

Hot Tub Rash (*Pseudomonas Folliculitis*)

If contaminated water stays on someone's skin for a long time, it can cause a rash known as "hot tub rash" (*Pseudomonas folliculitis*). Hot tub rash is caused by the germ *Pseudomonas aeruginosa*. This germ is commonly found in the environment (for example, in water or soil).

Hot tub rash usually appears a few days after you sat in a poorly maintained hot tub/spa, but it can also appear a few days after you swam in a lake or poorly maintained pool.



Signs and symptoms

Hot tub rash can affect people of all ages. It is often worse in areas where a swimsuit held water up against the skin. Symptoms include:

- Itchy, red, and bumpy rash
- Pus-filled blisters around hair follicles

Mild rashes clear up in a few days without medical treatment. **Check with your healthcare provider if a rash gets worse or if you get it more than once.**

Preventing hot tub rash

To reduce the risk of hot tub rash:

- Remove your swimsuit and shower with soap after getting out of the water, especially hot tubs/spas.
- Wash your swimsuit after using it.
- Use test strips to check the water in the hot tub/spa or pool yourself for adequate disinfectant level and pH.

- CDC recommends the following disinfectant and pH levels:
 - » Disinfectant
 - Hot Tubs/Spas: free chlorine 3–10 parts per million (ppm or mg/L) or bromine 4–8 ppm
 - Pools: free chlorine 1–10 ppm or bromine 3–8 ppm
 - » pH
 - Both hot tubs/spas and pools: pH 7.2–7.8

If chlorine or bromine level or pH is not within the correct range, tell the hot tub/spa or pool operator or owner immediately.



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<https://www.cdc.gov/healthywater/swimming/swimmers/rwi/rashes.html>