

Monkshood Garden Safety and Poison Response Card

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1. In the first minutes after anyone eats any part of the plant

Call emergency services, or US Poison Help 1-800-222-1222, now. Do not wait for symptoms.

Take the plant, root or product label with you. Skin contact: wash with soap and water. Eyes: rinse with lukewarm water for 5 minutes.

Pet or livestock exposure: call your vet or an animal poison control line immediately.

2. Warning signs of aconite poisoning

People	Animals
☐ Tingling or numbness of mouth, tongue or face	☐ Drooling or vomiting
☐ Nausea, vomiting, drooling, diarrhea	☐ Diarrhea
☐ Tingling or weak arms and legs	☐ Muscle tremors or weakness
☐ Slow, racing or irregular heartbeat; dizziness	☐ Irregular heartbeat
☐ Breathing difficulty	☐ Labored breathing

Symptoms can start within minutes or up to 2 hours after eating; heart effects usually within 6 hours. People often stay alert even when seriously poisoned.

3. How to recognize monkshood (*Aconitum napellus*)

Upright perennial 1 to 1.5 m tall, growing from a tuberous root. Tall spires of violet-blue, hood-shaped flowers in mid to late summer.

Deeply divided, glossy dark green leaves. Other names: aconite, wolfsbane, helmet flower, Turk's cap. All parts are poisonous.

4. Safe-handling checklist

☐ Gloves and long sleeves for every task	☐ Away from vegetable beds (roots resemble root crops)
☐ Wash hands and tools afterwards	☐ Not where young children or grazing animals play
☐ Never touch mouth or eyes while working	☐ No cut flowers, wreaths or food decoration
☐ Plant labeled in the bed	☐ Waste bagged, not in compost for edibles

5. Product safety

Never take raw plant material, herbal aconite products, aconite tinctures or mother tinctures (marked Q or Ø).

Low homeopathic dilutions (1X to 3X) may still contain active aconite. Avoid all aconite products in pregnancy, breastfeeding and for children.

My poison control number: _____ **My vet:** _____

Homeopathic Aconite has no reliable evidence of effectiveness (NHMRC 2015; NCCIH). This card contains no remedies or doses.