

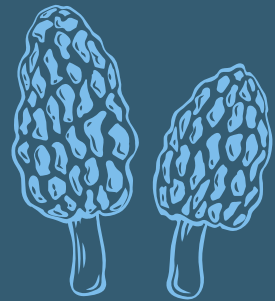
# Morel Mushroom Guidance

## Before consuming morel mushrooms:

- make sure that you know what true morels look like, or consult an expert who knows
- pick morels that are dry and firm, and avoid those that are bruised or slimy
- store morels at 40° F or below, in breathable packaging such as a paper bag



Morels should be thoroughly cooked prior to consumption to help avoid gastrointestinal illness and possible death



More information at  
[DPHHS.mt.gov](https://dphhs.mt.gov)



A restaurant outbreak linked to consumption of raw and undercooked morel mushrooms occurred in Montana in 2023. There were 51 ill people associated with the outbreak; 3 people were hospitalized and 2 died.

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