IOWA POISON CONTROL CENTER

Poison HOTLINE

1-800-222-1222

November 2025

Did you know .....

Preventing plant poisonings can be simple. There are many different types of plants that can be toxic, so it's important to stay vigilant.

- Teach children to never eat any part of a plant, including berries, leaves, flowers, stems, or seeds.
- Keep plants out of reach of children.
- Label the plants in your home with their botanical or scientific names so they can be easily identified.
- Never assume a plant is safe to eat.

If a plant poisoning is suspected, call **1-800-222-1222** to speak with one of our specially trained nurses, pharmacists, or physicians.

Seasonal Indoor Plants

It's the season for all things festive, including indoor plants that help brighten our homes during the cold winter months. It's important to note that some plants can be dangerous, especially to young children.

Poinsettia (*Euphorbia pulcherrima*): While poinsettias have long been rumored to be deadly, they are far less dangerous than their reputation suggests. Ingesting poinsettia leaves or sap can cause minor nausea, vomiting, or stomach irritation. Additionally, the sap may be an eye or skin irritant.[1]

American Mistletoe (*Phoradendron serotinum*): All parts of American mistletoe plant are potentially harmful. Its berries and leaves contain compounds that can cause gastrointestinal upset, including cramping, vomiting, and diarrhea.[3] Keep mistletoe out of reach of children, and consider using artificial versions for decoration.[2]

American Holly (*Ilex aquifolium*) and European Holly (*Ilex opaca*): Holly berries may look beautiful, but they can be dangerous to ingest. While most ingestions cause little to no toxicity, larger ingestions can lead to severe nausea, vomiting, diarrhea, and stomach cramping.[3]

English Ivy *(Hedera helix):* Commonly used in garlands and wreaths, ivy can cause skin irritation upon contact, leading to redness or rash. If swallowed, ivy leaves or berries can cause mouth, throat, and stomach irritation, as well as vomiting and diarrhea.[4]

Jerusalem Cherry (*Solanum pseudocapsicum*): No part of the Jerusalem cherry plant is safe to ingest, and the leaves and unripe fruit can be especially toxic. Symptoms may be delayed, and can include abdominal and stomach pain, vomiting, diarrhea, and bradycardia.[5]

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POISON HELP 1-800-222-1222 POISONHELP.ORG

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