



WDIV-NBC

How Can You Avoid Poison Ivy?

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It's summer and that means poison ivy is on the prowl. But there is a way you can get protection from days of an awful, itchy rash.

One of the most difficult things about poison ivy is that it is difficult to spot. Experts warn that some varieties are especially tough to pick out.

"It's a very cute little plant. It has three leaves, two together and one sticking up further," said Dr. Tor Shwayder, a dermatologist with Henry Ford Hospital.

The rash actually comes from any contact with the plant's oil.

"It starts out initially as red welts. It starts getting itchy and then water blisters appear," said Shwayder.

The oil can also get on clothing, pets, toys, and gardening tools and spread the rash to you.

Shwayder suggests immediately washing anything that comes into contact with a poison ivy plant with soap and water.


If you do get poison ivy, experts suggest trying over the counter products that contain 1 percent hydrocortisone.

"If it's getting so itchy that you're not sleeping or can't do your work, you need to see your doctor," Shwayder recommended.

There's also a lotion available called **Ivy Block**, which helps prevent a rash from forming. It can be applied like sunscreen, 15 minutes before working in the yard and the protection lasts for hours.

Ivy Block is available at CVS stores and costs about \$12.

 Find out more about www.ivyblock.com.

 How can you tell if it's [Poison ivy](#)?