

Mushroom Safety

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There are many different mushrooms that can harm you. They grow on the ground, on trees, and you may notice them especially after a rain. You may have heard of people foraging for wild mushrooms, but how do you tell the difference between an edible mushroom and a poisonous one? **Answer: You can't!**

A mushroom could trick you into thinking it's edible but in fact it is not. There are many cases of poison centers helping people with mushroom poisoning. Almost all people were sure they were picking a safe mushroom. The only safe mushrooms to eat are those you buy from the grocery store!

How can harm happen?

- Eating wild mushrooms you think are safe, but actually are not.
- Children eating mushrooms they find outside.
- Poisonous mushrooms can make someone very sick and even be life-threatening.
- You cannot tell if a mushroom is toxic by the taste. There is no reliable test to know which ones are safe.
- Mushrooms look different depending on their stage of growth, so poisonous mushrooms can look similar and can be easily mistaken for edible ones.

How to prevent harm

Common poisonous mushrooms in the midwest include amanitas (like the destroying angel), false morel (look-alike to morel mushrooms), deadly galerina, toxic boletes, jack o'lantern, and many others. Watch your children outdoors and make sure they don't eat mushrooms.

NEVER pick and eat wild mushrooms unless they are identified by an expert.

Look-alike mushrooms can fool you. Just because you know one mushroom well in one area may not be the same in another.

Cooking a poisonous mushroom does **not** make it safe. The toxins are still present even after cooking.

What will happen?

Symptoms depend on what kind of mushroom is eaten and sometimes are delayed by 6 to 24 hours. Symptoms of mushroom poisoning can include vomiting, diarrhea, stomach upset, violent stomach cramping, headache, and high blood pressure to name a few. These can lead to complications like dehydration. Symptoms may last for days. Some mushrooms can even cause hallucinations and coma. Some do not have obvious symptoms but instead slowly harm your organs, like your liver, and could lead to needing a liver transplant.

What to do if exposed

Call the poison control center at **1-800-222-1222** right away. Call **911** if someone is not breathing, unconscious, or having a seizure. If possible, take a sample or photo to help identify the species of mushroom.



Destroying angel

Upcoming Events

- 4/15-Youth with Stethoscopes Event
- 6/20-Eden Prairie Safety Camp
- 6/28-Anoka Safety Fair



Did You Know?

- Adults get poisoned, too. Last year, over 40% of the calls the Poison Center received involved adults over 19 years old.
- Over 90% of the human fatalities reported to the APC occurred in this age group.
- Adult poisonings result in more deaths and serious injuries than any other age group.

