



# POISON IVY, POISON OAK, AND SUMAC



Poisonous plants that cause an **allergic skin reaction** from contact with their sap oil

## How is it spread/caused?

*Urushiol* is released from the leaf or other plant parts when it is bruised, damaged, or burned. When the plant oil *urushiol* gets on the skin, an allergic reaction (contact dermatitis) occurs. Spread by:

- direct contact with the plant
- indirect contact (touching items with *urushiol* on them)
- inhalation of particles containing *urushiol* from burning plants

## How to identify, signs/symptoms

- red rash within a few days of contact
- swelling
- itching
- possible bumps
- patches
- streaking
- weeping blisters

## How is it treated?

- **Immediately rinse skin** with rubbing alcohol, specialized plant washes, or dish soap, and lots of water. Rinse frequently so that the solutions do not dry on the skin and further spread *urushiol*.
- Scrub under nails with a brush.
- Apply wet compresses, **calamine** lotion, or **hydrocortisone** cream to skin to reduce itching and blistering. Do not apply creams to broken skin. **Oatmeal baths** and antihistamines such as **Benadryl** may relieve itching.

## Call UHS if:

- rash is spreading or worsening without response to care
- rash is on the face or genitals

Poison Ivy



"Leaves of three, let them be!"

Poison Oak



Poison Sumac



Call 911 or go to the ED

if you are suffering a severe allergic reaction such as **swelling** or **difficulty breathing**, or you had a severe reaction in the past.

Check out the latest updates and more details from **the CDC**:



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