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YOUTH HEALTH BULLETIN

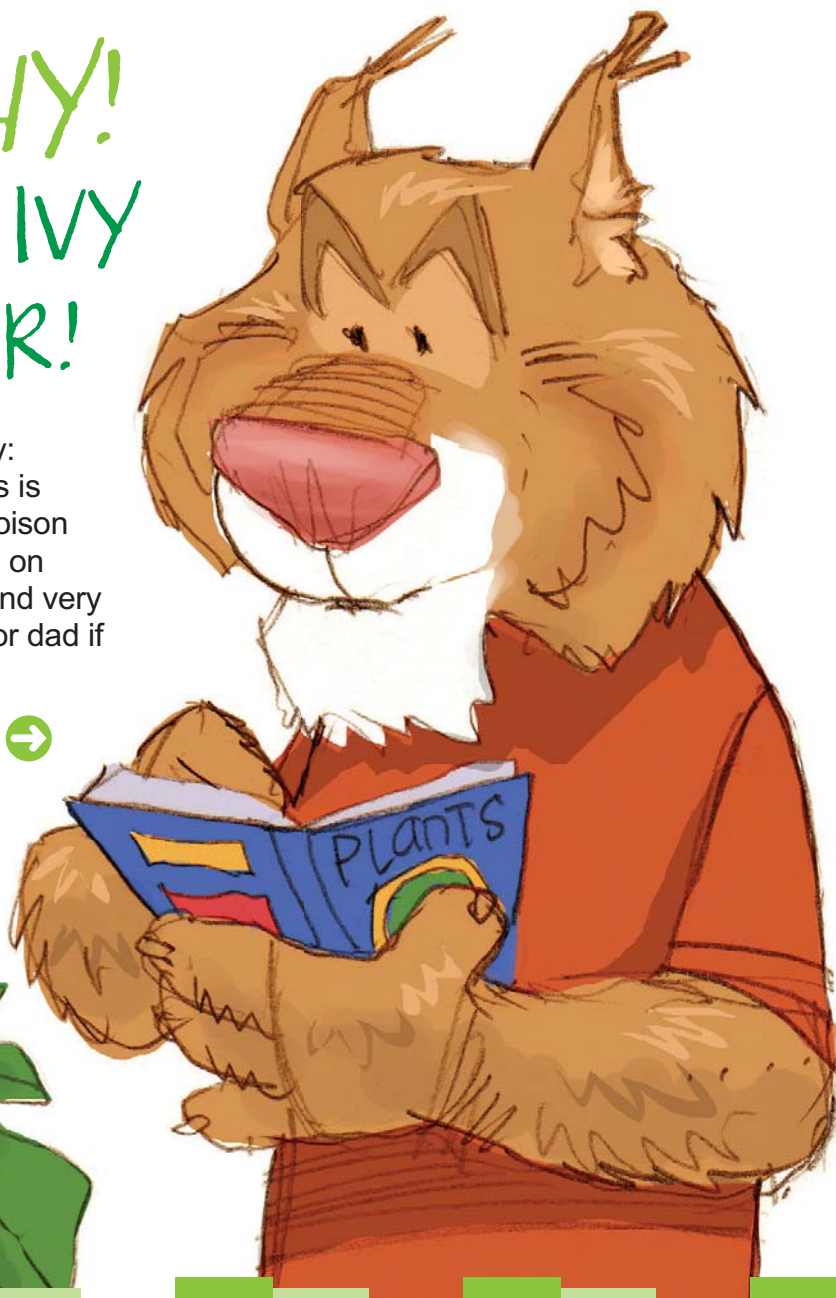
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ITCHY, ITCHY! AVOID POISON IVY THIS SUMMER!

There is a little rhyme about poison ivy: "Leaves of Three, Let them Be!" This is very good advice. Plants, such as poison ivy, poison sumac and poison oak, have oil on their leaves that can make you very itchy and very uncomfortable. You should tell your mom or dad if you see poison ivy in your yard.

Continued on the back →





Signs and symptoms that you may have come across poison ivy:

- A red, very itchy rash
- Bumps or blisters on the skin
- Swelling in the red area

You will usually know if you have touched poison ivy. Within the hour you may develop an itchy rash where the oil from the plant touched your skin. The rash can last up to 3 weeks. How long it lasts may depend on how much oil got on your skin. Be sure to always wash your hands immediately after being outside.

What you should do if you touch poison ivy:

- Remove any clothing that may have been exposed to the plant and wash them separately in the washing machine, using hot water.
- Gently wash exposed skin. Do not forget to wash under your fingernails.
- If you have itching and swelling, place a cool, damp washcloth on the exposed area.
- Try your best not to scratch.

If you have a severe case, you may need to visit a doctor. The doctor will likely give you medicine to help the itching and the redness.

Poison ivy grows all over the United States and maybe even in your own backyard! Talk to your mom or dad about what it looks like and how you can avoid it.

Wally Cat wants you to be careful outside and watch out for poison ivy. It can grow anywhere. It can be hard to spot. If you are playing outside and you see a plant with three leaves make sure to stay away from it.



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

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