JJB POOLS & SPAS

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First Aid for Chlorine Reactions in Swimming Pools

Skin Irritation or Rash

Symptoms: Redness, itching, burning, or dryness.

What to Do:

- Rinse skin with cool, clean water for at least 15 minutes.
- Wash gently with mild soap.
- Apply a fragrance-free moisturizer or aloe vera.
- If irritation or blisters persist, seek medical attention.

Eye Irritation or Redness

Symptoms: Stinging, tearing, redness, blurred vision.

What to Do:

- Flush eyes with clean, lukewarm water for 15–20 minutes.
- Remove contact lenses while rinsing.
- Do not rub your eyes.
- Get medical help if vision changes or pain continues.

Inhalation of Chlorine Vapors

Symptoms: Coughing, burning throat, shortness of breath, dizziness.

What to Do:

- Move to fresh air immediately.
- Loosen tight clothing and sit upright.
- If symptoms persist (wheezing, coughing, chest pain), call 911.
- Chlorine fumes can damage airways—don't ignore symptoms.

Ingestion of Pool Water or Chemicals

Symptoms: Nausea, vomiting, burning in mouth or throat, stomach pain.

What to Do:

- Do not induce vomiting.
- Rinse mouth and sip water or milk (if conscious).
- Call Poison Control: 1-800-222-1222 or go to the ER.
- Bring the product label or container if possible.

Seek Immediate Medical Help If:

Breathing is difficult or worsening • Eyes are painful or vision changes
Lips, eyes, or throat swell • Severe burns or blistering occur
Concentrated chemicals are ingested

Prevention Tips

Maintain chlorine levels between 1–3 ppm. • Shower before and after swimming.
Never mix chlorine with ammonia or acids.
Store chemicals safely — cool, dry, and away from children or pets.