

Danger ⚠ Danger ⚠



**Do not forage and consume
plants or creatures
using your own judgment!**

It is dangerous because
some fruits, mushrooms
and sea creatures are
poisonous.

Watch out for these dangerous plants



Lacquer
Tree 1



When it turns red in autumn.

Yama-urushi
(*Toxicodendron trichocarpum*)

The height of the shrub ranges from 2 - 3 m to 8 m.
Their sap contains the allergic irritant, urushiol.



Poison Ivy
(*tsuta-urushi*)

This plant contains both urushiol and laccol, and
has strong toxic components. It could cause
skin rash just by getting close to the plant.



When it turns red in autumn.

Lacquer
Tree 2



Japanese Wax Tree
(*haze-no-ki*)

A deciduous tall tree which sap contains toxic compo-
nents, and can cause irritation when touched. If you
have been exposed to the plant, wash the affected area
and apply steroid antihistamine ointments to cool.

Lacquer
Tree 3



**Lacquer
Tree**

The sap of the lacquer trees contain "urushiol" and "laccol",
which are allergic irritants, and can cause irritation when
touched. It can cause contact dermatitis to a passerby who
is highly sensitive to urushiol.

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Greater Celandine (kusa-no-ō)

The whole plant is toxic and contains toxic alkaloids. It causes irritation when you are exposed to the yellow latex. Just touching the plant can cause irritation to those who are highly sensitive to it.



Sweet Autumn Clematis (sennin-sō)

The stems and leaves contain protoanemonin, a hazardous substance which can cause blisters and inflammation.



Stinging Nettle (irakusa)

The sacs at the base of the stinging needles carry a venomous liquid, which contains acetylcholine, histamine and formic acid. Exposure to the liquid inside the sacs can cause severe pain on your skin.



If you are stung by the stinging nettle,

Press a piece of duct tape on the affected area to remove the needles.

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Watch out for these marine life

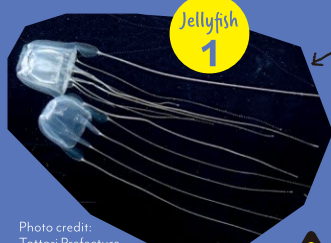


Photo credit:
Tottori Prefecture

Jellyfish
1

Box Jellyfish (candon kurage)

This box jellyfish is shaped like a lantern, and its sting can cause pain and welt on the skin. Multiple stings can cause anaphylactic shock.

Nomura's Jellyfish (echizen kurage)

This jellyfish is not as poisonous, but its sting can cause irritation and swollen skin. The bells of these jellyfish near the islands can grow up to 1 m.



Jellyfish
2



Jellyfish
3

Photo credit:
H. Kohtsuka

Bozu-nira (*Rhizophysa eysenhardtii*)

This siphonophore is similar to the Portuguese Man O' War. It is highly toxic and delivers a sharp painful sting. Uncommon, but most likely seen in spring.

Jellyfish

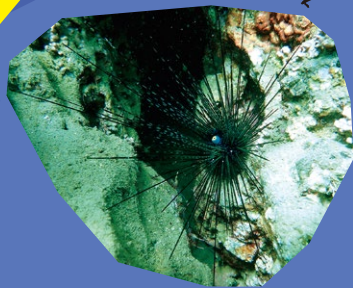
Depending on the toxicity of the jellyfish, it can be painful and even life-threatening if stung. Even if the jellyfish appears to be lifeless (when washed on shore), the cells in the tentacles can still sting you. Therefore, do not touch them.

+ If you are stung by a jellyfish,

- Gently rinse the affected area with salt water.
- Remove the stingers with a pair of tweezers or with a pair of rubber gloves. (Never remove the stingers with your bare hands.)
- Put ice on the sting and seek treatment at a medical institution.

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Black Longspine Urchin (gangaze)

This sea urchin has very long, venomous spines, and its sting can cause severe pain. The spines are brittle with retrorse barbs, making it easy to break off within flesh. Do not attempt to extract the spines by force, and seek medical treatment immediately.

Blue-ringed Octopus (hyōmon-dako)

Its saliva contains tetrodotoxin, a neurotoxin also found in pufferfish, and envenomates the target when it bites. You will have difficulty in breathing if you are bitten. It may also cause paralysis, oxygen deficiency and cardiac arrest. Never touch it.



It changes its color as shown when disturbed.

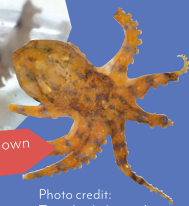


Photo credit:
Tsuru Asobi Journal

White Hydroid (shirogaya)

It is a type of hydrozoa, and it is shaped like a small, white feather. There are numerous stinging cells on the feathers, and they can cause pain, welt and itchiness when touched. Soak the affected area in warm water (above 45°C) to ease the pain and recover quickly.



Cone snails (imo-gai)

It is not highly venomous, but some other cone snails are, so it is better not to touch them.



Photo credit:
Kushimoto Marine Park Center



Japanese Eel Catfish (gonzui)

Its dorsal and pectoral fins have sharp, venomous spikes, and can cause severe pain if stung. The affected area will become red and swollen, and may cause necrosis in severe cases. The Japanese eel catfish will not lose their poison even after they are dead, therefore take care not to step on them.

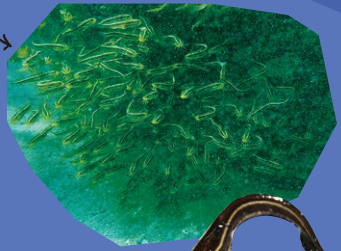


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Tsuru Asobi Journal



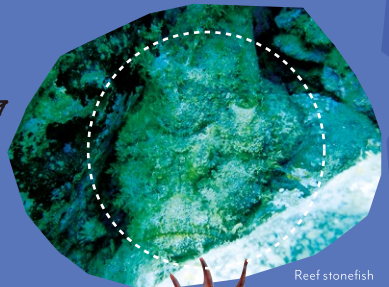
Red Stingray (akaei)

The tail spine is highly venomous, and in worst cases, it can be fatal. The venom will be injected into the target from the tail spine if the stingray is accidentally stepped on, or irritated. If you are stung, seek medical treatment immediately.



Devil Stinger or Goblinfish (okoze)

Many venomous fishes of the genus inimicus have highly poisonous dorsal fins. Due to their camouflage similar to the colours of the stones, you will be stung if you touch it or accidentally step on it. Their sting causes severe pain, and the affected area will become swollen. If you are stung, rest and seek medical treatment.



Reef stonefish



Photo credit:
Tsuru Asobi Journal

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Beware of snakes and wasps!



! Tiger Keelback (yamakagashi)

Its venom is stronger than that of Japanese pit viper or habu pit viper. It feeds on frogs and because of that, it prefers areas close to water, but can also be found in the mountains or fields. It rarely strikes if not attacked, but will bite if it senses danger.



! Japanese Pit Viper (mamushi)

It prefers damp environment, so be careful near water, fallen trees, or near rocky areas. It is timid and will not attack unless approached, but might jump and bite if you get too close to it. It also can climb trees up to around one metre, so please keep an eye out for them when hiking.



In case you get bitten by a venomous snake...

- Move away quickly as you might be bitten multiple times.
- Remain calm and do not move too much. Moving vigorously around will make the venom spread faster around your body.
- If you got bitten on your limb, tie a bandage (or a piece of a stretchy cloth) lightly between the wound and your heart.
- Use poison remover if you are carrying one. Do not suck or cut the bite. Do not strongly tie a bandage or a cloth around the affected limb.
- Call an ambulance immediately. If you have to keep hiking to get out of the trail, walk slowly and keep calm.



Hornet (suzume-bachi)

They tend to attack dark-coloured, moving objects. The hornets often build their nests in the ground, so be careful when hiking in the forest. They can be as big as 5-6 cm. They are active from spring to autumn. Pay special attention in autumn, when they are most aggressive.



Paper Wasp (ashinaga-bachi)

They have long legs and fly in a characteristic way, as if they are floating. Despite their rather calm demeanor, a paper wasp will attack if its nest is disturbed or attacked. They are most aggressive at the beginning of autumn to protect their new nests or queens.



How to protect yourself from wasps:

- Avoid wearing dark-coloured clothes.
- Wear a hat, long-sleeved clothes and long trousers.
- Avoid wearing perfume, fragrant hair or make-up products.
- If you see a wasp in the distance, quietly move away.
- If a wasp comes flying at you, stay still and calm. Do not swat at it.
- Keep low and slowly step back away from it.



In case you get stung...

- Use poison remover if you are carrying one. Wash the wound area with clean water.
- Apply a cold compress or use cold water to cool the wound area.
- Apply a steroid antihistamine ointment.
- The sting might cause an anaphylactic shock. Visit the hospital immediately.

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Insects to watch out for when outdoors



Centipede (mukade)

They prefer damp environment and can often be found under fallen leaves or rocks near bodies of water. Mukade centipedes are venomous and their bite causes a strong pain and swelling. They are most active from spring to autumn.



In case you get bitten...

- Pour hot water (42°C) on the bite area for 10-20 minutes, but be careful that the water is not too hot, as it may cause burns.
- Apply a steroid antihistamine cream.
- The bite might cause an anaphylactic shock, so visit the hospital immediately if you experience any adverse symptoms.



Tick (madani)



An adult insect reaches 3-8 mm in length. Ticks are most active between spring and autumn, and inhabit forested or grassy areas. They can carry infectious diseases and transmit them to humans.

How to protect yourself from ticks:

- Wear light-coloured clothes (long-sleeves, long trousers) and a hat.
- Tuck trousers into socks or shoes.
- Use an insect repellent spray.
- Do not sit down directly on the grass when on pasture land.
- Do not touch wild animals such as horses, cows and racoon dogs. They might be carrying ticks on their bodies.