

# Department of Disease Control

## Weekly Disease Forecast No.152\_Mushroom Poisoning (19 - 25 March 2018)

From the national disease surveillance system, last year (2017), 30 incidents of mushroom poisoning were found in the Northern (19), North-eastern (8) and Southern (3) regions. The mushroom poisoning had caused 11 deaths.

The poisoning incident can occur throughout the year, but is mostly found during May to June. This year one incident, with no death, was reported in March



According to this week disease forecast, there is a continue risk of mushroom poisoning as there will be more mushrooms especially after summer storms.

The main cause of the incidents is wild mushroom collection for consumption but can not distinguish the poisonous mushrooms from the edible ones. The folk traditions concern the defining features of poisonous mushrooms are unreliable. Moreover, the poisons of some mushrooms are heat-stable which will not be destroyed despite well cooking. Therefore, only grown mushrooms is recommended for consumption. People should not collect or buy mushrooms if they are not sure of their safety. It is also advised to avoid eating mushrooms together with alcoholic drink as alcohol will make the poison spread more quickly.

Symptoms of mushroom poisoning include 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.

The Department of Disease Control therefore strongly recommends that first aid must be given to the patient to induce vomiting by eating 3 – 4 raw egg whites or drinking 6 -7 glasses of warm water mixed with crushed absorbent carbon tablet or salted water. An urgent visit to the hospital for life saving medical care is crucial. Bringing along the remaining mushrooms for identification is helpful.

For queries or additional information, please call DDC hotline 1422.

