Poison Ivy Manual

Identification
Infection

Treatment
Prevention
Poison Ivy

Poison Ivy is an indigenous plant species in North America. It grows everywhere in the US except for California, Alaska, Hawaii + desert regions.

There are 2 other relatives to the ivy family including poison oak, + poison sumac, classified as *Toxicodendron* which translates from Greek as “poison tree”.

Unlike other species of animals humans have allergic reactions to poison ivy.
Identification

Compound leaves with 3 leaflets that connect to a single steam.

Grows as a vine or shrub. The vine has a hairy appearance to it.

Young poison ivy leaves are light green and have serrated or toothed edges.

Grayish-white berries appear on poison ivy beginning in August.
Infection

Poison Ivy is caused by your skin’s reaction to the plant’s oil, called urushiol, which is found in all parts of the plant whether it is dead or alive.

How you get infected:

Through direct contact with urushiol
Touching items that contain urushiol
By breathing smoke from burnt poison ivy leaves.

Side Effects include:

Redness and itchiness
Red streak
Small bumps and swelling
Fluid-filled blisters
Immediate Care:

Wash area with soap and water after contact.
Wipe down equipment and clothes.
Apply rubbing alcohol.

Treating the itch:

Aloe Vera gel
Banana
Watermelon Rind
Oatmeal Paste
Wet compress
Cortisone cream
Calamine lotion
Prevention

Dress Appropriate:
Long Sleeves
Gloves
Tube Socks
Jeans

Bring cold water and rubbing alcohol. Helps Dissolve oils quickly to prevent spread.

Avoid plants that you are unable to identify.

Remember these short rhymes when you are outside:

Leaves of three, let it be

Long middle stem, stay away from them.

Berries white, a dangerous sight.

Raggy rope, don’t be a dope.