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.

**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.
**Potentially Poisonous Plants**

- Amaryllis
- Angel’s Trumpet
- Arrowhead Vine
- Autumn Crocus
- Azalea
- Bittersweet
- Black Locust
- Boston Ivy
- Calla Lily
- 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

**Minimally* or Not Poisonous**

- African Violet
- Alyssum
- Asparagus Fern
- Astilbe
- Baby’s Breath *
- Baby’s Tears
- Bachelor’s 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

**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 plant 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

**Virginia Poison Center**

VCU Health System
P.O. Box 980522
Richmond, Va. 23294
Office (804) 828-4780

**Mistletoe**

- Monkshood
- Morning Glory
- 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 (plant/green fruit)
- Virginia Creeper
- Water Hemlock
- Wisteria
- Yew