

Research Article

Symptoms, diagnosis, prevention and Treatment of Tomato Flu

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ABSTRACT

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Tomato Flu, a newly emerging viral illness, has gained significant attention due to its rapid spread, particularly among children. First reported in Kerala, India, this disease exhibits symptoms similar to Hand-Foot-and-Mouth Disease (HFMD), characterized by red, tomato-like blisters, fever, fatigue, and joint pain. The virus spreads primarily through direct contact, contaminated surfaces, and respiratory droplets, posing a risk to both children and adults. While molecular and serological tests aid in diagnosis, no specific antiviral treatment or vaccine exists. Management primarily includes supportive care, such as hydration, rest, and symptomatic relief through antipyretics and analgesics. Preventive measures, including proper hygiene, isolation of infected individuals, and public health awareness, are crucial in curbing its transmission. This review comprehensively explores the epidemiology, clinical manifestations, diagnostic strategies, preventive protocols, and therapeutic approaches to Tomato Flu, emphasizing the need for further review to develop targeted treatments and vaccines.

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Introduction:

For the past two weeks, Tamil Nadu and Kerala, two Indian states, have been struggling with tomato fever, a novel viral virus. One Officials warn of the disease's widespread spread even though this strain of the virus is only seen in a tiny portion of Kollam. There have been eighty-two flu cases reported thus far 2. In the past, incidences of tomato fever were documented in Kerala in 2007.(Paul et al. 2023) The low number of tomato flu cases could be explained by adults' strong immunity to the virus. However, when adults contact with

youngsters, they can spread the sickness. The condition is often referred to as "tomato flu" or "tomato fever" because of the red, bullous welts that resemble tomatoes and develop on sick people's bodies (Bhandari et al. 2023).Children are especially susceptible to tomato flu since viral infections are common in this age group and are more prone to spread through close contact. This virus can infect young children by direct oral contact, diaper use, and contact with contaminated surfaces. If outbreaks in children are not managed and prevented, tomato flu transmission can have major repercussions by

spreading to adults due to its similarity to Hand-Foot-and-Mouth Disease (HFMD)(Paul et al. 2023).The term tomato flu or tomato fever comes from the blisters' tendency to be red and their resemblance to tomatoes when they get big enough. Tomato flu is communicable, much like other forms of the illness. Due to the rapid transmission of viral flu, children who are afflicted need to be kept apart (Venkataramanan 2022).Human hands, contaminated surfaces, and microbes are common ways for the virus to spread. Definitely Infected individuals are most contagious during the first week of their sickness, even though they may not exhibit any symptoms during that period (Bhandari et al. 2023).Typically, stool or the throat are used as testing 1. samples for fast antigen testing.(Js9-109-2153 2023)The public should be given accurate information regarding tomato flu, including its symptoms, diagnosis,2. prevention, population at risk, and follow-up.(Akash et al. 2023)



❖ What is Tomato Flu?

The novel viral illness known as tomato flu, or tomato fever, has gained attention lately due to its distinct symptoms, particularly in young patients.8. Although it is not a life-threatening illness, it should be properly recognized and managed to prevent its spread.

❖ Symptoms of Tomato Flu

Tomato Flu presents a range of symptoms, many of which overlap With other viral illnesses. The hallmark symptom is the appearance Of red, tomato-like blisters on the body, which gives the disease its Name. These painful rashes are typically seen on the hands, feet,And buttocks but can also appear on the face or other parts of the Body. Here are the key symptoms of Tomato Flu.(Kapoor et al. 2023)There are a number of unique symptoms that distinguish tomato flu from other viral diseases.(Pimpalkar & Jeurkar 2023)

1. Red, Tomato-like Blisters: The most distinguishing feature is The appearance of large, red blisters that resemble tomatoes In color and size.

2. Fever: A sudden onset of high fever is often one of the first Symptoms to appear.

3. Joint Pain and Swelling: Affected individuals may experience Painful inflammation in their joints, similar to the symptoms of arthritis.

4. Fatigue and Weakness: Affected individuals, particularly Children, may experience extreme tiredness and general Malaise.

5. Body Aches: Muscle pain and body aches are common during the early stages of the disease.

6. Rashes and Skin Irritation: Rashes may spread over a large Portion of the body, leading to irritation and itching.

7. Nausea and Vomiting: In some cases, the flu may cause Digestive symptoms like nausea and vomiting, further complicating the clinical picture.

8. Dehydration: Due to fever and skin lesions, dehydration can Become a significant concern.(Kapoor et al. 2023)

□ Both children's lesions kept healing, and by Day 6 for the boy and Day 16 for the baby, they had all but vanished with no scarring.(Tang et al. 2022)

❖ **Transmission and spread**

Because an infected individual can spread the virus to others, it is a contagious disease. People usually talk about their ailment the most during the first week of their illness. People can spread the infection to others for days or even weeks after their symptoms have subsided by using nasal mucus, drool, and other throat and nasal secretions, as well as any fluid from blisters or wounds. Feces can spread when they come into touch with respiratory droplets that carry viral particles. Disease is caused by members of the enterovirus family of viruses. The third (EV-A71) are Coxsackievirus A7, Coxsackievirus 71, and Coxsackie A6. The tomato virus and HFMD have comparable symptoms. Following the discovery of the identical strain of coxsackievirus, (Bhandari et al. 2023)

❖ **Diagnosis of Tomato Flu**

Molecular and serological testing are performed on patients exhibiting the symptoms in order to diagnose dengue, chikungunya, and the Zika virus. This condition has a low death rate and is easily treatable, according to specialists. Consume a lot of water, juices, and other liquids. Increase your intake of boiling water. Avoiding contact with the blisters is preferable. Keep yourself clean. Avoid close contact with suspected cases. To prevent the long-term effects of tomato sickness, get adequate sleep. (Bhandari et al. 2023)

❖ **Prevention of Tomato Flu**

There is no specific drug or vaccination to cure the sickness, thus the central government has advised the states to take preventive steps to stop its spread in light of the rising number of cases. Making

ensuring the environment is hygienic and sanitary is the best preventative step. Children and parents alike should get education regarding the disease's symptoms, indicators, and adverse effects. To stop the virus from spreading to other kids or adults, isolation should be maintained for five to seven days after the start of any. (Ismail et al. 2022) to stay hydrated, infected kids should consume a lot of filtered water. Rashes and blisters should never be punctured or rubbed, and proper hygiene should always be followed. (Venkataramanan. 2022) Children should be taught not to touch or embrace ill people, to quit biting their nails or thumbs, and to cover their mouths when sneezing with a handkerchief. A healthy. (Kapoor et al. 2023) To prevent the disease from spreading, the environment must be kept clean and hygienic. (Ismail et al. 2022)

❖ **Treatment of Tomato Flu**

Supportive therapy includes rest, hot water sponge baths to reduce rashes' irritation, and increased fluid intake to stay hydrated. Although there is no specific management available, children may be prescribed antipyretic and analgesic drugs such acetaminophen or ibuprofen, as well as other symptomatic treatments. The role of vaccines and antimicrobials: Neither antiviral drugs nor vaccines can cure or prevent tomato flu. Further follow-up and monitoring for noteworthy outcomes and sequelae are necessary to gain a better understanding of the necessity of prospective treatments. (Paul et al. 2023)

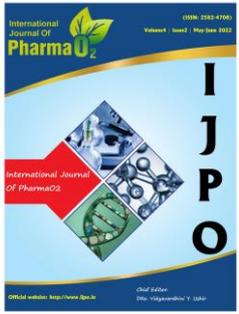
❖ **Medications treatment**

- ❖ Because of this new virus, medical experts have been putting a lot of effort into finding a solution for this ailment. Consequently, this ailment has been monitored by the Indian government as well as the Kerala state government.(Singh et al.2022) Ibuprofen or acetaminophen may be useful in alleviating pain or fever-related discomfort.(Pimpalkar & Jeurkar.2023,Varghese et al.2022)To help you better prepare for this sickness, we'll go over the Tomato Flu Precautions with you as soon as possible.(Singh et al.2022)
- ❖ Until then, it is advised to treat symptoms with antipyretics, antihistamines, and local anaesthetics for lesions.(Mukherjee et al.2022)

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