110>  
<https://emergency.cdc.gov/agent/chlorine/basics/facts.asp>  
<https://www.scientificamerican.com/article/chlorine-accidents-take-big-human-toll/>  
<https://academic.oup.com/aje/article/165/12/1448/98015>  
<https://wellnessmama.com/10658/minimize-swimming-chlorine-exposure/>  
<https://perforajournals.com/content/29/4/690.long>  
<https://www.nytimes.com/2017/06/16/well/tp-chlorine-in-swimming-pools-safe.html?https://www.nytimes.com/2017/06/16/well/tp-chlorine-in-swimming-pools-safe.html>  
<https://www.nytimes.com/2017/06/16/well/tp-chlorine-in-swimming-pools-safe.html>



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