

# Maintain pool hygiene to avoid illness, say docs

Tanushree Roy Chowdhury | TNN

**Gurgaon:** City doctors have told those planning to hit the swimming pool this season to exercise caution against several communicable infections which one can contract by swallowing contaminated pool water or by coming in contact with contaminated water in pools.

According to doctors, water sports activities can cause wide variety of infections, including gastrointestinal, skin, ear, respiratory, eye and those caused by wound; diarrhoea is also very common.

For one, excessive use of chlorine in pool waters can adversely affect the skin by causing irritation; it can also lead to indigestion causing vomiting, etc.

"Those who look into the maintenance of pools should have the knowledge of the exact quantity of chlorine that needs to be used. Excessive use can be harmful for children, if they gulp the water," said Dr Lokesh Pant, consultant, Internal medicine at Colombia Asia Hospital in Palam Vihar. He added, "On the other hand, if the chlorine dosage is lesser than the required quantity, it will have no effect on germs present in the water. One also needs to ensure that the chlorine is not exposed to excessive UV rays, as it will only break

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chlorine molecules, rendering them ineffective."

Also, contrary to popular belief, chlorine

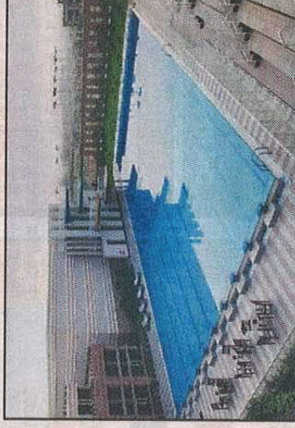


**WATER SAFETY:** Swimming pool water should be treated with the right amount of chlorine

does not kill all germs instantly. "There are certain viruses and germs that were not known to cause diseases in human

just a little water that contains these germs can make you sick," explains Dr Rajiv Dang, senior consultant, Max Healthcare, Gurgaon. Added Dr Rajiv Chhabra, head, Pediatric & Neonatal Intensivist at Artemis Health Institute, Gurgaon: "Swimming can also cause excessive tanning of the skin which can lead to sun burns and other skin related problems. For children who have hyper sensitive skin, a sun protection crème (with SPF content over 15) should be applied every 40 minutes. Also, the application of any sun protection crème should be done at least 15minutes before entering the water."

## SWIMMING ESSENTIALS



### DO'S

- ▶ Wear water goggles
- ▶ Apply sun protection crème properly
- ▶ Get vaccination
- ▶ Use good quality earplugs
- ▶ Take bath before entering the pool and then take a bath with a good antiseptic soap once out of the pool



### DON'TS

- ▶ Do not gulp pool water
- ▶ Cover your open wounds before entering water

