



# KNOW YOUR STINGERS



## Identify the Plants That Itch, Burn & Sting

	<b>POISON IVY</b> <i>(Toxicodendron radicans)</i>	<b>POISON OAK</b> <i>(Toxicodendron diversilobum/ pubescens)</i>	<b>POISON SUMAC</b> <i>(Toxicodendron vernix)</i>	<b>STINGING NETTLE</b> <i>(Urtica dioica)</i>
<b>WHAT IT LOOKS LIKE</b> (Leaves)	Leaves of three, let it be! 	Leaves of three, let it be! 	Leaves of seven, nine, or eleven... stay out of the swamp! 	Opposite leaves with serrated edges. 
<b>CLOSE-UP DETAILS</b>	Shiny green leaves in spring & summer; red, orange or yellow in fall.  White or greenish berries in clusters. 	Leaf edges lobed like an oak leaf.  White berries in clusters. 	7-13 smooth leaflets in pairs along the stem.  Clusters of ivory-white berries. 	Leaves and stems covered with tiny hollow hairs (trichomes).  
<b>WHAT CAUSES THE STING?</b> (The "Stinger")	Urushiol – an oily resin found in all parts of the plant (leaves, stems, roots, and even smoke). 	Urushiol – the same oily resin as poison ivy. 	Urushiol – the same oily resin, often in high concentration. 	Trichomes – tiny hollow hairs that break and inject histamine, acetylcholine, formic acid, and other irritants. 
<b>SYMPTOMS</b>	<ul style="list-style-type: none"> <li>• Intense itching</li> <li>• Redness</li> <li>• Swelling</li> <li>• Blistering</li> <li>• Rash appears 12-72 hours after exposure</li> </ul>	<ul style="list-style-type: none"> <li>• Intense itching</li> <li>• Redness</li> <li>• Swelling</li> <li>• Blistering</li> <li>• Rash appears 12-72 hours after exposure</li> </ul>	<ul style="list-style-type: none"> <li>• Intense itching</li> <li>• Redness</li> <li>• Swelling</li> <li>• Blistering</li> <li>• Rash appears 12-72 hours after exposure</li> </ul>	<ul style="list-style-type: none"> <li>• Immediate burning or stinging</li> <li>• Tingling</li> <li>• Itching</li> <li>• Redness</li> <li>• Discomfort fades within a few hours</li> </ul>
<b>HABITAT &amp; WHERE MOST PREVALENT</b>	Woods, fields, along trails, fence lines, and coastlines. Very common.   Common throughout North America.	Dry, sunny areas, hillsides, chaparral, and open woods. Less common in the Mid-Atlantic.   Common in the western and southeastern U.S. Rare in Pennsylvania & most of the Mid-Atlantic.	Swamps, bogs, marshes, wetlands, muddy shores. Needs standing water.   Found across North America in wetland areas. Not common unless you're in swamps, bogs, or along waterways.	Rich soil, riverbanks, gardens, disturbed soil, edges of woodlands. Very common.   Common throughout North America and much of Europe and Asia.
<b>QUICK ID REMINDER</b>	"Leaves of three, let it be!" 	"Leaves of three, it might be oak!" 	"Leaves of seven, nine, or eleven... stay out of the swamp!" 	Opposite leaves with tiny hairs that can sting. 



**SAFETY FIRST**

- Avoid touching these plants.
- Wash skin and clothing ASAP with soap and cool water.
- The oils (urushiol) can stay on tools, pets, shoes, and clothing.

### DID YOU KNOW?

10-20% of people may not react to urushiol, but sensitivity can change over time.  
When in doubt, wash it out!



### NATURE'S LESSON

Some plants teach us respect and caution. Others, like nettle, teach us healing.

