

POISONOUS WILD MUSHROOMS



- > Dangerous wild mushrooms usually appear after the first good autumn rains.
- > They can be found in many places, including bushland, forests, public parks, playgrounds, school ovals, farm paddocks and closer to home in your own garden in lawn, compost, mulch or straw.
- > Keep a close eye on your children and pets when you are outside because mushrooms are easy to reach and can look interesting to eat.
- > People who have lived overseas should be aware that poisonous mushrooms in Australia can look like edible mushrooms found in other countries.
- > Death cap mushrooms are the most dangerous and can cause fatal liver damage. Cooking or peeling doesn't remove the poison. The Death cap grows with oak, hazel, and chestnut trees, but lethal mushrooms can grow anywhere. The only mushrooms safe to eat are ones you buy from a reliable greengrocer or supermarket.
- > If someone accidentally eats a wild mushroom, don't wait for symptoms to start **call the Poisons Information Centre on 13 11 26 and follow their advice.** Anyone who becomes ill after eating a wild mushroom should seek urgent medical attention. **In an emergency, always call triple zero (000).**

Symptoms of wild mushroom poisoning include:

- > **Violent stomach cramps**
- > **Abdominal pain**
- > **Vomiting**
- > **Nausea**
- > **Diarrhoea**

Symptoms usually start 3-6 hours after eating a mushroom and can last up to 3 days.

The most dangerous mushrooms can have delayed symptoms that can start up to 24 hours after eating.

www.sahealth.sa.gov.au/mushroompoisoning

