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

### 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.

Seek immediate medical attention if you experience an anaphylactic reaction.