



Mushrooms



The Northern New England Poison Center (NNEPC) receives more than 100 calls about mushroom poisonings each year. Most mushroom poisonings occur between May and October. Small amounts of wild mushrooms often cause little to no effect when swallowed. However, as little as one bite of some mushrooms can cause serious injury or death.

Because many toxic mushrooms look very much like non-toxic mushrooms, it is best to limit mushroom hunting to the local grocery store.

How much is a problem?

Any amount, as little as one bite, of a toxic mushroom can cause serious effects.

What effects might occur?

- Upset stomach, vomiting, diarrhea, cramps
- Seizures, confusion, hallucinations
- Fast heart beat
- Kidney or liver damage
- Drooling, sweating, dry mouth, muscle jerking
- Death

When would toxic effects usually occur?

- Least toxic mushrooms: 1 – 2 hours
- Most toxic mushrooms: 6 – 24 hours (some later)

*If more than one type of mushroom is eaten, these time-frames no longer apply.

When do toxic mushrooms grow?

Year round, but mostly when very wet.

What should I do if a wild mushroom is tasted or eaten?

- Call the Poison Center at 1-800-222-1222.
- Save the mushroom or piece, and a similar whole mushroom growing near it.
 - Dig deeply underneath and around the mushroom to be sure to get all of the underground growth (the entire mushroom and roots intact).
 - Put the mushroom and a chunk of the soil or wood around it in a pot or bowl, or a paper bag (not in plastic wrap or a plastic bag).
 - Wash your hands.
- Take the patient and the mushroom to the closest emergency department.

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