

Prevent Exposue To Poisonous Plants

from Estill County Cooperative Extension

Now that summertime is here, most of us will be spending more time enjoying the great outdoors. But many a great summer day can be ruined by exposure to poisonous plants such as poison ivy, poison oak and poison sumac. All three plants contain oil called urushiol that causes an allergic skin reaction to humans. Prevention is the key to avoiding the rash and uncomfortable itching caused by exposure to these plants.

Plant identification is half the battle to preventing exposure. Poison ivy has three leaves on each stem. The leaves are shiny with smooth or slightly notched edges. Poison oak looks similar but has larger leaves with rounded notches and a textured leaf. Like poison ivy, each stem can have three leaves, but the stems can have clusters of five or seven leaves as well. Both can be found growing as vines or shrubs. Poison sumac leaves grow in groups of seven to 13, but each stem will always have one

leaf at the end. It grows as a shrub or a tree.

You should carefully remove any poisonous plants found on your property, getting as much of the root as possible. The oil continues to be active even after the plants are dead so be sure to cover all exposed skin and wash your hands and clothes afterward. Dispose of the plants in a trash sack. Do not burn the plants as the oil will be released into the air and can irritate your skin, eyes, nose and respiratory tract.

If you accidentally come in contact with one of these plants, a red, itchy rash may appear anywhere from four to 48 hours after exposure. You may also have bumps or blisters on your skin or swelling around the irritated skin. The rash could last from one to three weeks, depending on how much your skin was exposed to the oil.

If you are knowingly exposed to poisonous plants, wash your hands with lukewarm water and soap. If a rash develops, keep it cool, dry and clean. Anti-itch lotions or creams, over-the-

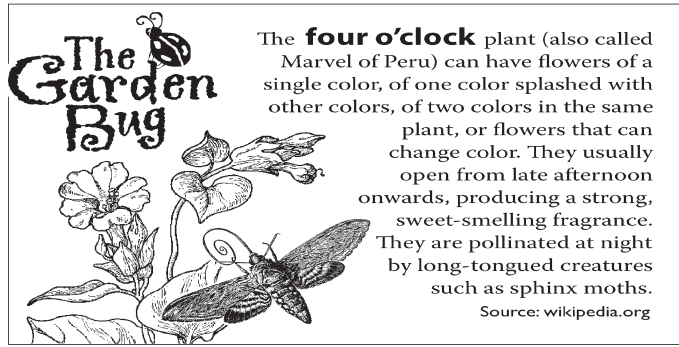
counter medications and home remedies, such as bathing in oatmeal or baking soda, can help relieve the itching. Wash your clothes and clean any shoes and garden tools that came in contact with the plant.

Seek medical attention if the rash is widespread on your body, doesn't go away with home treatment, is around your eyes or if a severe allergic reaction occurs including swelling of the tongue or throat, chest tightness, nausea, fever, extreme soreness around the rash, swollen lymph nodes or difficulty breathing.

For more information on staying healthy and safe this summer, contact the UK Estill County Cooperative Extension Service (723-4557) located at 76 Golden Court, Irvine. Pictures of poison ivy, poison sumac and poison oak are available online at <http://www.webmd.com/skin-problems-and-treatments/poison-ivy-oak-and-sumac-leaves>. Source: Nicole Peritore, UK Physical Activity Coordinator WebMD.

NOTE: The Estill County Extension Educational District Board will meet on Wednesday, August 7th, at noon at the Estill County Extension Office.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



Save it

IT'S A GOOD IDEA...

FOR US AND FOR YOU



Jackson Energy helped Mattie Miller save energy and lower her electric bills, and we can help you.

Mattie added more insulation to her home and received a Button Up rebate. Our rebates help make your home more comfortable and save you money.

When you save it, so do we. Lower electric bills mean lower costs for your cooperative.

To find out more call 1.800.262.7480.

SAVE IT -
SAVE ENERGY, SAVE MONEY

Jackson Energy

Working for You

www.jacksonenergy.com • 1.800.262.7480

You Bend'em — We Mend'em



- Complete Wreck Rebuilding
- Specializing in Frame Repair
- All Types of Painting
- Complete Glass Repair & Replacement
- Air Conditioning Service

24 Hour Wrecker Service

After Hours: Call Bill (723-3305) or Ricky (723-2773)

See Ricky, Bill, Earl, or Todd at

Arthur's Body Shop

524 Broadway, Irvine • 723-4391

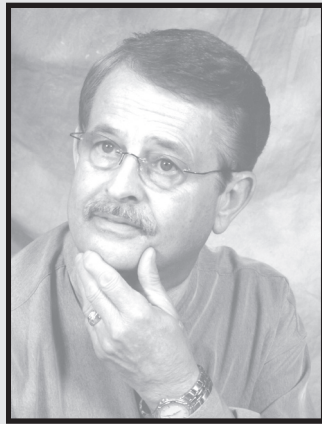
Monday - Friday, 8am-5pm; Saturday, 8am to Noon

Family Owned & Operated for Over 40 Years

Cox Insurance, Inc.

606-723-4013

407 Richmond Road
Irvine, Kentucky



John Cox

We Can Help If You Do Not Have Insurance Now!

Even If You Have Other Problems With Your Insurance, Come See Us!

See Us Today! ♦ Free Consulting ♦ Free Quotes

We Have Several New Companies Now With Affordably Rates To Fit Your Needs

Cox Insurance Inc.

606-723-4013

407 Richmond Road Irvine, Kentucky

**FREE
CLOTHING
Give-Away
Saturday
August 3rd**

**Irvine First
Church of God
199 Broadway**

**Many Sizes Available!
Kids To Adult!**

Everyone Welcome!