





Because the urushiol oils that cause the rash can be easily spread, even underneath the fingernails, Tarbox recommends thoroughly cleaning the hands and other areas of the body that may have been exposed to plant.

“There's actually soap called Ivy Block or IvyX that can help make sure that you get all the little last traces of that oil out from under your fingertips so that you're not inadvertently putting it into more places,” Tarbox said.

For milder cases, Tarbox said topical steroids and antihistamines to help relieve the itch are often effective, and some patients get comfort from Calamine lotion or oatmeal baths. If it's a relatively significant case, the patient may require a treatment with systemic steroids like prednisone. For those not among the estimated lucky 20% who are free from the effects of poison ivy, Tarbox said it's best

“If you can get them off relatively quickly, you might not have to have the antibiotic prophylaxis (doxycycline) for the conditions that can be transmitted by a tick bite,” she said.

There are many warm-weather conditions that can negatively impact our skin health during the summer months, but Tarbox believes that with a bit of prevention, we can make it through to the fall mostly unharmed by the summer sun.

“Our skin has to keep us cool, protect us from the environment and basically get us from June to