

Safety in the Foothills

Poison Oak



Spring Leaflets



Spring Leaflets
With Flowers



Fall Leaflets

Poison oak can be found growing in forests and grassy areas. It's often called "A Master of Disguise" because its leaves look very similar to an oak tree's leaves. The oil on the plant's leaves, stem, and roots can cause a terrible rash. You can also get poison oak by touching people's clothes or even your pet. If you do touch poison oak, wash as soon as possible and be sure to use lots of soap and cold water. Wash your skin several times to remove all of the oil.

Caution:

Leaflets of three, let it be.

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Poison oak can be found growing in forests and grassy areas. It can grow as ground cover, a bush, or as a vine. It loves to wrap itself around other plants and just hang out.

It's often called "A Master of Disguise" because its leaves look very similar to an oak tree's leaves. Many people develop a rash within hours, or days, of coming into contact with the oil on the plant's leaves, stem, or roots. You can also be exposed to poison oak by touching people's clothes or even your pet. If you should come into contact with poison oak, wash your skin several times with lots of soap and cold water. Cold water dilutes the oil, but warm water will cause the oil to penetrate into your skin.

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