

Table 1

CONDITION	INCUBATION PERIOD	KEY FEATURES / SYMPTOMS	HOW IS IT SPREAD?	CONTAGIOUS PERIOD	IMPLICATION IN PREGNANCY	NOTIFIABLE?	CAN I COME SWIMMING?
Athlete's Foot	Not known	Itching, stinging and burning between your toes or on soles of your feet. Blisters on your feet that itch. Cracking and peeling skin on your feet, most commonly between your toes and on your soles. Dry skin on your soles or sides of your feet. Raw skin on your feet. Discoloured, thick and crumbly toenails. Toenails that pull away from the nail bed.	Athlete's foot can spread through direct contact with an infected person, or by touching surfaces contaminated with the fungus. The fungus thrives in warm, moist environments. It's commonly found in showers, on changing room floors, and around swimming pools.	During the course of active infection. Contagious the whole time symptoms persist.	Some anti fungal medications are not suitable during pregnancy.	Yes	As long as you wear flip flops or other suitable shoes in the pool area, including up to the pool. Please do not use the crocs at reception if you suspect you could have Athlete's foot.
Chickenpox (Varicella)	2-3 weeks	Fever and skin rash that comes in crops. Rash begins on chest, back, underarm, neck and face; changes to blisters for 5-6 days then scabs.	Virus spreads very easily through the air or through direct contact with fluid in a chickenpox blister	Usually 1-2 days before onset of rash and continuing until all lesions are crusted (usually about 5 days).	Pregnant women who have been exposed and have NOT had chickenpox should avoid any contact with someone who has or is suspected to have the virus.	Yes	Not until all of the scabs have gone, as whilst they are no longer infectious once the last spot has crusted over, the water can lead to the scabs falling off early which can result in scarring or infection.
Cold Sores	2-12 days. Most people average about 4 days.	You may notice a tingling or burning sensation on your lips or face several days before a cold sore develops. This is the best time to start treatment. Once the sore forms, you'll see a raised, red blister full of fluid. It will usually be painful and tender to the touch. There may be more than one sore present. The cold sore will remain for up to two weeks and will be contagious until it crusts over. Your first cold sore may not appear for up to 20 days after you contract the herpes simplex virus. You may also experience one or more of the following symptoms during an outbreak: <ul style="list-style-type: none"> fever muscle aches swollen lymph nodes 	Do not kiss babies if you have a cold sore. It can lead to neonatal herpes, which is very dangerous to newborn babies.	Generally, a cold sore is contagious for around 15 days, from the moment you first feel tingling or other signs of a cold sore coming on to when the cold sore has completely healed.	Being exposed to cold sores are the biggest risk when a pregnant woman is in the third trimester, when her immune system can't make antibodies that protect against herpes. If the virus is passed onto the baby it can be very dangerous as can lead to neonatal herpes.	Yes	You are contagious even when you show no symptoms, so please don't come swimming if you suspect that there could be cold sores on the way, and until they have completely cleared up.
Common Colds	Varies depending on the virus.	Runny nose, sneezing, cough, sore throat, tiredness, headache, loss of appetite.	Direct and indirect contact with respiratory tract secretions of an infected person.	Varies depending on the virus.	No additional risk of contracting the condition.	No	Yes providing there is no noticeable fever. A high temperature could indicate sinus issues or an ear infection, which could then cause discomfort when swimming, especially during submersions.
Conjunctivitis (Pink-eye)	1-3 days	Red, water, itching, burning eyes; swollen eyelids. A discharge may cause eyelids to crust over and stick together during the night.	Contact with discharge from the eye or respiratory tract of an infected person.	During the course of active infection. May be highly infectious depending on cause. Presumed contagious until eye discharge has resolved. Can be considered no longer contagious if an antibiotic is prescribed by a health care provider and been administered for a minimum of 24 hours.	No additional risk of contracting the condition.	Yes	Whilst the treatment of antibiotics for a minimum of 24 hours it is presumed no longer to be contagious, the pool water is likely to irritate this condition so would be best to stay out of the water until completely cleared up.
Diarrhoea	Varies depending on the bacteria causing it: <ul style="list-style-type: none"> Campylobacter 1-10 days; E. coli 3-8 days; Salmonellosis 6-72 hours; Shigellosis 1-3 days; Giardiasis 3-25 days 	Diarrhoea, vomiting, nausea, cramps, fever, loss of appetite and bloody and / or mucus in bowel movement.	Ingestion of contaminated food or water; also spread from person to person on contaminated hands or objects.	Varies depending on which bacteria are found in the stool. Usually while symptoms persist. Carriers without symptoms may transmit the disease.	No additional risk of contracting the condition.	Yes	Not until the stool returns to normal and symptoms are gone for a minimum of 48 hours or as otherwise directed by your health care provider. In more severe cases it is advised you do not use a swimming pool until 2 weeks after the symptoms stop. Please always consult your doctor if you are not sure.
Fifth's Disease (Parvovirus B19)	4-20 days	Starts with cold symptoms, fever and upset stomach. Rash begins on the cheeks, 'slapped cheek appearance', followed in 1-4 days by a lace-like rash on the trunk and extremities which fades, but may reoccur 1-3 weeks on exposure to sunlight or heat.	Virus spreads from person to person through direct contact with respiratory secretions of an infected person. Can also spread from a pregnant woman to her unborn child.	Greatest before onset of rash and probably not communicable after onset of rash.	Pregnant women who have been exposed should call their health care provider. Exposure causes concern for women in the first half of pregnancy.	Yes	Yes if you have a letter from your doctor to say you are fit to swim.
Hand, foot & mouth Disease	3-5 days	Fever, loss of appetite, sore throat, malaise, painful sores in mouth, rash with or without blisters on hands, feet and nappy area.	Virus spreads from person to person through direct contact with nose and throat discharges and faeces of infected people; or via contaminated hands, objects and surfaces.	Most contagious first week of illness in saliva and stool. The virus can live in stool for 4 weeks after the start of illness.	Best to avoid any contact with anyone who has this disease, as it can cause a risk to the pregnancy both at the start and end of the pregnancy.	Yes	Not until a minimum of 20 days after all blisters are healed.
Hepatitis A	28-30 days	Onset is usually sudden with loss of appetite, nausea, redness, fever and stomach ache. Tea coloured urine, light coloured stools and jaundice (yellowing of eyes or skin) may appear. Symptoms are generally absent or much milder in children than in adults.	Virus is excreted in stool of infected persons. Spread person to person; it may also be spread in contaminated food or water.	From 2 weeks before until 1 week after the onset of jaundice. Note: Many have no symptoms, but are capable of passing the virus on to others.	During pregnancy hepatitis A infection can be associated with a higher risk of early onset of labor, especially if infection occurs during the second or third trimester. Other increased risks associated with hepatitis A infection may include: premature uterine contractions, placental abruption.	Yes	Once 14 days have passed after the onset of symptoms or 7 days after jaundice, whichever is shorter.
Hepatitis B	2-3 months	Loss of appetite, fatigue, abdominal pain, nausea, vomiting and rash. Jaundice (yellowing of eyes or skin) may be present in adults, but often absent in young children. Symptoms vary from none at all to severe.	The Hepatitis B virus can be spread to a baby during childbirth. This can happen during a vaginal delivery or a c-section. Hepatitis B can also be spread when blood, semen, or other bodily fluids from a person with the virus enter the body of someone who is not infected. The virus is very infectious and is passed easily through breaks in the skin or in soft tissues such as the nose, mouth, and eyes. This can happen through direct contact with blood from an infected person, even in tiny amounts too small to see.	Can be spread through bloody many weeks before onset of symptoms and continues to be contagious through acute and chronic periods. Hepatitis B can also be spread when blood, semen, or other bodily fluids from a person with the virus enter the body of someone who is not infected. The virus is very infectious and is passed easily through breaks in the skin or in soft tissues such as the nose, mouth, and eyes. This can happen through direct contact with blood from an infected person, even in tiny amounts too small to see. Hepatitis B can also be spread through sex with an infected person.	No additional risk of contracting the condition.	Yes	Yes as long as the child doesn't exhibit biting behaviour or have open sores that cannot be covered.
Impetigo	1-10 days	A skin rash that is categorised by clusters of blisters or red bumps. The blisters may ooze or be covered with honey coloured crust. The rash usually appears around the nose, mouth and parts of the skin not covered by clothes.	Spread from person to person by direct contact with open sores of people who carry the bacteria without symptoms. Can also be spread by indirect contact.	From onset of skin rash until 24 hours after treatment with oral or topical antibiotic. Very contagious and should be treated at once.	No additional risk	Yes	Not until all signs of the condition have disappeared.
Influenza	1-3 days	Fever, headache, fatigue, muscle soreness, runny nose, and sore throat and cough. Often children may have vomiting and diarrhoea.	Virus is spread from person to person through respiratory secretions (coughing or sneezing) or by indirect contact with these secretions (eg on objects, doors, phones).	24 hours before onset of the symptoms and infectious 3-7 days afterwards.	Getting the flu can cause serious problems when you are pregnant. Even if you are generally healthy, changes in immune, heart, and lung functions during pregnancy make you more likely to get severely ill from the flu. Pregnant women who get the flu are at higher risk of hospitalisation and even death.	Yes	Not until all signs of the illness have gone.
Lice		Crawling lice in the hair; eggs (nits) glue to the hair near the scalp; scratch marks on the scalp or back of the neck or hairline.	Person to person contact with an infected person or their belongings (eg direct hair to hair contact or indirect by sharing hats, headphones, combs, etc)	While lice remain alive on the infected person or their clothing.	No additional risk	Yes	Not until all signs of the lice and eggs (nits) have gone.
Measles (Rubeola)	7-18 days	Fever, watery eyes, runny nose and cough prior to a red blotchy rash appearing on the 3rd to 7th day. Rash usually begins on the face, spreads down to the trunk and out to the extremities and lasts 4-7 days.	Virus in respiratory secretions. Spread person to person through air. Very infectious. Can stay in the air 2 hours after the person leaves the room.	4 days before the rash appears to 4 days after the onset of the rash.	Measles infections during pregnancy do not cause birth defects, but pregnant women and newborns are more susceptible to medical complications from measles than the general population. ... Measles infections during pregnancy may also cause miscarriage, stillbirth, low birth weight, and an increased risk of preterm delivery.	Yes	Not until after a minimum of 4 days after the onset of the rash has gone by.
Meningitis (bacterial)	2-10 days	Symptoms may include all or one or any combination of: fever, stiff neck, headache, vomiting, unusual sleepiness, irritability, lack of appetite; sometimes rash or seizures.	Contact with respiratory tract secretions or an infected person.	Until 24 hours after starting effective antibiotic treatment.	Bacterial meningitis requires antibiotic treatment, and is a very serious infection and can be deadly. It requires antibiotics treatment early. Pregnant women are at increased risk of getting Listeriosis, an infection caused by bacteria listeria monocytogenes. Listerial infection during pregnancy can lead to miscarriage, premature delivery, stillbirth or life-threatening infection of newborn including meningitis.	Yes	Not until all signs of the condition have cleared up.
Meningitis (viral)	Varies	May experience some or all of the following: sudden fever, severe headache, nausea, vomiting, stiff neck, eyes sensitive to light, insomnia and / or personality changes.	Varies with each virus.	Varies with each virus.	Viral meningitis does not cause any harm to pregnant women and unborn child.	Yes	Not until all signs of the condition have gone.
Molluscum contagiosum	The average incubation period is between two and seven weeks.	It produces benign raised bumps or lesions, on the upper layers of your skin. These bumps can appear alone or in a patch of as many as 20. However, if you have a weakened immune system, you may have symptoms that are more significant. Lesions may be as large as 15 millimeters in diameter, which is about the size of a dime. The bumps appear more often on the face and are typically resistant to treatment.	Spread by direct contact with someone who has it or by touching an object contaminated with the virus, such as a towel or a piece of clothing.	The skin lesions last about 6 to 12 months although some individuals have had lesions last up to 4 years. Once the lesions spontaneously resolve, the person is not contagious. The contagious period is quite variable and depends on when the lesions resolve.	Depends on the severity of the condition. Please consult your doctor.	Yes	You can come swimming, but the Molluscum contagiosum MUST be completely covered with waterproof plasters/bandages.
Mononucleosis (Glandular Fever)	4-6 weeks	Fever, sore throat, swollen glands, fatigue.	Virus spreads through contact with saliva of an infected person or articles soiled with saliva.	Undetermined - virus excretion can occur for many months after infection.	Many viruses can harm the developing fetus during pregnancy, but glandular fever, more commonly known as infectious mononucleosis, does not generally cause serious problems in pregnancy. Caused by the Epstein-Barr virus, mononucleosis, or mono, may make you feel tired and ill but does not increase the risk of birth defects or pregnancy loss, according to the Centers for Disease Control and Prevention. Talk to your doctor if you think you may have mononucleosis. Symptoms of mononucleosis in pregnancy do not differ from symptoms at any other time in life.	Yes	This condition can remain with you for many years, so it is ok to go swimming when you feel fit enough to do so, but during visible signs of the condition it is unlikely you will have the energy to go do so.
Mumps	16-18 days	Fever, swollen, tender glands on one or both sides of the face. Symptoms are sometimes so mild that disease is not recognised.	Virus is spread by direct and indirect contact with respiratory droplets from the nose and mouth.	From 7 days before swelling appears until 5 days after.	A natural mumps infection during pregnancy does not cause birth defects or premature birth. However, if the woman has mumps during the first 12 weeks of pregnancy, the risk of miscarriage is increased.	Yes	Not until a minimum of 5 days after onset of swelling and until all symptoms have gone.

CONDITION	INCUBATION PERIOD	KEY FEATURES / SYMPTOMS	HOW IS IT SPREAD?	CONTAGIOUS PERIOD	IMPLICATION IN PREGNANCY	NOTIFIABLE?	CAN I COME SWIMMING?
Ringworm	Body 4-10 days; scalp 10-14 days	Body: Rash that may have a ring shape and raised edge. Edge of the lesion may be dry, itchy and scaly or moist and crusty. As lesions spread outward, the centre often becomes clear. Scalp: may be difficult to detect in early stages. Begins as a small, scaly patch which spreads leaving scaly patches of temporary baldness.	Direct contact with infected person, animal or contaminated articles.	As long as lesions are present and viable fungus persists on contaminated materials.	Doctors don't usually recommend taking oral medications to treat fungal infections during pregnancy. Regardless of the medication of choice, if you're pregnant and have ringworm, it's best to ask your doctor first before using any kind of medication or home remedy to treat your condition.	Yes	Not until all signs of the conditions have disappeared.
Rosella	5-15 days, usually about 10 days	Sudden high fever which lasts 3-5 days. The fever disappears and a rash appears mainly on the child's face and body. The rash consists of small red spots which last a day or two. Affects children between the ages of 3 months to 4 years of age.	The virus is spread when you come into contact with saliva of an infected person, eg coughing and sneezing.	The child is infectious while symptoms are present.	Does not affect adults, so shouldn't pose any additional risk.	Yes	Not until all symptoms of the condition have gone.
Rubella (German Measles)	2-3 weeks	May have mild fever and cold symptoms, widespread rash. Swelling of the lymph glands behind ears.	Virus spreads through contact with the respiratory tract secretions of an infected person.	From 1 week before to at least 4 days after onset of the rash.	Pregnant women who contract rubella are at risk for miscarriage or stillbirth, and their developing babies are at risk for severe birth defects with devastating, lifelong consequences.	Yes	No until at least 7 days after the onset of the rash.
Scabies	2-6 weeks	Very itchy rash. Usually appears on the ngers, elbows, armpits and abdomen.	Parasites spread by direct contact with infected person or articles immediately contaminated beforehand.	Until mites and eggs are destroyed by treatment. A second treatment one week after the first course is often needed.	If you contract scabies during pregnancy, rest assured that infestation will not affect your fetus. Talk to your doctor about your options as there are no recommended natural treatments for scabies.	Yes	Not until all signs of the condition have disappeared.
Scarlet Fever	1-3 days	May include fever, sore throat, swollen glands and headache, plus a very fine raised rash. Appears most often on the neck, chest, in folds of armpit, elbow, groin and inner thigh. A swollen, red tongue may appear. Later there may be peeling of skin on fingertips and toes.	Contact with respiratory tract secretions of an infected person.	If untreated can infect others for up to 10-21 days. If treated with antibiotics, will not be infectious after 24 hours.	There's no evidence to suggest that getting scarlet fever during pregnancy will harm your baby. But it can make you feel unwell, so it's best to avoid close contact with anyone who has it. Contact a GP if you get symptoms. The antibiotics used for scarlet fever are usually safe to take during pregnancy.	Yes	Only after 24 hours has passed after starting treatment and the child is without fever for a minimum of 24 hours.
Strep Throat	2-5 days	Fever, sore throat, swollen glands and headache. If left untreated, may become Scarlet Fever.	Contact with respiratory tract secretions of an infected person.	If untreated can infect others for up to 10-21 days. If treated with antibiotics, will not be infectious after 24 hours.	Strep throat is a bacterial infection of the throat. Women can get strep throat during pregnancy, but being pregnant does not make a woman more likely to get it.	Yes	Only after 24 hours has passed after starting treatment and the child is without fever for a minimum of 24 hours.
Verrucas	It can take weeks or even months for one to appear after you have caught the infection.	Verrucas are warts on the soles of your feet. They may have tiny black dots in the centre and can be painful when you put weight on them. They tend to look quite flat because of the pressure put on them. Sometimes, if you have clusters of verrucas, they can fuse together. These are called mosaic warts.	They can spread from person to person by direct skin contact. They also spread by contact with floors or surfaces contaminated with the virus.	For as long as you have them, which could be for many months if left untreated. In children about half go away within a year, and about two thirds disappear within 2 years. It may take longer for adults, in some cases up to 10 years.	No additional risk.	Yes	As long as you cover the verruca with a waterproof plaster and wear your flip-flops or the suitable shoes around the pool area, including in the shower and changing rooms. Please do not use the crocs at reception whilst you have a verruca.
Whooping Cough	Usually 7-10 days, can range from 5-21 days.	Initial signs are coughing and sneezing followed 1-2 weeks later by breathing characterised by a series of short convulsive-like coughs and high pitched gasps of air called a whoop. Coughs are sometimes followed by vomiting. Symptoms can last 6-12 weeks.	Bacteria in respiratory secretions. Spread from person to person through the air. Very infectious.	Very infectious in the early stages. Little risk 3 weeks after onset of cough even if it persists. If treated with erythromycin, no longer contagious after 5 days of therapy.	Whooping cough is a highly infectious, serious illness that can lead to pneumonia and brain damage, particularly in young babies. ... Babies can be infected by people with whooping cough in these older age groups, so it is still important for pregnant women to be vaccinated to protect their babies.	Yes	Not until 5 days after treatment has started and child is feeling well, or 3 weeks from date of onset.