

# Poison Oak Rash Management Plan

## A Practical Guide to Prevention and Treatment

### Overview

This guide provides a step-by-step plan to prevent, manage, and treat a poison oak rash caused by exposure to urushiol oil. Follow the checklists and tips to alleviate symptoms and prevent complications.

## 1 Prevention Plan

- **Identify Poison Oak:** Recognize leaves in groups of three, often shiny with scalloped edges. Use online images or field guides for reference.
- **Protective Clothing:** Wear long sleeves, pants, and gloves in wooded areas.
- **Barrier Creams:** Apply bentoquatam-based creams (e.g., Ivy Block) 15 minutes before outdoor activities.
- **Clean Equipment:** Wash tools, shoes, and clothing after exposure to avoid residual urushiol.

## 2 Daily Management Tips

- **Cool Compresses:** Apply a cool, wet cloth for 15–20 minutes, 3–4 times daily to reduce itching.
- **Oatmeal Baths:** Soak in a lukewarm bath with colloidal oatmeal for 20 minutes to soothe skin.
- **Over-the-Counter Relief:** Use calamine lotion or 1% hydrocortisone cream as needed.
- **Avoid Scratching:** Keep fingernails short to prevent infection from scratching.

## 3 When to Seek Medical Help

Consult a doctor if:

- Rash covers a large area or affects the face/eyes.
- Symptoms include pus, fever, or swelling (possible infection).
- Rash persists beyond 2 weeks or worsens.

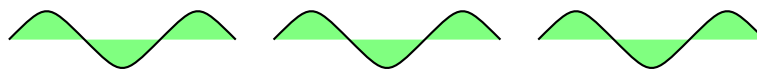
## 4 Weekly Symptom Tracker

Track your rash's progress to monitor healing and identify complications.

Day	Itching Level (1–10)	Blister Status	Treatments Used	Notes
1				
2				
3				
4				
5				
6				
7				

Table 1: Weekly Rash Monitoring Table

## 5 Visual Guide: Poison Oak Identification



Three-leaf structure of poison oak

## Disclaimer

This guide is for informational purposes only. Consult a healthcare professional for personalized advice.