

Codwarth

'Deadly Nightshade' (*Atropa belladonna*)

Ffoniwch GIG 111 am gyngor

Ffoniwch 999 am symptomau difrifol

Call NHS 111 for advice

Call 999 for severe symptoms



Image via Wikicommons.

- Tyfu yn y DU yn Ne Lloegr (yn ogystal a gwledydd eraill)
- Aeron du rhwng Awst ac Hydref
- Gall pob rhan o'r planhigyn fod yn wenwynig, yn enwedig mewn plant ifanc
- Rhai symptomau posib: fflysio, llygad ar led, golwg niwlog, ceg a thafod sych, tymheredd uchel, croen sych a phoeth ayyb. Mae symptomau eraill, mwy difrifol yn posib
- Grows in the South of England in the UK (among other countries)
- Black berries ripening between August and October
- All parts of the plant can be toxic, especially in children
- Some possible symptoms: flushing, dilated pupils, blurred vision, dry mouth and tongue, hot dry skin, and high temperature etc. Other more severe symptoms are possible



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Coeden Ywen

'Yew tree'

(*Taxus baccata*)

Ffoniwch GIG 111 am gyngor

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Image via Wikicommons.

- Tyfu drwy gydol y DU (yn ogystal a gwledydd eraill)
- Aeron coch gyda blas melys, o amgylch hadau gwyrrd caled gyda blas chwerw
- Gall rhan fwyaf o rannau y planhigion fod yn wenwynig
- Gall cnoi'r aeron ryddhau cydrannau gwenwynig o'r hadau. Nid yw llyncu aeron cyfan yn debygol o niweidio
- Y prif bryder yw symptomau cardiaidd
- Gwenwynig ofnadwy

- Grows throughout the UK (among other countries)
- Sweet tasting red fleshy berries, surrounding a bitter tasting hard green seed
- Most parts of the plants can be toxic.
- Chewing the berry can release toxic components from the seed. Swallowing intact berries is unlikely to cause harm
- Main concern is cardiac symptoms
- Highly toxic



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Aconite

Enwau eraill: 'Monkshood', 'Wolf's bane'
(*Aconitum napellus*)

Ffoniwch GIG 111 am gyngor

Ffoniwch 999 am symptomau difrifol

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Image via Wikicommons.

- Yn frodorol i'r DU, hefyd mae'r blodau yn cael eu gwerthu mewn siopau
- Blodeuo rhwng mis Mai a Medi
- Ystyrir fel y planhigyn mwyaf gwenwynig ym Mhrydain
- Mae pob rhan o'r planhigyn yn wenwynig
- Y prif bryder yw symptomau cardiaidd, ffitiau ymhliith eraill

- Native to the UK, also sold as cut flowers from florists
- Flowering May to September
- Considered the most poisonous of British plants
- All parts of the plant are toxic
- Main concern is cardiac symptoms, seizures among others



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Lili'r Dyffrynnoedd

'Lily of the valley' (*Convallaria majalis*)

Ffoniwch GIG 111 am gyngor

Ffoniwch 999 am symptomau dirifol

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Image via Wikicommons.

- Mewn gerddi a coedwigau
- Blodeuo o Ebrill i Fefefin, aeron coch o Gorffenaf i Hydref
- Pob rhan yn wenwynig, yn enwedig y blodau ac aeron
- Blas chwerw ar yr aeron
- Ar ol llynchu, gall chwydu ddigwydd yn sydyn
- Y prif bryder yw symptomau cardiaidd

- Found in gardens and woodlands
- Flowers from April to June, replaced by red berries from July to October
- All parts of the plant are toxic, especially the flowers and berries
- Berries have a bitter taste
- After swallowing, vomiting can occur rapidly
- The main concern is cardiac symptoms



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Bysedd y cŵn

'Foxglove'

(Digitalis purpurea)

Ffoniwch GIG 111 am gyngor
Ffoniwch 999 am symptomau difrifol

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Image via Wikicommons.

- Blodau yn yr haf, hadau fach tu fewn
- Pob rhan or planhigyn yn wenwynig
- Blas chwerw
- Gallai yfed y dŵr mae'n tyfu ynddo, neu anadlu'r mwg ar ôl llosgi hefyd achosi symptomau
- Y prif bryder yw symptomau cardiaidd

- Flowers in the summer, with small seeds inside
- All parts of the plant are toxic
- Bitter taste
- Drinking the water it grows in, or inhaling the fumes after burning the plant could cause toxicity
- The main concern is cardiac effects



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Saffrwm y ddôl

**'Autumn Crocus', 'Meadow Saffron'
(*Colchicum autumnale*)**

Ffoniwch GIG 111 am gyngor

Ffoniwch 999 am symptomau difrifol

Call NHS 111 for advice

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Image via Wikicommons.

- Blodau pinc neu fioled yn yr hydref
- Mae pob rhan o'r planhigyn yn wenwynig ofnadwy
- Wedi cael ei gymysgu gyda garlleg gwylt yn damweiniol, gall coginio'r planhigyn achosi gwenwyn waeth
- Fel arfer fydd oediad cyn dechrau symptomau, ac wedyn symptomau stumog difrifol
- Y prif bryder yw symptomau cardiaidd
- Pink or violet flowers in the autumn
- All parts of the plant are highly toxic
- Has been mistaken for wild garlic, eating cooked plant material can result in worse poisoning
- Often a delay without symptoms, followed by significant stomach related symptoms
- Main concern is cardiac symptoms, along with other severe issues



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‘Lords and Ladies’

(Arum Maculatum)

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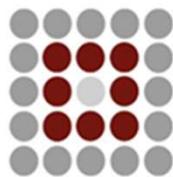
Call NHS 111 for advice
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Image via Wikicommons.

- Yn frodorol i'r DU ac Iwerddon, prin yn yr Alban
- Blodau ar ddiwedd y gwanwyn, aeron coch neu oren yn bodoli tan ddiwedd yr hydref
- Mewn ardaloedd cysgod
- Symptomau lliid, cosi, chwyddo a llusgi wrth llyncu, yn y llygaid ac ar y croen

- Native to the UK and Ireland, rare in Scotland
- Flowers in late spring, reddish orange berries last until late autumn
- Found in shaded areas
- Symptoms of irritation, inflammation and burning possible by swallowing, in the eye or on the skin



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Cegiden

'Poison Hemlock' (*Conium Maculatum*)

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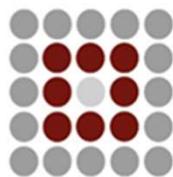
Call NHS 111 for advice
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Image via Wikicommons.

- Tyfu mewn llefydd tamp, wrth afonydd neu tir gwastraff
- Gellir drysu efo'r planhigyn 'geuberllys' (*Aethusa cynapium*), sydd yn llai wenwynig
- Drwy gydol y DU ac Iwerddon, ond ddim gymaint yn yr Alban
- Arogl annymunol
- Pob rhan o'r planhigyn yn wenwynig iawn
- Y prif bryder yw effaith amharu ar y cyhyrau yn dilyn at methiant anadlu

- Grows in damp places, riverbanks and waste ground
- Can be confused with the less toxic 'fool's parsley' (*Aethusa cynapium*)
- Throughout the UK and Ireland, absent from some parts of Scotland
- Unpleasant smell
- All parts of the plants are highly toxic
- Main concern is muscular paralysis leading to failure to breathe



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Madarch 'Cap Marwolaeth'

'Death cap mushroom' (*Amanita phalloides*)

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Ffoniwch 999 am symptomau difrifol

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Image via Wikicommons.

- Tyfu yn bennaf rhwng Gorffennaf a mis Tachwedd
- Tyfu yn bennaf o dan goed
- Y ffyngau fwyaf wenwynig yn y DU
- Nid yw coginio, sychu na rhewi yn lleihau y gwenwyn
- Ar ôl llyncu fydd yna oediad heb symptomau, symptomau stumog difrifol sydd fel arfer i ddechrau
- Y prif bryder yw methiant aml-organ, gan gynnwys yr iau ac yr arenau
- Os yn bosib, dewch a llun neu sampl o'r madarch i'r ysbytu

- Growing mostly between July and November
- Mostly in woodland, under trees
- Most toxic fungi in the UK
- Cooking, drying or freezing does not reduce toxicity
- After swallowing there is a delay before symptoms start, usually stomach related symptoms first, which can be severe
- The main concern is multi-organ failure, including the liver and kidney
- If available, bring a sample or photo of the mushroom to the hospital



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Morel Ffug

'False morel' *(Gyromitra esculenta)*

Ffoniwch GIG 111 am gyngor
Ffoniwch 999 am symptomau difrifol

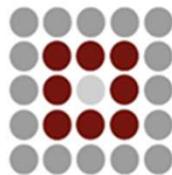
Call NHS 111 for advice
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Image via Wikicommons.

- Weithiau yn y DU, fel arfar yn y gogledd
- Tyfu mewn coedwigoedd, fel arfer o dan goed pinwydd o fis Ebrill i Fehefin
- Mae'r crynodiad o wenwyn yn wahanol yn dibynnu ar y tymor a'r lleoliad
- Ar ôl llyncu, fydd oediad heb symptomau, hyd at 24 awr. Symptomau stumog fydd fel arfer yn dilyn.
- Mewn achosion difrifol gall symptomau waeth yn effeithio'r iau a systemau eraill ddatblygu
- Os yn bosib, dewch a llun neu sampl o'r madarch i'r ysbytu

- Sometimes found in the UK, mostly in northern areas
- Grows in woodlands, usually under pine trees, from April to June
- The concentration of the toxin present differs depending on season and location
- After swallowing, there is a delay without symptoms up to 24 hours. Stomach related symptoms often follow.
- In severe cases, liver related symptoms are the main concern along with other issues
- If available, bring a sample or photo of the mushroom to the hospital



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Cenin Pedr

'Daffodil' (*Narcissus*)

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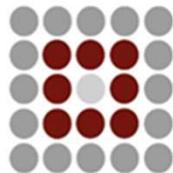
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Image via Wikicommons.

- Planhigyn tu fewn a tu allan
- Mae'r gwenwyn ar gael ym mhob rhan o'r planhigyn, ond yn bennaf yn y bylbiau
- Gall y bylbiau cael eu fwyta yn ddamweiniol (debyg i nionyn)
- Fel arfer, symptomau stumog yw'r unig symptomau, sy'n gwella o fewn oriau

- Indoor and outdoor plant
- The toxin is found in all parts of the plant, but mostly in the bulbs
- The bulbs are sometimes mistakenly eaten (resemble onions)
- Stomach related symptoms are most common and usually resolve within hours



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