

Health Tips from the School Health Registered Nurse:
Poison ivy!!

Now is the time of year we start to see poison ivy rashes in the health room. Take a moment to educate your children on poison ivy to help reduce their risk of getting it.

1. Identify the plant

- Reddish green shiny leaves in spring, through summer all green
- Each leaf has three leaflets
- It grows as a vine or a shrub, and sometimes has yellowish berries



2. Know where it lives

- Make it a game, find it now on walks, and remember it later
- Try to stay on cleared paths
- Be careful by berries bushes and flowers you might like to pick

3. Cover up if possible

- Longer pants if you know you are hiking where poison ivy is prevalent
- Shoes and socks, protect those feet too!

4. Wash skin after outside or possible exposure

- Gently wash skin with soap and water 5 to 10 minutes after exposure
- Do not forget under finger nails

5. Clean contaminated objects

- Wash contaminated clothes and objects promptly to remove the plant's oils
- Dog and cat fur can spread the poison ivy oils too, give them a bath!

