

## WARNING!!!

### POISON IVY ON THE CAPITAL CRESCENT TRAIL

**Y**ou might think there's no way you could get a rash from poison ivy on the Capital Crescent Trail. But you could run into it when you least expect it. You might be in a hurry, **crossing a tree that has fallen across the trail.** **Watch out! Poison ivy vines might be hidden in the branches.** Or you might



stop at the side of the trail to fix a flat tire or take a phone call, and you could touch poison ivy near the ground. **All** trail users—even **cyclists**—should watch out for poison ivy!

**P**oison ivy has leaves in groups of three that vary in shape and color. It can grow as a bush or climb high in the trees. The vines, which look like fuzzy ropes, can be as much as 6 inches in diameter. When using the Trail, be “alert to the many forms of poison ivy.”<sup>1</sup>



**P**oison ivy rash is caused by the plant's oil, called urushiol. Amounts that are initially imperceptible are enough to cause a serious rash and intense itching. If you think you've been exposed, promptly and thoroughly wash the skin, clothing, and other possibly contaminated items. A rash might still develop, soon after exposure or many days later. For treatment options, contact a health professional.

<sup>1</sup> National Park Service, U.S. Department of the Interior, *Shenandoah National Park, Poison Ivy*, available at [http://www.nps.gov/shen/naturescience/poison\\_ivy.htm](http://www.nps.gov/shen/naturescience/poison_ivy.htm)