



Office of Environmental Health & Safety

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SAFETY ALERT

No. 16-05

Wild Mushroom Precautions

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Students and staff (and others) must not ingest wild mushrooms because many species are poisonous and proper identification is not easy. In fact, even mushroom experts can have difficulty accurately identifying the estimated 30,000 different species of mushrooms.

According to the North American Mycological Association, mushroom poisoning is most frequently associated with gastrointestinal irritation. The symptoms usually appear within 20 minutes to 4 hours of ingesting the mushrooms, and include nausea, vomiting, cramps, and diarrhea, which normally pass after the irritant had been flushed out by the body. If you suspect that someone has consumed a poisonous mushroom, immediately contact a physician, or your local poison control center at 1-800-222-1222.

Mushrooms often pop up in gardens, planters and lawns and are widely prevalent in the environment. Wild mushrooms found on District campuses should be immediately removed and disposed in the trash.



Additional ways to prevent mushroom poisoning away from our campuses include educating people to avoid eating wild mushrooms and closely supervising small children in areas where mushrooms are present.

Please review this information with students and staff during class, assemblies or professional development trainings. For more information, please contact the Office of Environmental Health & Safety at (213) 241-3199 or at <http://achieve.lausd.net/oehs>.

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