

The most poisonous mushrooms in Sweden!



- Do not pick mushrooms that look anything like the ones in this brochure!
- Only pick mushrooms that you recognise!
- Do not taste them! Even poisonous mushrooms are tasty!
- Let adults with a knowledge of mushrooms clean the mushrooms!
- Get yourself a modern mushroom book!



Fly agaric

Amanita muscaria

Cap 10–25 cm. The colour of the cap varies from bright red to a pale orange-red. The spots are white. The stalk has a large ring and the lower part of the stalk is swollen. Grows in deciduous and coniferous woodlands.



Brown fly agaric

Amanita muscaria var. regalis

The brown to yellowish brown cap is 10–20 cm and has yellowish white spots. The stalk has a distinct ring and the lower part of the stalk is swollen. Grows in coniferous woodlands.



Panther mushroom

Amanita pantherina

The cap is 5–12 cm and has brown nuances. The spots are white and there is not always a ring on the stalk. The lower part of the stalk is swollen. Grows in deciduous woodlands and parks, sometimes also in coniferous forests.

These three species have caps with spots. But the spots can easily fall off, leaving just a few or none.

The effects and symptoms of the poison

All of these mushrooms contain poisons that disrupt the nervous system. Dizziness, confusion, anxiety, reduced level of consciousness and cramps can occur. Sometimes also a sick feeling and vomiting.

How do you find out more about mushrooms?

- Enrol in a mushroom course or excursion. Educational associations and mushroom societies arrange courses and excursions.
- Useful websites: www.svampekonsulent.se • www.svampguiden.com

112 Call 112 (24-hour service) in the event of emergency poisoning and ask for Poison Information. Call 010-456 6700 for less urgent cases • www.gic.se



Destroying angel

Amanita virosa

The entire mushroom is white. Cap 5–12 cm. The stalk usually has a ring, but sometimes not. When really young they look like eggs. The lower part of the stalk, which usually sits deep in the moss, is swollen. Destroying angel grows in mossy pine forests and beech woods.

The effects and symptoms of the poison

The poison damages the liver. Symptoms include watery diarrhoea, sick feeling and vomiting that begins many hours after consuming the mushroom. Can cause serious damage to the liver. Poisoning could be fatal.



Death cap

Amanita phalloides

Cap 5–12 cm. The cap colour varies a great deal, from almost entirely white to green or grey and light brown nuances. The gills are white. The stalk has a thin ring, but not always. The lower part of the stalk is swollen. Death cap grows in deciduous woodlands, mixed forests (deciduous and coniferous trees growing together) and in meadows with beech, oak and hazel.

The effects of the poison and symptoms

Contains the same poison as the destroying angel. The same symptoms and just as deadly – see above!



Deadly webcap

Cortinarius rubellus (*C. speciosissimus*)

Cap 4–8 cm. The whole mushroom is reddish brown to yellowy brown. The cap is usually conical, but not always. Grows in mossy pine forests and beech woods. Fool's webcap (*C. orellanus*) is a similar species that contains the same poison. It grows in deciduous woodlands with oak, beech and hazel.

The effects and symptoms of the poison

The poison damages the kidneys and could completely destroy them. Signs of poisoning do not occur until several days after consuming the mushroom. Symptoms include thirst, aching muscles, increased or reduced amounts of urine. Poisoning could lead to long-term dialysis treatment and in some cases even a kidney transplant.



False morel

Gyromitra esculenta

False morel belongs to a completely different group of mushrooms. The cap is 4–12 cm, brown and brain-shaped. The stalk varies in colour with light grey, brown or pale violet nuances. False morel grows in spring from April until the birch has leafed, usually along woodland roads, near uprooted stumps or in felled clearings.

The effects of the poison and symptoms

The poison disrupts the nervous system and could also damage the blood cells and liver. Symptoms include dizziness, double vision and slurred speech. A sickly feeling and stomach ache are also possible symptoms.



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