

Poison Oak

Poison Oak abounds in the Berkeley and Oakland Hills. Even with care to avoid it, the mapping in this course inevitably exposes all of us to the oil on the leaves of poison oak plants. These links can show you more about poison oak.

<http://poisonivy.aesir.com/view/pictures.html>

<http://www.knowledge.org/oak/identify.html>

http://www.emedicinehealth.com/allergy_poison_ivy_oak_and_sumac/article_em.htm

http://en.wikipedia.org/wiki/Western_Poison-oak

Although some people are immune, most people are susceptible to strong immune reactions that causes mild to severe skin eruptions. Wearing long pants, long sleeve shirts, and a cap help to reduce exposure, but most of us get poison oak during the semester even with the greatest effort to avoid it. **Washing thoroughly** with soap after each field session is essential. Start by washing your hands and arms, and only then wash your face and eyes to avoid exposure.

You may want to consider taking an oral homeopathic extract of poison ivy **starting 2 weeks before the course begins**, and continuously during the course. One supplier is:

<http://www.oralivy.com/>

All medications may have side effects so carefully consider them before deciding if you are interested in this or any form of treatment.