

You Can't Touch This!

Stinging Nettles



- These plants have needle-like hairs that—
- Break off when touched.
 - Inject venom.
 - Grow in wet areas (e.g., roadsides, stream banks and ditches, and edges of fields and woodlots).



Poison Ivy



- Poison ivy is extremely adaptable.
 - In shade: plants grow as vines to reach sunlight.
 - In sun: plants are greener and grow along the ground.
- It can be found along edges of fences, roadsides, and wooded tracts.



Poison Sumac



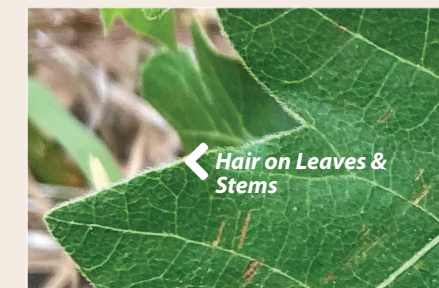
- Poison sumac is—
- Much less common than other poisonous plants.
 - A shrub or small tree (5-20 ft tall).
 - Found in swampy and wet wooded areas.



Poison Oak



- Plants grow as small shrubs or vines with oak-shaped leaves.
- They grow in open areas such as grasslands, scrublands, and sandy thickets.



✓ Tips to Treat Stinging Nettles:

- Wash with soap and water.
- Use tape or wax strips to remove any remaining nettles.
- Apply a cool compress or topical hydrocortisone creams.



Stinging Nettles



Poison ivy

✓ Tips for Prevention:

- Touching poison ivy, oak, or sumac transfers oils to skin, hair/fur, clothing, and equipment.
- Use soap and cool water to wash the oil off **as soon as possible**.
- Oils can last for months on surfaces.

✓ Tips to Treat Poison Ivy, Oak, and Sumac:

- **DON'T SCRATCH**
- Relieve the itch:
 - Soak in cool water.
 - Use a topical hydrocortisone cream.
- Treat oozing and weeping with Calamine lotion.

See a Doctor if You Have:

- Temperature greater than 100 degrees F.
- Pus or tenderness on rash.
- Rash spreads to eyes, mouth, genital area, or covers greater than 1/4 of your skin area.