Know Your Plants

WHAT TO DO

If you suspect that someone has ingested any amount of a plant, follow these guidelines:

1. Remove any plant parts from the person’s mouth. Gently wipe mouth with a wet cloth.
2. Give the person a small amount of water to drink if they are conscious and can swallow.
3. Call the Connecticut Poison Control Center immediately – don’t wait for symptoms to develop.

Please Keep in Mind...

that this is only a partial list and some plants are known by more than one name. If you have questions about any plant not listed, please call 1-800-222-1222. If you have children in the home, select plants from among the many varieties that are known to be safe. Enjoy both beauty and peace of mind with safe indoor and outdoor plant choices.

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Connecticut Poison Control Center

1-800-222-1222
Poison Control Center
poisoncontrol.uchc.edu
**There Are Two Sides To Every Leaf**

While there are a great many safe, non-toxic plants available, others contain substances poisonous to humans and animals. Houseplants are sometimes chosen without stopping to consider just what varieties may be harmful. Likewise, gardens and yards may contain dangerous leaves, berries, and flowers that attract curious children.

**Know Your Plants**

1. Identify all plants in your home and yard. This may be done by bringing the plant or a cutting to a nursery, greenhouse or florist.

2. Label the plants with proper names. Write the name on tape and attach it to the pot. For the yard, make a map of the area indicating the name and location of each tree, plant, and bush. Keep this information handy in case of an emergency.

3. Determine which plants are safe and which may be harmful. Harmful plants should be kept out of children’s reach. Never assume a plant is safe because birds or wildlife eat it.

4. Teach children not to eat leaves, berries, buds, or flowers. Remind them to “look but don’t lick - admire but don’t pick.” Never eat any part of an unknown plant or mushroom. Remember that it is easy to confuse safe and unsafe plants and mushrooms.

5. Store all seeds and bulbs in a safe place.

6. Mushrooms often grow after a rainfall. It is best to inspect your lawn and remove all mushrooms growing in the yard.

Plants listed under “Safe Plants” are not expected to cause symptoms beyond mild skin irritation. However, any plant can cause unexpected reactions in certain individuals, including choking.

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### Safe Plants

- African Violet
- Air Fern
- Aluminum Plant
- Alyssum
- Aralia
- Areca Palm
- Aster
- Astilbe
- Autumn Olive
- Baby’s Breath
- Baby Tears
- Bachelor’s Button
- Bee Balm
- Blood Leaf
- Bridal Veil
- Bromeliad
- Butterfly Bush
- Chokecherry
- Christmas Cactus
- Cockscamb
- Coleus
- Coral Bell
- Cornflower
- Corn Plant
- Cucurbit, spring
- Dahlia
- Dendelion
- Dogwood
- Dracoena
- Ferns
- Fir, Douglas
- Forget-me-not
- Forsythia
- freesia
- Fuchsia
- Gardenia
- Geranium
- Gloriosa
- Grape Hyacinth
- Hawthorn
- Hibiscus
- Honey Locust
- Honeysuckle
- Hosta
- Hoya
- Heuchera
- Impatiens
- Inch Plant
- Jade
- Kalanchoe
- Lady’s Slipper
- Lavender
- Lilac
- Lily (Easter, Day, Tiger)
- Lipstick Plant
- Magnolia
- Mountain Ash
- Mulberry
- Nasturtium
- Norfolk Pine
- Orchids
- Pachysandra
- Palms
- Peperomia
- Peony
- Phlox
- Piggyback Plant
- Poinsettia
- Prayer Plant
- Pussywillow
- Rose
- Rose of Sharon
- Sage
- Snapdragon
- Spider Plant
- Swedish Ivy
- Tulip
- Umbrella Plant
- Venus Fly Trap
- Yucca
- Zebra Plant
- Zinnia

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### Unsafe Plants

- Aconite
- Aloe
- Amaryllis
- Angel’s Trumpet
- Azalea
- Baneberry
- Begonia
- Bittersweet
- Black Locust
- Bleeding Heart
- Bloodroot
- Buckeye
- Buttercup
- Caladium
- Calla Lily
- Carnation
- Castor Bean
- Christmas Rose
- Chrysanthemum
- Cotoneaster
- Cucurbit, autumn
- Daffodil
- Daisy
- Daphne
- Delphinium
- Dieffenbachia
- Dogbane
- Elephant’s Ear
- Eucalyptus
- Euphorbia
- Firethorn
- Foxglove
- Gladiola
- Gladiolus
- Goldenrod
- Heather
- Hellebore
- Hemlock (Poison, Water)
- Henbane
- Holly
- Horse Chestnut
- Hyacinth
- Hydrangea
- Iris
- Ivy
- Jack-in-the-pulpit
- Java Bean
- Jequirity Bean
- Jerusalem Cherry
- Jimson Weed
- Jonquil
- Juniper
- Lantana
- Larkspur
- Lily of the Valley
- Lobelia
- Lupine
- May Apple
- Milkweed
- Mistletoe
- Monkshood
- Morning Glory
- Mountain Laurel
- Mushrooms (all types)
- Narcissus
- Nightshade (Black, Deadly)
- Nettle, Stinging
- Oak
- Oleander
- Peace Lily
- Peony
- Periwinkle
- Philodendron
- Poison Ivy, Oak, Sumac
- Pokeweed
- Pothos
- Queen Anne’s Lace
- Rhododendron
- Rhus bar leaves
- Rosemary
- Rubber Tree Plant
- Schefflera
- Skunk Cabbage
- Snake Plant
- Spathyphyllum
- Spurge
- Star of Bethlehem
- Sweet Pea
- Wisteria
- Wolfsbane
- Yew

*Reports concerning toxicity of this plant have been exaggerated.*