



WHAT IS TOMATO FLU, WHY IT IS SPREADING

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ABSTRACT

The new infective virus found in Kerala called tomato flu, was endowed in kollam district. Lancet respiratory medicine conduct research on July 2022 based on that 82 cases were found in Kerala under the age group below 5 years. Later the disease has been spread to Tamilnadu and Odisha and reported 26 more cases. However this is an infrequent viral infection contemplated to be a non- life-threatening. This article aims to highlight the short and quick information on 'tomato flu', risk factors, clinical symptoms, prevention and treatment modalities.

Keywords: Tomato flu, Risk factors, Symptoms, prevention etc.

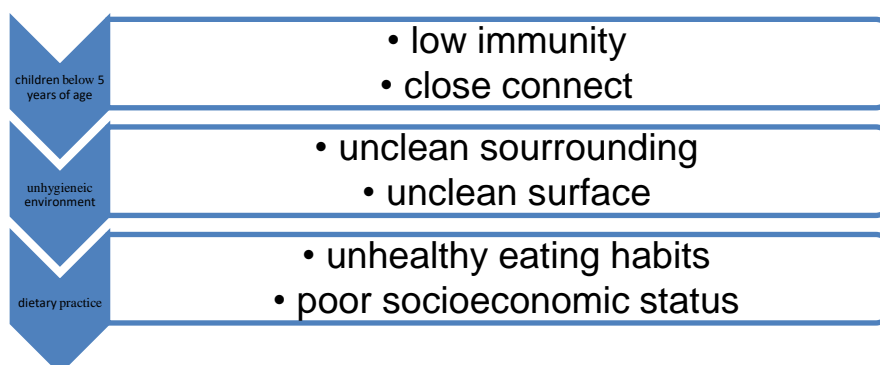
INTRODUCTION

The tomato flu was first found in Kerala (Kollam) district on May 6, 2022(spring season) and repeated with the same symptoms in July 26, 2022, around 82 children who are under five were affected and hospitalized the local government hospitals. No deaths were reported, the name derived on the basis of red and pain full blisters present all over the body Tomato flu is restricted to self and has no specific treatment been considered to be non life threatening.

Definition

Tomato flu is defined as eruption of blisters all over the body and enlarges to the size of tomato and it is contagious and can be treatable.

Risk factors



Signs and symptoms

The children were presented with:

Fever: characterized by high temperature associated with rashes. Rashes are noticed mainly on the palms of hands, soles, and on the buttocks.

Vomiting: last up to 1 or 2 days.

Diarrhea: assessed by decreased skin elasticity, watery stools, followed by lethargy, dehydration.

Swelling of joints: severe pain on movements and swelling.

Body ache: increased fatigue.



Later symptoms are:

Red and painful blisters throughout the body and that can be the size of tomato.

TREATMENT MODALITIES

Symptomatic treatment is provided as same as any communicable diseases for e.g.: chikungunya and dengue.

Isolation of affected child for 5-7 days (in order to prevent spread of infection).

Increase the fluid intake by providing plenty of fluids like milk, fruit juices etc... (To prevent dehydration).

Supportive therapy for fever and body ache by administering paracetamol, NSAIDS, Antibiotics, IV fluids.

PREVENTION

“Prevention is better than cure”.

As the slogan says prevention is the best method to control the spread of infection.

As similar to influenza, tomato flu is also very contagious. Hence, it is necessary to follow careful isolation. Isolation should be followed from symptom onset to prevent the spread of infection to other children or adults.

Isolation from other kids



Preventive measures

The best solution for prevention:

Maintenance of proper hygiene and sanitization of the surrounding necessities and environment as well as preventing the infected child from sharing toys, clothes, food, or other items with other non-infected children.

As of now, there are no antiviral drugs or vaccines are available for the treatment or prevention of tomato flu or fever.

Public awareness is only solution to the situation to fight against this disease breakout. (Using handout, door-to-door education, small village gatherings to help the mother to prevent from infection, news papers and media can help spread awareness by teaching people how to detect symptoms of the flu and its appropriate management).

Home visit by health workers and anganwadi teachers to give awareness regarding tomato flu.

Conducting Health camp in different areas as a part of early detection to rule out disease.

Parent should be thought how to care infected child. Like isolating the child from other children, avoid touching (face, nose, mouth etc...), provided with more liquid, giving bath with warm water.

CONCLUSION

India is a highly populous country, so early detection and prevention is essential. Strict measures should be taken to control the spread of infection. The most economical and controlling method are isolation and vaccination. At present situation no vaccines are available long term follow up and isolation is important.

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