



POISON IVY/ POISON OAK

As wonderful as the great outdoors can be, remember to **REVIEW YOUR HAZARDS** for plants like poison ivy, poison oak, and poison sumac.

More information? [Visit the CDC](#)



IDENTIFY IT

Have you heard the phrase “leaves of three, let it be.” This can be a helpful reminder because poison ivy and poison oak both often present with stems of three leaves. Don't limit your awareness to only 3 leaves though because poison sumac does not follow this rule AND in some seasons and species, poison ivy/oak can sometimes break this rule too.

Poison Ivy - On the East coast this typically looks like a hairy, ropelike vine with three shiny green leaves that bud from one stem. These leaves can be red in the fall.



Poison Oak - This is typically a small shrub with groups of 3 leaves. This plant can sometimes have yellow or green flowers with yellow-green or white berries.



Poison Sumac - This plant differs quite a bit from the other two and doesn't follow the “leaves of three” rule. This is a woody shrub that has stems with 7-13 leaves that are arranged in pairs. It may also have berries that are glossy, pale-yellow, or cream colored berries.



WHAT TO DO:



Rinse

Rinse the skin with poison plant wash, degreasing soap (dishwashing soap) or detergent, and lots of water.



Apply a compress

If a rash or skin irritation starts to develop:

- Apply a cool wet compress or soak in cool water to help soothe the area and help reduce itching.
- Applying Calamine Lotion or Hydrocortisone Cream may help to relieve the itching.
- Do not itch and scratch the rash as this can lead to infection.



See a Doctor if

- The rash spreads to the face or genitals or is not improving.
- You have a fever
- The rash is widespread and severe



Call 911 if

You have severe swelling and difficulty breathing

Focus on PREVENTION



1. **Wash** garden tools and gloves regularly or clean with rubbing alcohol
2. **Wear your PPE!** When working near brush, wear gloves, long sleeves and long pants. If possible tuck your pants into your boots, this helps to prevent tick bites as well!
3. **Wash your pets** regularly when they are outside. Although they are not typically sensitive to poisonous plants, their furs can hold the plant oils and transfer them to you.
4. **Wash clothes** that may have been exposed, separately, with hot water and detergent.
5. **Do not burn** plants that may be poison ivy, oak, or sumac