

# Poison Ivy Manual



**Identification**

**Treatment**

**Infection**

**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 stem.



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



Young poison ivy leaves are light green + 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

# Treatment

## **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.

