

Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



PARENT HEALTH BULLETIN

Reprinted by:
K-State Research & Extension
Atchison County Office
405 Main/PO Box 109
Effingham, KS 66023
913-833-5450
www.atchison.ksu.edu

JUNE 2012

THIS MONTH'S TOPIC: POISON IVY

Plants such as poison ivy, poison sumac and poison oak can ruin even the best summer break. If your child likes to go outside and play, it is important to teach him or her how to identify poison ivy. Poison ivy, along with poison oak and poison sumac all have oil on them that cause humans to have an allergic reaction. This oil is on the leaves, stems, vines, berries and roots. If your child is exposed to the oil, it may make him or her very itchy and very uncomfortable.

Signs and symptoms that your child may have come across some poison ivy:

- A red, very itchy rash usually appears 4 to 48 hours after contact with the plant.
- Bumps or blisters on the skin.
- Swelling in the red area.

If your child develops a rash, it could last up to 3 weeks. The length and severity of the rash depends on the amount of the plant oil that got onto the skin.



Continued on the back →



If your child is itchy, place a cool, damp washcloth on the exposed area.

CONTINUED FROM PAGE 1

What you should do if your child touches poison ivy:

- Make sure your child removes any clothing that may have been exposed to the plants and wash them separately in the washing machine, using hot water.
- Make sure your child gently washes exposed skin. Do not forget to wash under the fingernails.
- If your child is very itchy, place a cool, damp washcloth on the exposed area. You also may want to try some calamine lotion.
- If your child starts to itch, try to distract him or her to help avoid scratching.

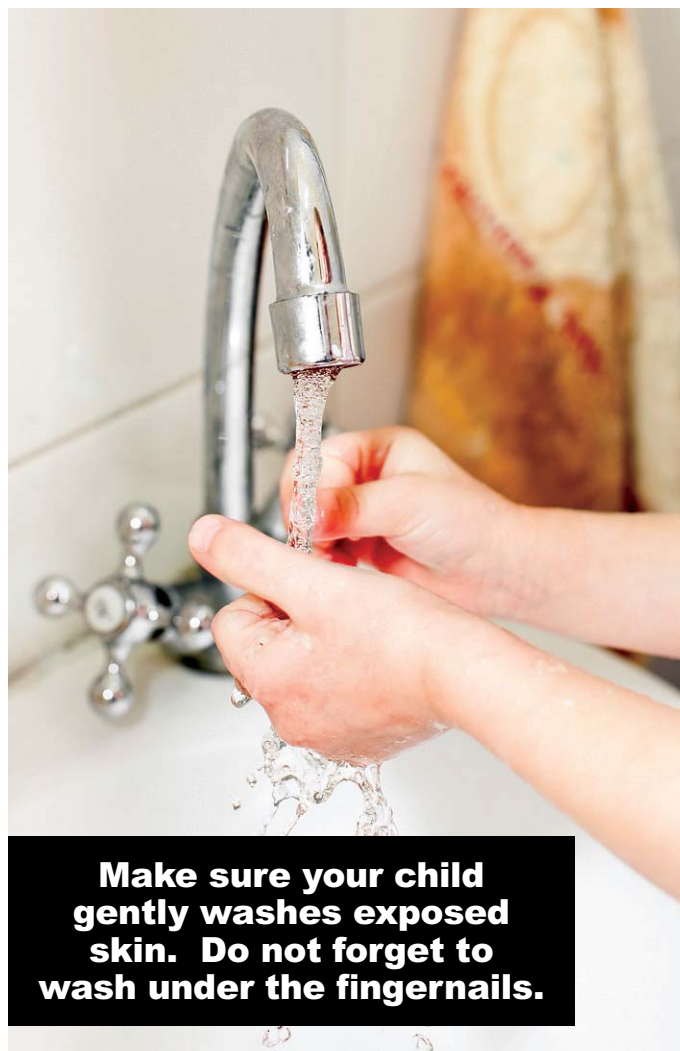
Know how to identify poison ivy and teach your children how to avoid it. If you have poison ivy in your yard carefully remove it.

If your child develops large itchy areas or develops a rash on his face, you will want to take him to the doctor as soon as possible. You may also want to take her to the doctor if the rash is getting worse with home treatment. The doctor will likely give your child some medicine to help the itching and the redness.

You may have to seek emergency medical care if your child has an allergic reaction to the poison ivy. Keep an eye out for any of these signs:

- Swelling of the tongue or throat
- Child complains of having a tight chest
- Child is having difficulty breathing

The best way to prevent an allergic reaction is to avoid the plant. Know how to identify poison ivy and teach your children how to avoid it. If you have poison ivy in your yard carefully remove it.



Make sure your child gently washes exposed skin. Do not forget to wash under the fingernails.

REFERENCES:

- WebMD – Poison Ivy, Oak, or Sumac <http://www.webmd.com/allergies/tc/poison-ivy-oak-or-sumac-topic-overview/> November 2009
- Nemours KidsHealth. Poison Ivy. October 2010

PARENT
**HEALTH
BULLETIN**
JUNE 2012

Written by: Nicole Peritore

Edited by: Connee Wheeler

Designed by: Rusty Manseau

Stock images: 123RF.com

Download past health bulletins!

[www.ca.uky.edu/
HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)

