How can you identify poison oak?

- Woody stem
- Can grow as vine or shrub
- Clusters of 3 irregularly lobed leaves

How can I prevent a poison oak rash?

- Stay on the trail
- Wear long pants, long-sleeves, tall socks, and closed toed shoes
- Wash with soap and cold water as soon as possible (dish soap and Tecnu work best)
- Wash all clothes
- Bathe your pets after walks

What causes the itchy rash?

An oil called urushiol