

RDHOME



# No More Poison Ivy

**B**EFORE HEADING for that overgrown patch with the shears, try this plan for dealing with poison ivy, oak and sumac:

**Kill** Herbicides are the best weapon, says Charlie Nardozi of the National Gardening Association. Cut vine to six inches above ground level. Soak cotton in herbicide and

stuff into a little plastic cup (small yogurt containers work great). Seal cup and cotton upside down on exposed vine with duct tape.

**Outsmart** The skin lotion IvyBlock (\$15) protects against urushiol, the itch-producing resin; Büji Block (\$15) claims to do the same and has SPF 24.

**Intercept** Already exposed? Drop your tools and wash the urushiol off with soap and water, or try Tecnu Extreme (\$15) or, if you're not near a sink, Cortaid Poison Ivy Care Toxin Removal Cloths (six for \$10).

**Treat** Hydrocortisone reduces itching. For more OTC relief, buy products with pramoxine, menthol or calamine.