

# PLANTS TO AVOID

## POISON-OAK ~ *Toxicodendron diversilobum*

Poison-Oak Plant



Poison-Oak Leaves



Rash from contact with Poison-Oak



**POISON-OAK** is a plant capable of causing extremely severe skin irritations, itching and blistering of the skin in areas of contact. This is caused by oils called Urushiol.

Poison-Oak grows as a shrub in sunny areas or as a vine in shade. It has oak-like leaves in clusters of three and produces white/green flowers and berries.

If performing a burn in an area known or thought to be infested with Poison-Oak, avoid inhaling the smoke. The sooty smoke will cause severe external AND internal damage (Esophageal swelling, closing, swelling around the eyes, and other severe lung injuries), or even death.

Approximately 90% of people are allergic to Urushiol to varying degrees.

Urushiol oil stays active on any surface, including dead plants, for up to 5 years.

### Remedies:

Swabbing with alcohol, or washing with soap immediately after exposure *MIGHT* remove the oil irritant.

There are pharmaceutical products available for both before and after exposure to Urushiol oils.

Some products to help dry oozing blisters:

- Aluminum acetate (Burrows solution)
- Baking soda
- Aveeno (oatmeal bath)
- Aluminum hydroxide gel
- Calamine lotion
- Kaolin
- Zinc acetate
- Zinc carbonate
- Zinc oxide

**Poison-Oak is NOT found in the state of Iowa**