

# 6 Tips for Treating Poison Ivy

## #healthtip



1. Immediately rinse skin with lukewarm, soapy water.

This will help with rinsing off the oil. Oil not washed off can spread from person to person and to other areas of the body.



2. Wash your clothing.

Oil will stay on clothing until washed appropriately.



3. Wash anything that may have come in contact with the plant.

This can include gardening tools, leashes, pets, household items, etc.



4. Avoid scratching.

This can help eliminate the risk for infection.



5. Do not touch blisters.

If popped, don't remove the overlying skin, as the skin provides protection to the raw wound & prevents infection.



6. Ease itchiness by applying calamine lotion or hydrocortisone cream & cool compresses.

If the rash doesn't improve after 7 to 10 days or you think your rash may be infected, please see your dermatologist.



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