

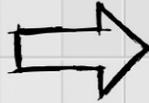
Swimming Pool Myths

Bureau of Epidemiology and Disease Control Services
Office of Infectious Disease

MYTH

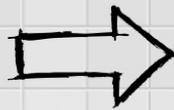
FACT

When I smell the strong odor of pool chemicals, it means the swimming pool water is very clean.



The heavy chemical odor is not from chlorine. It means that unhealthy chloramines have formed in the water, creating the mix of chlorine and contaminants. Chloramines are not as effective disinfecting swimming pool water. A well maintained pool has little odor.

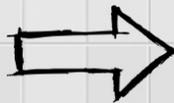
When I get red eyes while I am swimming, it means there is too much chlorine in the water.



Red eyes and itchy skin are usually caused by improper pH or high chloramine levels. Surprisingly, the pool may actually need additional treatment to get rid of the chloramines and sanitize the water.



All germs that can cause illness are immediately killed by standard pool cleaning chemicals, such as chlorine.



Chlorine kills germs that can cause illness in pool water; it takes time. Some germs can survive in a properly treated pool for days.



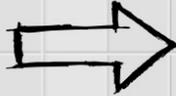
Swimming Pool Myths

Bureau of Epidemiology and Disease Control Services
Office of Infectious Disease

MYTH

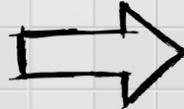
FACT

As long as a child is wearing a diaper in the pool, there's no chance for water to be contaminated.



"Accidents" from diapered children and adults pose a risk of contamination. To minimize the risk, parents and caregivers should wash children and adults thoroughly, front and back, with soap and water. Also make sure a clean form-fitting "swim diaper" is worn at all times. Just remember that swim diapers and regular diapers are not leak-proof.

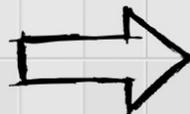
I only need to shower before going into the pool if I haven't bathed that day.



All swimmers should shower before entering the pool. Sweat, body oil, urine, and other waste are with us at all times. Without showering, it all comes with us when we go swimming.



I can't get sick from swimming in a pool.



Swimming is a fun and healthy activity. However, swallowing, breathing, or having contact with contaminated water from swimming pools can spread illness.

Contact



AZ Department of Health Services
Office of Infectious Disease
602-364-3676
<http://www.azdhs.gov/waterborne>

Arizona
Department of
Health Services

