

PLANTS TO AVOID

STINGING NETTLES ~ *Urtica dioica*

Stinging Nettle – Plant



Stinging Nettle - Leaf



Rash from contact with Stinging Nettle



Stinging Nettle is a plant capable of causing skin irritations, itching and rashes. This is caused by tiny hairs on the leaves and stem of the plant. When people brush against these hollow hairs, they break off in your skin and secrete an acid, which causes the “itch” of this “Itchweed”.

DO NOT SCRATCH OR RUB THE AREA!

Simple and effective remedies for the rash and itch that results from contact with nettles:

- Your Saliva (temporary)
- Mud (temporary)
- Cool / Cold water (temporary)
- Paste of water and baking soda
- Calamine lotion
- Histamine blocker creams (Highly effective)

In cases of light contact with nettles, the itching will not last beyond 4 hours. By using the above mentioned temporary treatments, you can relieve the irritation immediately and continue on with your day. It will require multiple applications. Heavy contacts should be remedied by using a Histamine blocker cream.

If performing a burn in an area known or thought to be infested with any nettles, avoid inhaling the smoke. The sooty smoke can cause severe irritations to the mouth, throat and lungs.

Nettles can be pulled when wearing gloves by pulling as near the base of the stalk as possible. You can also avoid contact with leaves by cutting them off.