



WARNING: POISONOUS WILD MUSHROOMS

Poisonous wild mushrooms have been detected in Sacramento. Eating these mushrooms can result in severe illness including hospitalization or death. Sacramento County Public Health advises people not to pick or eat mushrooms at this time.

Important to know

- Cooking does NOT make toxic mushrooms safe
- A small amount can cause serious harm
- Common symptoms include stomach pain, diarrhea, nausea and vomiting, fatigue and confusion

What to do if you may have eaten a poisonous mushroom

- Immediately seek medical care or call the **California Poison Control Hotline at 1-800-222-1222**. The hotline is free and operates 24 hours, 7 days a week, in over 200 languages.
- Take any of the uneaten mushrooms with you if you can. Place it in a paper bag or waxed paper. This will help experts identify the mushroom, which can help with your medical care.
- Touching a poisonous mushroom usually does not pose a risk, but you should always wash your hands after you touch one.
- Additional information is available here
<https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/EHIB/Pages/EIS/Poisonous-Mushrooms.aspx>

You may also contact Sacramento County Public Health at 916-875-5881 if you have any questions.



County of Sacramento

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