The Virginia Poison Center receives many calls about children and adults who have either touched or eaten poisonous plants, berries, seeds, or wild mushrooms. If you think any part of a plant has been chewed or swallowed, call the Virginia Poison Center right away! Do not wait to see if the person becomes ill, because there are poisons that cause no visible problems until many hours after being swallowed. Be ready to tell the poison center:

- Name of the Plant (if known).
- How much and what part was eaten?
- When was it eaten or touched?
- Age of child or adult.
- Any signs of illness?

The poison specialist will inform a caller on what treatment needs to be given and what signs to observe for after an exposure. Unfortunately, it is difficult to accurately identify plants over the phone.

**PREVENTION**

- Keep poisonous house plants out of reach of children and pets.
- Store bulbs and seeds out of sight and out of reach in a dry place.
- Know the BOTANICAL and the COMMON names of plants around your home and yard. (Contact local greenhouses, plant nursery, or extension agent for help)
- Do NOT assume that a plant is not poisonous because animals or birds eat them.
- Do not rely on cooking to destroy toxic chemicals in plants. Many plant toxins are not altered by heat.
- Never eat wild plants or mushrooms.
- Teach your children to never put plants or mushrooms into their mouths.
- Have a resource book for the babysitter to include information on the plants in your home and yard.
- Do not suck nectar or make teas from flowers or leaves.
- Commercially made jewelry and craft items may contain poisonous seeds.
- Fruit pits and seeds from apples, apricots, cherries, nectarines, and peaches are poisonous, but only if chewed and eaten in large amounts. One or two seeds will not cause illness.

CALL the Virginia Poison Center 1-800-222-1222 24/7, FREE, EXPERT ADVICE

**MUSHROOM SAFETY**

Poisonous and non-poisonous mushrooms grow side by side. Only a mushroom expert, called a mycologist, can tell the difference between mushrooms. It is dangerous to eat any mushroom that you have found outdoors. Cooking outdoor mushrooms does NOT make them safe to eat. Even small parts of some mushrooms can cause sickness and death. Signs of illness may be delayed for many hours to a day. If someone has eaten wild mushrooms, call the Virginia Poison Center immediately at 1-800-222-1222. Always remove mushrooms that begin to grow in your yard before children play outside.
Poison Help®
1-800-222-1222

Minimally* or Not Poisonous

African Violet
Alyssum
Asparagus Fern
Astilbe
Baby’s Breath *
Baby’s Tears
Bachelors Buttons
Black-eyed Susan *
Boston Fern
Chinese Evergreen
Christmas Cactus
Coleus *
Coral Bells
Crocus (Spring only)
Dahlia *
Dandelion
Daylily *
Dracaena
Easter Lilly
Evening Primrose
Ficus Benjamina *
Freesia
Fuchsia
Gardenia *
Gloxinia
Grape Hyacinth
Hens & Chicks
Hibiscus *
Hollyhock
Honey Locust
Impatiens

Jade Plant
Maple
(seeds/young leaves)
Marigold *
Money Plant
Mulberry
Peperomia
Persian Violet
Petunia
Phlox
Poinsettia *
Polka-dot Plant
Portulaca
Prayer Plant
Primrose *
Purple Coneflower
Rose *
Rubber Plant *
Schefflera *
Snapdragon
Spider Plant
Statice *
Tulip *
Wandering Jew *
Weeping Fig *

First Aid
⇒ Do NOT taste the plant yourself.
⇒ Call 911 if anyone is choking, having difficulty breathing or swallowing, or is unconscious.

If the individual appears well:
⇒ Remove loose pieces of pant material from the mouth.
⇒ Offer ice chips or small sips of water to drink.
⇒ Do NOT make your child throw up.
⇒ Wash exposed skin with lots of soap and water.
⇒ Call the Virginia Poison Center 1-800-222-1222

Potentially Poisonous Plants

Amaryllis
Angel’s Trumpet
Arrowhead Vine
Autumn Crocus
Azalea
Bittersweet
Black Locust
Boston Ivy
Caladium
Calla Lilly
Castor Bean
Chinese Lantern Plant
Chrysanthemum
Clematis
Cotoneaster
Croton
Cyclamen
Daffodil
Daisy
Delphinium
Dieffenbachia
Dumb Cane

Elephant’s Ear
English Ivy
Eucalyptus
Euonymus
Foxglove
Gladiola
Holly
Horse Chestnut
Hyacinth
Hydrangea
Iris
Jack-in-the-Pulpit
Jequirity Bean
Jerusalem Cherry
Jimson Weed
Larkspur
Lilly-of-the-Valley
Lobelia
Lupine
Marijuana
Milkweed
Mistletoe

Mistletoe
Monkshood
Morning Gory
Mother-in-law Plant
Mother-in-law’s Tongue Plant
Narcissus
Nightshade
Oleander
Peony
Periwinkle (Vinca)
Philodendron
Poison Ivy
Poison Oak
Pokeweed
Potato (all green parts)
Pothos
Rhododendron
Rhubarb Leaves
Rosary Bean
Snake Berry
Snow on the Mountain
Star of Bethlehem
St. John’s Wort
Tobacco
Tomato
(yellow/green fruit)
Virginia Creeper
Water Hemlock
Wisteria
Yew

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