

# September's Topic: Poison Ivy



## HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: [hcc@alseib.org](mailto:hcc@alseib.org)

## PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: [rx@alseib.org](mailto:rx@alseib.org)

## What is "Poison Ivy"?

- ❖ Itchy, red skin rash that can occur after contact with certain plant's oils.
- ❖ Poison ivy rashes appear often in Alabama during the summer months when people are outdoors more.
- ❖ 3 primary causes of Poison Ivy include:
  1. Touching a poison ivy plant
    - a. The plant's oils (urushiol) can be found on any part of the plant including the leaves, stems, and roots
  2. Touching something that had the plant's oils on it (clothing, animal fur, garden tools)
  3. Being near an area where poison ivy plants are being burned



### How to Avoid Getting Poison Ivy

- Learn what poison ivy, oak and sumac plants look like so you can avoid them
- Wear long sleeves, pants, and gloves when working outdoors if possible
- Wash clothes with very hot water immediately after contact with poison ivy
- Gently wash with soap and water if you came in contact with poison ivy (do not scrub)
- Avoid burning poison ivy plants

## Symptoms of Poison Ivy

### ❖ Mild Symptoms

- Itching
- Redness
- Hives
- Blisters/Crusting

### ❖ Advanced Symptoms

#### (\*Seek medical attention\*)

- Rash is severe
- Majority of your body is affected
- Spots on face or genital area
- Swelling present
- Trouble breathing
- Rash is oozing pus or any signs of infection
- Rash is not better after a few days
- If you have a temperature >100 °F
- Itching keeps you awake at night

## Treatment Options

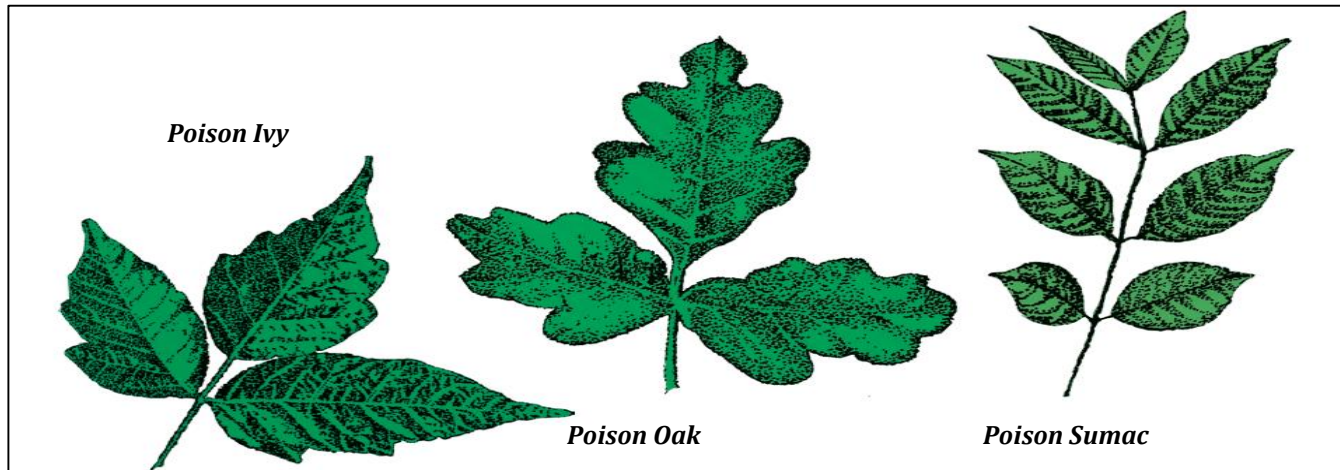
### How to Relieve Itching

- ✓ Avoid scratching
- ✓ Try using a cold, wet cloth on your rash for 15 minutes 3 times a day
- ✓ Bathing in lukewarm water (hot water may irritate) and possibly adding oatmeal bath products or baking soda
- ✓ Calamine lotion
- ✓ Hydrocortisone cream
- ✓ If blistering appears use aluminum acetate containing products

### What can make your Poison Ivy worse?

- × Antihistamine creams or lotions
- × Numbing products containing benzocaine
- × Antibiotic ointments containing neomycin or bacitracin

## Identifying Poison Ivy and Other Harmful Plants



### Poison Ivy

- Grows as a vine or shrub
- Each leaf has three glossy leaflets, with smooth or toothed edges
- May have white berries
- Leaves are usually green but can turn red or brown

### Poison Oak

- Grows as a low shrub
- Fuzzy green leaves in clusters of three
- May have yellow-white berries

### Poison Sumac

- Grows as a tall shrub or small tree in bogs or swamps
- Each leaf has clusters of 7-13 smooth-edged leaflets
- May have yellow-white berries

## References

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- Poisonous Plants. Workplace Safety & Health Topics. Centers for Disease Control and Prevention [Internet]. 2013 July 11 [cited 2013 Aug 16]. Available from <http://www.cdc.gov/niosh/topics/plants/>.



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APPOINTMENT  
TODAY!**

**(334) 263-8470**

## State Wellness Center

101 S. Union Street  
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. **Don't delay and wait until the end of November rush!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices. The pharmacy also offers **FREE NEXT DAY DELIVERY** of your medications to the downtown Montgomery area (please submit delivery requests by 3 p.m.) Your insurance card and a photo ID must be presented when purchasing all products and services. The purchase of over the counter items are limited to: 1 box/1 bottle/30-day supply.

## State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health care wellness needs.

### Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management