

AS SEEN IN FAMILY CIRCLE MAGAZINE

**swim
safely**

Is your pool overly chlorinated? No need to worry; we've got easy ways to protect your kid.



Q: Can the chlorine in a pool damage my kid's hair, skin or eyes?

A: Not over the long term, but it may cause temporarily dry hair; itchy, red skin; or irritated eyes. “An excessive amount of the chemical sucks moisture from the body,” says Paradi Mirmirani, M.D., a dermatologist in Vallejo, California. On the other hand, when the “free chlorine” level is too low, it won't kill enough potentially harmful bacteria. So be sure it falls between 1 and 3 parts per million by using AquaChek Water Testing Strips (\$7.50 for 50 of the yellow chlorine strips; waterwarehouse.com). If the only place your kid can swim is a public pool and you can't persuade her to wear a cap or goggles, remind her to rinse off immediately afterward, and give her lubricating drops for her eyes, a moisturizer for her skin and extra conditioner for her hair. —*Krista Meyerhoff*