Poison Ivy 101, How Much Do You Know?

Categories: Health/Fitness, Wilderness Survival

The rash with the big itch.... Here is a nice big photo to help you identify it.

The best thing to do with poison ivy and poison oak is to avoid them! (Do you know the difference between poison ivy and oak? Are they the same thing?)

If you do get exposed you should wash the affected area with soap and water as quickly as possible. If you don’t have soap, washing with just water is the next best thing. Washing is the best option because it is the oil on poison ivy called urushiol which is what irritates our skin, this is why you want to wash it off ASAP.

Greene Deane over at Eat The Weeds has written an excellent article on poison ivy which includes some excellent facts on poison ivy and oak. For example, did you know - only humans and some other primates get it? Or that dogs and cats can’t get it, but they can carry the oil on their fur and pass it on to you next time you stroke them?

Poison Ivy Ponderings

(image from: Eat The Weeds)