

# Department of Disease Control

## Weekly Disease Forecast No.20/2021\_Mushroom Poisoning (23 - 29 May 2021)

From the national disease surveillance system, the Department of Disease Control reveals 121 cases of mushroom poisoning with no deaths during 1 January - 16 May 2021.

During the past 5 years (2016 to 2020) in June, there were 235, 173, 878, 202, and 528 mushroom poisoning cases respectively.

According to this week disease forecast, mushroom poisoning is likely to continue sporadically during this rainy season as there has been rainfalls in many areas of the country which will allow more wild mushrooms to grow.



As it is very difficult to distinguish the poisonous mushrooms from the edible ones, and the poisons of some mushrooms are heat-stable that will not be destroyed despite of well cooking, the Department of Disease Control advises people to consume only grown mushrooms and avoid collecting unsure and unknown wild mushrooms which safety can not assured. In addition, it is safer to avoid eating mushrooms together with alcoholic drink as alcohol will make the poisons spread more quickly.

The common symptoms of mushroom poisoning are nausea, vomiting, abdominal pain and abdominal cramp, diarrhea, dizziness within 6 – 24 hours after mushroom consumption. After 24 hours, kidney or liver failure can be life-threatening.

In case of mushroom poisoning, first aid must be given immediately to the patients to induce vomiting by eating 3 – 4 raw egg whites or drinking 2 glasses of warm water mixed with crushed absorbent carbon tablet (activated charcoal) or 3 teaspoon of table salt. However, this first aid is forbidden in young children under 5 years old. Giving an enema to the patients is forbidden as it might increase the risk of dehydration. Using fingers to induce vomiting, instead. An urgent visit to the nearest hospital for emergency life saving medical care is crucial. Bringing along the left over mushroom samples or foods for identification is helpful.

For queries or additional information, please call Ramathibodi Poison Center hotline 1367 or DDC hotline 1422.

