

Poison Sumac Rash Management Plan

Step-by-Step Guide for Identification, Treatment, and Prevention

Overview

This plan helps identify, treat, and prevent poison sumac rashes from urushiol exposure. Use the checklists for quick action and tracking.

1 Plant Identification and Prevention

- **Key Features:** 7-13 leaflets per leaf, smooth edges, reddish stems, white berries. Grows in wetlands.
- **Protective Measures:** Wear long clothing, boots, and gloves in risky areas. Apply barrier creams.
- **Avoidance Tips:** Use plant ID apps; stay on trails; wash pets after outings.

2 Immediate and Daily Treatment

- **First Response:** Wash with soap and cool water within 30 minutes. Launder clothes hot.
- **Symptom Relief:** Apply calamine or hydrocortisone twice daily. Use oatmeal baths for 20 minutes.
- **Monitoring:** Watch for swelling or infection; avoid scratching.

3 When to Seek Help

See a doctor if:

- Rash spreads widely or affects eyes/mouth.
- Fever, pus, or severe pain occurs.
- Symptoms last over 3 weeks.

Day	Redness Level (1-10)	Itch Intensity	Treatments	Notes
1				
2				
3				
4				
5				
6				
7				

Table 1: Weekly Rash Tracker

4 Symptom Tracking Table

5 Visual Aid: Poison Sumac Leaf



Typical 7-13 leaflet structure

Disclaimer

Informational only; consult a healthcare professional.