

# Safe Chlorine Use Infographic



## 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

By: BayAreaPoolDemolition.com

#### Sources:

## 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 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

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