### 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 ¼ of your skin area.

### 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 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

- 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.