

Tomato Flu: A Major Public Health Threat

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Introduction

Tomato flu is a new virus known which cause tomato fever, which has emerged in some states of India. Kollam district of Kerala is the first outbreak state where the disease has emerged in children younger than 5 years and about a total of 82 children were found positive in different parts of India viz. Tamil Nadu, Karnataka, and Odisha. This disease causes red-colored rashes, skin irritation, and dehydration. The disease gets its name from the blisters or rashes it causes, which look like tomatoes. Kerala has reported over 58 deaths and hospitalizations due to food poisoning, which has been retrospectively identified as tomato flu. This disease mainly seems in immune compromised persons which have previously suffered from corona disease and chikungunya fever. Tomato flu is a self-limiting illness and there is no specific drug presently available to treat this disease.

Symptoms

Rash, skin irritation, body aches, fatigue, swelling of the joints, nausea, vomiting, diarrhoea, fever, dehydration as well as coughing, sneezing, and runny nose. The colour of the hand's diarrhoea occasionally also changes. Even after the disease's signs and symptoms have diminished, colors may continue to exist in their system for several weeks. The red, painful blisters that appear all over the body and grow over time until they resemble tomatoes gave the illness its name.

Diagnosis

1. On the basis of signs and symptoms.
2. Laboratory test by isolation of the virus
3. Polymerase chain reaction (PCR) is the preferred laboratory test given its accuracy and sensitivity.



4. Serology and antigen detection methods are also helpful for the diagnosis of monkeypox virus.

Treatment

This flu is a self-limiting one and there is no specific drug for this. Supportive therapy with paracetamol for fever and pain and other symptomatic treatments to provide the patient.

Prevention and control

1. Awareness programs
2. Regular health camps should be held to screen the children.
3. Avoid handling clothes, blankets, sheets or other materials that have been in contact with an infected animals.
4. Proper hand washing and maintain hygiene
5. Take a meal having good immune booster substances and take continue water.
6. Proper vaccination of the people resides on outbreak prone areas.
7. Isolation of infected patient from healthy people.