



### Do's and Don'ts

Any plant may cause reactions in certain people.

Never eat any part of an unfamiliar plant or mushroom. Teach children to never put leaves, stems, bark, seeds or wild berries in their mouths.

Keep poisonous houseplants out of reach of young children. Store bulbs and seeds out of sight and out of reach.

Learn to identify poisonous plants in your yard and neighborhood. The poison control center cannot identify a plant from a telephone description.

Do not assume a plant is safe because birds or other animals eat it.

Do not rely on cooking to destroy poisons in plants. Be cautious when using plants in nature as a medicine or tea; unwanted effects may occur.

If a plant is eaten, remove the rest of the plant from the mouth. Rinse the mouth with water. Call the poison control center at 1-800-222-1222.

The Utah Poison Control Center (UPCC) is a 24-hour resource for poison information, clinical toxicology consultation, and poison prevention education. The UPCC is a program of the State of Utah and is administratively housed in the University of Utah College of Pharmacy. It is staffed 24 hours a day, 7 days a week by registered pharmacists, nurses, and physicians with additional training in management of poisonings. The UPCC is nationally certified as a regional poison control center.



[utahpoisoncontrol.org](http://utahpoisoncontrol.org)



University of Utah Health  
College of Pharmacy, L. S. Skaggs Pharmacy Institute

UTAH POISON CONTROL CENTER  
PLANT POISONING PREVENTION

DO YOU KNOW  
HOW TO AVOID  
EXPOSURE TO  
POISONOUS PLANTS?





## Do you know about your plants?

- Houseplants are a common cause of poisoning in children.
- This information sheet will bring awareness to potentially harmful plants. The plants listed are the ones most often asked about.
- If you are concerned about a certain plant not found on the list, please call the poison control center.
- If you do not know the name of a plant, have it identified at a garden center near you or check our website: [utahpoisoncontrol.org](http://utahpoisoncontrol.org)

## Common toxic plants



## Non-toxic plants

The plants listed below are non-toxic (safe and not poisonous). Illness from eating or touching these plants is not likely. However, any plant may cause a reaction in certain people or animals.

Abelia	Christmas Cactus	Ferns	Lilac	Prayer Plant
African Daisy	Coleus	Forsythia	Lily (Day, Easter or Tiger)	Schefflera
African Violet	Corn Plant	Geranium*	Lipstick Plant	Spider Plant
Aluminum Plant	Creeping Charlie	Grape Hyacinth	Magnolia	Spring Crocus
Aspidistra (Cast Iron Plant)	Creeping Jenny	Hen & Chicks	Marigold*	Swedish Ivy
Aster	Dahlia	Honeysuckle	Moneywort	Violets
Baby's Tears	Dandelion	Hoya	Oregon Grape	Wax Plant
Bachelor Buttons	Dracaena	Impatiens	Peperomia	Wandering Jew*
Bamboo	Echeveria	Jade Plant	Petunia	(Tradescantia Variegata)
Camellia	Eugenia	Kalanchoe	Poinsettia*	Zebra Plant

\*Sap may be irritating

## Toxic plants

The following plants are the most frequently encountered by the UPCC and are toxic (poisonous and perhaps dangerous). The list is not necessarily comprehensive.

Apricot Kernels	Death Camus	Jack in the Pulpit	Peace Lily	Sweet Pea
Arrowhead	Delphinium	Jimson Weed (Thorn Apple)	Periwinkle	Tomato Vines
Autumn Crocus	Devil's Ivy (Pothos)	Latana Camara (Red Sage)	Philodendron	Trumpet Tree
Azalea	Dieffenbachia (Dumb Cane)	Larkspur	Poison Hemlock	Tulip Bulb
Baneberry	Donkey's Tail	Lily of the Valley	Poison Ivy and Oak	Virginia Creeper
Black Locust	Elderberry	Lobelia	Pyracantha	Wart Weed
Caladium	English Ivy	Lupine	Primrose	Water Hemlock
Calla Lily	False Hellebore	Mayapple	Ranunculus	Western Whorled Milkweed
Castor Bean	Foxglove	Monkshood (Wolfsbane)	Rhododendron	Wisteria
Chokecherry	Holly Berries	Morning Glory	Rhubarb Leaves	Yew
Cohosh	Hyacinth	Narcissus	Rubber Tree	
Cotoneaster	Hydrangea	Nightshade	Snow on the Mountain	
Daffodil Bulb	Iris	Oleander	Star of Bethlehem	
Daphne		Oxalis	Stinging Nettle	

SKIP THE INTERNET. PICK UP THE PHONE AND CALL. FREE, FAST, EXPERT HELP.

24 HOURS A DAY, 7 DAYS A WEEK

1-800-222-1222