

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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POISONOUS PLANTS

These plants contain an oil called **urushiol** that causes a rash in people who touch any part of the plant (leaves, stems, roots).

Identifying poisonous plants:

- **Poison Ivy** – Three glossy leaflets with smooth or toothed edges, can grow as a vine or small shrub
- **Poison Oak** – Fuzzy green leaves in clusters of three that are lobed or deeply toothed with *rounded* tips, grows as a low shrub
- **Poison Sumac** – A cluster of 7 to 13 smooth-edged leaflets, grows as a tall shrub or small tree



Poison Ivy



Poison Oak



Poison Sumac



“Leaves of three, let it be”

•**SYMPTOMS** – Red itchy rash that may develop into blisters. The rash may emerge from a few hours to several days after exposure to the plant oil. The rash is not contagious but the oil can spread to other areas if it is not washed off

•TREATMENT

- Wash your skin with soap and *cool water* as soon as possible if you come into contact.
- DO NOT scratch the blisters, infection can develop from the bacteria on your hands
- Over the Counter items:
 - Poison Ivy scrubs** and **cleansers** can aid in removing the oils
 - Topical skin protectants such as **Calamine lotion** (dries the oozing and weeping), **Zinc Oxide**, **Colloidal oatmeal** (relieves irritation)
 - For relief of itchiness, you can use topical **Hydrocortisone cream**, antihistamine cream or pills, such as **diphenhydramine (Benadryl)**
- Contact your doctor if you have **severe symptoms of an allergic reaction** (hives, swelling of your face or throat, difficulty breathing), if the rash is widespread and severe, the itching gets worse or if you have a temperature over 100°F

•PREVENTION

- Wash your pet if it came into contact with the plant, the oil can stick on their fur and cause a reaction to anyone who pets them
- Wash garden tools and gloves regularly
- If you will be working around poisonous plants, wear long sleeves, long pants tucked into boots and impermeable gloves

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PEQUOT
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Pequot Health Care
1 Annie George Drive
Mashantucket,
CT 06338



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<https://www.fda.gov/consumers/consumer-updates/outsmarting-poison-ivy-and-other-poisonous-plants>

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