

Poison Oak and Poison Ivy

To help prevent exposure make sure your child knows what poison ivy and poison oak plants look like.



Poison Oak

Poison Oak has green shiny leaves that grow three to a stem.

Poison Ivy is a red stemmed, three leafed plant whose shiny green leaves turn bright red in the fall.

An easy reminder to teach your child “Leaves of three, let them be”.

If your child comes in contact with either plant they should wash the area of exposed skin and all clothes and shoes immediately with soap and water to remove as much sap or oil as possible.



Poison Ivy

Skin reactions to both Poison Ivy and Poison Oak are not contagious and cannot be transmitted from one child to another. Pets playing in yards with Poison Ivy or Poison Oak can be a source of exposure to children.

Skin can become red, swollen, blistered, with a rash in streaks or patches. Children can experience itching and burning sensations. The rash will usually appear from 1 to 4 days of exposure. Then blisters will form and soon rupture, fluid will ooze out of them and they eventually become crusty.

The rash will heal in about two weeks. To ease both itching and oozing soak the affected area in cool water for a few minutes, or rub it gently for ten to twenty minutes with an ice cube letting the skin air dry several times a day. Hydrocortisone cream may also be helpful. If the eruption is mild calamine lotion may be applied three to four times daily to cut down on the itching. To discourage itching and scratching to further damage the skin you may give your child an antihistamine.

Mild cases can be treated at home, please call our office if your child is especially uncomfortable, the rash is severe, if it has erupted on your child’s face or groin, or if it shows signs of infection like fever, redness, and swelling beyond the Poison Ivy or Poison Oak lesions.

CALL OUR OFFICE IF:

- Severe eruption not responsive to the previously describe methods
- Any evidence of infection, such as blisters, redness, or oozing
- Any new eruption or rash
- Sever Poison Ivy on the face or groin
- Fever