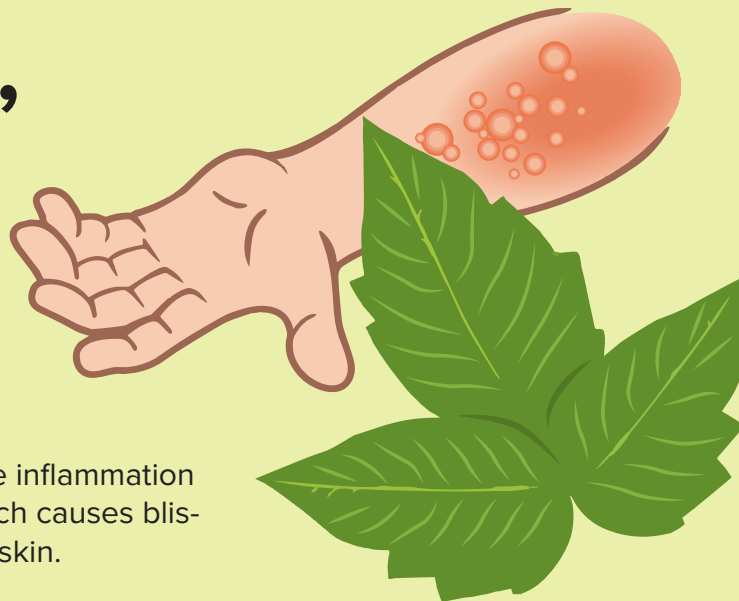




Leaves of Three, Let Them Be

Some helpful tips for preventing and treating poison ivy exposures.



Poison ivy is a plant well known for causing severe inflammation of the skin. The plant contains a sap (urushiol) which causes blistering skin rashes if it comes into contact with the skin.

Treatment



Wash your hands with copious amounts of warm water within 30 minutes of exposure



Apply cold compress to the rash area



Oral antihistamines or topical treatments can be used to relieve itching or pain

Seek immediate medical attention if you experience an anaphylactic reaction.

Prevention



Learn what poison ivy looks like and avoid it.



Wash garden tools regularly, especially if they contacted poison ivy.



Wear long pants, sleeves, boots, and gloves around poison ivy.

