

Foodborne Poisoning (Mushroom Toxin) Investigation Overview

The following guidelines provide a brief overview of the steps of a mushroom toxin poisoning investigation. Mushroom toxin (or poisoning) is an illness caused by eating mushrooms that contain various harmful toxins depending on the mushroom ingested. People who have mushroom toxin may experience abdominal cramps, nausea, vomiting, diarrhea and sometimes death.

For additional support, consult the NC Communicable Disease Branch at (919) 733-3419.

Basic Steps of a mushroom toxin poisoning Investigation

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| 1. Collect clinical information | <ul style="list-style-type: none">Abdominal cramps, nausea, vomiting, diarrhea, sometimes death within 10 days |
| 2. Determine the incubation period | <ul style="list-style-type: none">20 minutes to 4 hours or longer |
| 3. Manage the case | <ul style="list-style-type: none">Determine if requirements for case definition are metInterview the case and complete the Part 2 Form/risk history and clinical packages in NCEDSSDuring the investigation, interview other exposed individuals for symptoms of illnessRefer symptomatic individuals to healthcare provider for evaluation |
| 4. Identify source of exposure | <ul style="list-style-type: none">Review clinical records for potential source(s) of exposureMushroom intoxications are typically associated with wild mushrooms collected by private individuals.If suspected mushrooms were purchased from a vendor of any kind, immediately dispatch environmental health specialist to investigate mushrooms and determine their point of origin |
| 5. Review Laboratory Information | <ul style="list-style-type: none">There are no specific laboratory tests to confirm these diseases in humansContact the CD Branch if there are suspect mushrooms still available for toxin testing or identification |
| 6. Implement Control Measures to Prevent Disease and Additional Exposures | <ul style="list-style-type: none">Embargo suspect mushrooms if applicableConsult with the CD Branch to arrange for mushroom toxin testing or species identification.<ul style="list-style-type: none">NOTE: The CD Branch will have to contact university researchers or CDC for assistance; mushroom intoxications are rare events in North Carolina. |

➤ Resources – [CDC and Food Safety Newsletter](#) | [Food Safety](#) | [CDC](#)