

## Poisonous Wild Mushrooms Health Alert (Reissue)

May 18, 2026

### Situational Update

California continues to experience outbreaks associated with people foraging and consuming Death Cap (*Amanita phalloides*) and Western Destroying Angel (*Amanita ocreata*) mushrooms leading to severe illness and deaths. Additional cases have recently been identified in Sacramento County among individuals consuming foraged mushrooms. This Health Alert was originally issued on January 22.

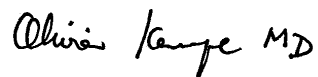
### Actions Requested of Health Care Systems and Clinicians:

1. **Inquire** about mushroom foraging and consumption among patients with symptoms consistent with mushroom toxicity; careful evaluation for amatoxin poisoning and hospital admission may be needed.
  - Initial symptoms (6-24 hours post-ingestion) include profuse, watery diarrhea as well as other gastrointestinal (GI) complaints (i.e. nausea, vomiting, abdominal pain). Fluid loss may lead to hypovolemia, acute kidney failure, circulatory shock, and death.
  - Gradual resolution of GI symptoms within 24 hours of onset may suggest toxicity has resolved but elevated liver enzymes are typically seen within 24-36 hours after ingestion.
  - Severely poisoned patients may develop irreversible hepatic failure within 48-96 hours after ingestion, which may be accompanied by acute kidney failure or pancreatitis.
2. **Obtain** early consultation with a medical toxicologist with expertise in managing patients with mushroom poisoning. Contact the California Poison Control System (CPCS) at 1-800-222-1222 to report cases and/or for advice on medical management.
3. **Provide** emergency and supportive care measures:
  - Supportive care measures include fluid resuscitation for hypovolemic shock, correction of electrolyte disturbances associated with fluid loss, elimination enhancement with multiple dose activated charcoal, and supportive care related to liver dysfunction. Gastric emptying by gastric lavage or ipecac is NOT recommended.
  - Antioxidant therapy (i.e. IV acetylcysteine) where there is evidence of hepatotoxicity.
  - Transfer patient to tertiary care center capable of performing liver transplant or other bridging liver failure therapies (e.g., MARS, fractionated plasma separation and adsorption system) if clinical signs of hepatic injury are moderate or severe.
4. **Report** suspected cases immediately to Sacramento County Public Health (SCPH) at (916) 875-5881.
5. **Test** for amatoxin from patient urine or mushrooms consumed by patient to confirm clinical diagnosis. Contact SCPH to coordinate.

Resources:

1. CDPH – Severe illness or fatal liver damage caused by mushroom poisonings in California (1/15/26):  
<https://www.cdph.ca.gov/Programs/OPA/Pages/CAHAN/Increase-in-mushroom-poisonings-in-California%E2%80%8B%E2%80%8B-.aspx>
2. CDPH – Severe, Potentially Fatal Liver Damage in Children and Adults Associated with Consumption of Foraged Wild Mushrooms (12/5/25):  
<https://www.cdph.ca.gov/Programs/OPA/Pages/CAHAN/Foraged-Wild-Mushrooms.aspx>
3. CDPH – Poisonous Wild Mushrooms:  
<https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/EHIB/Pages/EIS/Poisonous-Mushrooms.aspx>

Sincerely,



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Public Health Officer