

POISON IVY EXPOSURE

Quickly (within 10 minutes):

- first, cleanse exposed areas with rubbing alcohol.
- next, wash the exposed areas with water only (no soap yet, since soap can move the urushiol, which is the oil from the poison ivy that triggers the rash, around your body and actually make the reaction worse).
- now, take a shower with soap and warm water.
- lastly, put gloves on and wipe everything you had with you, including shoes, tools, and your clothes, with rubbing alcohol and water.

Unfortunately, if you wait more than 10 minutes, the urushiol will likely stay on your skin and trigger the poison ivy rash. You may not be able to stop it on your skin, but you might still scrub your nails and wipe off your shoes, etc., so that you don't spread the urushiol to new areas.