

Poison Ivy

How to avoid the shot.
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Poison Ivy is everywhere in central Ohio. It is hard to avoid. It comes back every year no matter how much you pull it and spray it.

The oil from the poison ivy plant is what causes the rash that you have all probably experienced. It is not necessary to use bleach on your skin. The shot that we give in the office can only be given once each summer, and may not be suitable for all patients, so you should try to avoid it if at all possible.

If you are exposed to poison ivy (or start to itch while gardening):

- 1) put all your clothing directly into the washing machine
- 2) take a shower, applying lots of soap to every bit of your skin
- 3) wash your dog (if it was in the yard with you) then wash your hands and arms again
- 4) put all towels into the washing machine
- 5) run the washer
- 6) remember what the plant looks like and avoid it in the future