



- Plants are everywhere. Young children are attracted to their lush leaves and bright berries. Some plants can be dangerous, even deadly. If you suspect a poisoning, call the poison center right away; do not wait for symptoms to appear. Poisonous plants, household cleaners and medicines are the three most common causes of accidental poisoning in children less than five years of age. Most serious poisonings involve adults who mistake a plant to be safe to eat or knowingly ingest a plant or tea for various reasons.

## Plant Safety/Poison Prevention

- Keep plants, seeds, berries and bulbs stored safely away from children and pets. Stems, berries and leaves can be a choking hazard for children.
- Know the plants in your area, home and yard. Your local greenhouse, nursery or florist may be able to help identify plants. Label potted plants.
- Teach your children at an early age to keep plants, berries, flowers or mushrooms out of their mouths.
- Do not eat wild plants. Heating and cooking do not always destroy plant poisons.
- Remove all mushrooms from your yard.
- Do not allow children to suck on flowers or to make "tea" with plants and flowers.
- Never chew on jewelry made from seeds or beans.
- Do not make "hot dog roasting" sticks or toys from unknown bushes.
- Avoid smoke from burning plants unless you know their exact identification.
- Be especially cautious after spraying the yard or flowerbeds with a pesticide.

## First Aid for Plants

If exposed to a poisonous plant, follow these steps:

### Mouth

- Remove any portion of the plant, berry or mushroom.
- Save a piece of the mushroom or plant in a brown paper bag for later identification.
- Wash mouth out with water or wipe with wet cloth. Check for any irritation, swelling or discoloration. Offer the patient a sip of water if they are not choking or coughing.
- Call the poison center. Bring the patient and plant to the phone. You will need at least a 10 inch sample of the plant including stem, leaves, fruit or seeds, and any flowers.

### Skin

- A few plants may cause irritation, itching, and/or rash to the skin. To prevent further irritation, remove contaminated clothing and wash skin well with soap and water.
- Call the poison center. Bring the patient and plant to the phone.

### Eyes

- Wash hands with soap and water to avoid irritation to the eye.
- Gently rinse eye with lukewarm tap water for 15 minutes. Standing in a cool shower to wash out eyes is an easy way to rinse the eye.
- Call the poison center. Bring the patient and plant to the phone.

## List of Poisonous Plants in Oklahoma\*

- Azaleas, Laurels, Rhododendron
- Black Locust
- Betel palm
- Caladium, Dumbcane, Elephant Ear
- English Ivy
- Golden Chain Tree
- Holly
- Hyacinth, Narcissus, Daffodil, Crocus
- Iris
- Kentucky Coffee Bean
- Larkspur, Delphinium
- Lobelia
- Lupina, Blue Bonnets
- Mistletoe
- Morning glory
- Periwinkle
- Poison Ivy
- Pokeweed, Pokeberry
- Potato, Tomato (leaves are toxic)
- Silver nightshade, Jerusalem Cherry
- Wisteria
- Yew



### MOST DANGEROUS

- **Castor Bean, Jequirty pea**
- **Death Camus, Zigadenus**
- **Foxglove. Lilly of the Valley**
- **Henbane**
- **Jimson Weed, Angel Trumpet**
- **Monk's-hood, Wolfsbane**
- **Mushrooms** - Wild mushrooms should NEVER be ingested. One or two bites of poisonous types can be fatal.
- **Oleander**
- **Poison Hemlock**
- **Skunk cabbage, Corn Lily**
- **Water Hemlock**



\*This list is designed to help you identify Oklahoma's poisonous plants. It is not intended to be all-inclusive.

## Did you know...?

- Plants that are safe for animals or birds can be poisonous to humans. If you see a plant or berry being eaten by an animal, this does not mean the plant is safe for people to eat. Birds safely eat poke and mistletoe berries, but these berries can be dangerous if consumed by people.
- The fluid from a poison ivy rash cannot give a poison ivy rash to another person. Only the plant's oil can cause this reaction in susceptible people. If you touch poison ivy, wash the area as soon as possible with soap and water. Also, wash anything else which may have been in contact, such as clothing, animals or camping gear.
- Poinsettia - Although previously thought a poisonous plant, recent studies have shown that the poinsettias may cause vomiting, but are not fatal.
- Pokeberries cannot be made safe for pies.

## Common Non-poisonous Plants\*

Symptoms from eating or handling these plants are unlikely to occur. Plants that are not poisonous can be harmful if sprayed with pesticides. Remember, a plant leaf can easily block a child's airway.

African Violet	Bamboo
Begonia (Pellionia sp.)	Boston Fern
Corn plant	Dandelion
Dracaena	Gloxinia
Hen-and-Chick	Impatiens
Jade Plant	Kalanchoe
Pansy	Petunia
Prayer Plant	Rose
Spider Plant	Swedish Ivy
Wandering Jew	Yucca

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**Oklahoma Poison Control Center**

**1-800-222-1222**

[www.oklahomapoison.org](http://www.oklahomapoison.org)

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