

# Poisonous Plants Safety

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Poison Oak



Poison Sumac



Poison Ivy

Any person working outdoors is at risk of exposure to poisonous plants, such as poison ivy, poison oak, and poison sumac. When in contact with skin, the sap oil (urushiol) of these plants can cause an allergic reaction.

## Protect Yourself

- Wear long sleeves, long pants, boots, and gloves.
- Wash exposed clothing separately in hot water with detergent.
- Barrier skin creams, such as lotion containing bentoquatam, may offer some protection.
- After use, clean tools with rubbing alcohol or soap and lots of water. Urushiol can remain active on the surface of objects for up to 5 years.
- Wear disposable gloves during this process.
- Do not burn plants or brush piles that may contain these poisonous plants. Inhaling smoke from burning plants can cause severe allergic respiratory problems.

## Symptoms of Skin Contact

- Red rash within a few days of contact
- Swelling
- Itching
- Possible bumps, patches, streaking or weeping blisters. NOTE: Blister fluids are not contagious

## First Aid

If you are exposed to a poisonous plant:

- Immediately rinse skin with rubbing alcohol, poison plant wash, or degreasing soap (such as dishwashing soap) or detergent, and lots of water.
- Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol.
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering.
- Oatmeal baths may relieve itching.
- An antihistamine may help relieve itching.
- In severe cases or if the rash is on the face or genitals, seek professional medical attention.
- Call 911 or go to a hospital emergency room if you have a severe allergic reaction, such as swelling or difficulty breathing, or have had a severe reaction in the past.



Poisonous Mushrooms



Stinging Nettle



Poisonous Fungi

