

Tomato Flu

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ABSTRACT

Tomato flu is an unspecified viral disease that is spreading throughout Kerala. The name tomato flu refers to the disease's main symptom, tomato-shaped blisters on various body parts. The blisters begin as small red blisters that enlarge to resemble tomatoes, hence the names tomato fever or tomato flu. Infected children also suffer from skin irritation and severe dehydration. The precise cause of the infection is still unconfirmed. The researchers are still looking for the organism that is causing tomato flu. Because it is a contagious disease, healthcare providers advise taking precautions to avoid infection.

Keywords: Disease, Effect, Effectiveness, Fever, Human, Immunity, Knee pain, Knowledge, Morbidity, Pain.

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INTRODUCTION

Tomato flu is a viral disease that causes blisters that look similar to tomatoes and also known as tomato fever.¹ Tomato flu primarily affects children under the age of five, who have undiagnosed fever.²

Tomato flu is a viral disease that causes blisters/rashes on various parts of the body, skin irritation, and dehydration in children, most of whom are under the age of five. The blisters are typically red in color and, when large enough, they resemble tomatoes, hence the name tomato fever or tomato flu. Just like other types of flu, tomato flu is contagious. Because this flu can spread quickly from one person to another, infected children must be isolated.³

Epidemiology History of Tomato Flu

Following the coronavirus disease-2019 (COVID-19) pandemic, a new virus known as tomato flu has been detected in a few parts of Kerala. Tomato flu has been diagnosed in nearly 80 children in Kollam, Kerala, and it is rapidly spreading. All confirmed cases have been diagnosed in children under the age of five. They have been taken to local government hospitals. The number of children admitted to private hospitals has not yet been included in the total, which could be more than 80.⁴

Tomato flu is so named because it causes tomato-shaped blisters on the body. The children who have tomato flu are suffering from fever, rashes, and skin irritation. Some of the children are also dehydrated. Because of the growing impact of tomato flu in Kollam, neighboring districts such as Mangaluru, Udupi, Kodagu, Chamarajanagar, and Mysuru are on high alert and have been directed to keep a close eye on daily travelers. The flu has spread to Kerala's Aryankavu, Anchal, and Nedivathur.⁵

It is a very common type of fever in India, with children under the age of five experiencing undiagnosed fever. Infected children frequently exhibit rashes, skin irritation, and dehydration. This causes blisters to form on various parts of the body.

Causes of Tomato Flu

The disease's causes are still unknown. The main causes of tomato fever are still being investigated by health officials. Tomato flu has only affected parts of Kollam in India, according to reports, but health officials have alerted that if action is not taken rapidly, the disease could spread to other places.⁶

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Symptoms of Tomato Flu

Tomato flu has several symptoms, some of which are still undiagnosed. If these symptoms are observed in children, seek medical attention as soon as possible. The symptoms that are known are listed below:

- To begin, body aches and pains
- And after that, an extremely high fever and joint swelling
- Second, skin rashes the size of tomatoes
- Finally, mouth irritation caused by the virus's medication
- Furthermore, some patients reported seeing worms emerge from the formed blister over rushed in this virus
- There is also discoloration and standard symptoms in the hands, knees, and buttocks
- The department will soon depict additional symptoms so that people can find out the reason of the diseases

Other signs and symptoms include nausea, vomiting, stomach cramps, chronic fatigue syndrome, coughing, nasal sneezing, and a runny nose.⁴

Transmission of the Flu

Tomato fever is easily transmitted than other types of flu. If this flu affects a person, then he/she should stay home because it starts spreads from one person to another.

The primary mechanism of influenza pathophysiology is caused by direct viral infection of the respiratory epithelium, combined with the effects of lung inflammation caused by immune responses

recruited to deal with the spreading virus. This inflammation can spread throughout the body and cause multiorgan failure, but these consequences are usually secondary to lung damage and severe respiratory distress.⁷ Some connections have also been found between influenza virus infection and cardiac squeal, such as an increased risk of myocardial disease in the weeks following infection. Beyond a general inflammatory profile, the mechanisms are still unknown.^{8,9}

Tomato Flu Treatment

There is no treatment for this flu, which is self-limiting. This means that if supportive care is provided, the symptoms will resolve over time. There is currently no treatment for tomato flu. As a result, only symptomatic treatment is available for this disease. Because of this new virus, the medical department has also worked hard to find a cure for this disease.³

Care of the Children Infected with Tomato Flu

If their child exhibits any of the above symptoms, parents should seek immediate medical attention.

The following precautions need to be taken care of:

- Maintain proper hygiene and cleanliness to treat the rashes.
- Don't let your child scratch the tomato flu rashes and blisters.
- Dehydration is also a cause of tomato flu, so children should drink plenty of water and stay hydrated. Infected children should stay hydrated by drinking plenty of purified water.
- Bathe the child in warm water, and members of the infected person's family and friends should avoid close contact.
- To keep the flu from spreading, clean the affected child's clothes, cutlery, and other belongings.
- Patients should get plenty of rest to avoid the long-term effects of fever.¹⁻³

Preventions for Tomato Flu

- The most fundamental method of avoiding the flu is to practice good hygiene. Maintain a clean and sanitary environment on a regular basis.
- Although all of the symptoms are treatable, scratching or tearing the blisters may aggravate the condition.
- If parents notice any of these symptoms in their children, they should seek medical attention.
- If the child exhibits tomato flu symptoms, parents should seek emergency medical attention. Patients should get plenty of rest to avoid the long-term effects of the fever.
- Infected children should drink plenty of filtered water to stay hydrated. Blisters and rashes should not be rubbed or punctured, and adequate hygienic should be adhered to at all times.^{1,3}

CONCLUSION

Tomato flu is a rapidly spreading infectious disease, but it is not fatal or life-threatening. It is a self-healing disease. If noticed any of the above signs and symptoms in child, contact your doctor right away. Some of the symptoms, such as severe diarrhea, vomiting, and dehydration, require immediate attention because they are harmful to the child's body. So, if your child comes into contact with this infectious disease, don't panic. If an infection is suspected, isolate the child from other family members and consult a doctor. Proper preventive measures and symptomatic treatment are advantageous.¹

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