

I.C. Ivy Block: How to Use It

Pre-contact skin protectant for poison ivy, oak and sumac · Active ingredient: Zinc Acetate 0.1%

HOW IT WORKS

Urushiol is the oil in poison ivy, oak and sumac that causes the rash. As little as one nanogram soaking into a pore can set off a reaction in most people.

Ivy Block dries into a thin barrier layer on your skin. Dimethicone helps repel the oil, bentonite clay absorbs it, and the layer **helps hold urushiol on top of your skin instead of letting it soak in**, which helps reduce the chance of a reaction.

The oil is still there when you're done. The barrier catches it but doesn't destroy it, so it has to be washed off thoroughly. **Ivy Block is a barrier, not a cure.** Don't apply it to a rash you already have.

How much: 1 pump, or a 1-inch dollop, per area (sized for an average adult; use more or less for your size):

R/L forearm + hand

R/L upper arm + shoulder

R/L calf + ankle

Lower torso

Back

Neck + face (avoid eyes)

That's 2 pumps for both hands and forearms, and 2 more for both upper arms and shoulders.

1 Block

BEFORE EXPOSURE

- Shake well.
- Apply **generously** to clean, **dry** skin about **15 minutes before** you're around the plants.
- Cover skin under your clothes too: forearms, upper arms, neck, waist, ankles and calves. Urushiol can soak through most fabric.
- Spread evenly and **stop rubbing once it dries** (15–30 seconds) so the barrier stays intact.

2 Reapply

WHILE YOU'RE OUT

- Reapply **every 4 hours**, or sooner if you're sweating heavily or working wet.
- **Wash off the used layer before reapplying.** A fresh coat over a used one can trap oil against your skin.
- Keep gloved or dirty hands away from your face and eyes.

3 Cleanse

AS SOON AS YOU'RE DONE

- Rinse with **cool or cold water**. Hot water opens pores and spreads the oil.
- Apply **I.C. Ivy Cleanse** (or dish soap if that's all you have) straight onto every area that was covered **before** lathering.
- **Scrub vigorously** until no sticky residue is left.
- Rinse with cool water, letting it run off into the drain, not down other skin.
- Pat dry with a clean towel.

Block before → Reapply every 4 hours → Scrub it off after. Skipping step 3 is the most common reason people still react.

DON'T FORGET YOUR GEAR

- Urushiol stays active on gloves, tools, boots, clothing and rope **for years**. Dirty gear can put the oil back on clean skin after every shower.
- Wash work clothes separately from other laundry.
- Wipe down tool handles, steering wheels and door handles.
- Pets that run through the brush carry the oil on their fur.
- Dead and winter vines still carry the oil, and so do the roots.

QUICK CHECKLIST

- ☐ Applied **before** contact, on dry skin
- ☐ Applied generously, not a thin film
- ☐ Covered skin under sleeves and pant legs
- ☐ Reapplied at 4 hours, after washing the old layer off
- ☐ Scrubbed off with Ivy Cleanse and cool water after
- ☐ Washed clothes, gloves and tools

Still getting a rash? Check these first.

What happened	What to do
Applied it after touching the plant, or on an existing rash	Ivy Block only works before contact. Once oil is on the skin, wash it off with a cleanser and cool water as soon as possible.
Didn't wash it off afterward, or gave it a quick soap rinse	The barrier holds the oil on your skin. It has to be scrubbed off vigorously with Ivy Cleanse (or dish soap) and cool water, not just rinsed.
Took a hot shower first	Start with cool or cold water. Hot water can spread the oil faster than you can wash it off.
Rash showed up where clothing was	Urushiol passes through most fabric. Apply under sleeves, collars, waistbands and pant legs too.
Went longer than 4 hours, or sweated a lot	Sweat and time wear the layer down. Wash off the old layer and reapply at least every 4 hours.
Applied a thin coat	The label says apply generously : 1 pump per area (see page 1). You need a full, even layer to catch the oil.
Rash keeps coming back after washing	Gear, clothing, vehicles or pets are probably re-exposing you. Clean them.

IF YOU ALREADY HAVE A RASH

- Ivy Block will not treat a rash. Don't apply it to irritated or broken skin.
- Wash the area with cool water and a poison ivy cleanser to remove any oil still on the skin, so it doesn't keep spreading. Avoid scratching.
- **Stop use and ask a doctor** if your condition gets worse, or if symptoms last more than 7 days or clear up and come back within a few days.
- **Get medical care right away** if you have trouble breathing, swelling of the face or eyes, a rash near the eyes or mouth, or a rash covering a large part of your body.

From the label: Directions. Shake well before use · Apply 15 minutes before exposure · Apply generously to dry, exposed skin · Allow to dry · Apply every 4 hours for continued protection or sooner if needed · After possible exposure with skin irritants, remove using IC Ivy Cleanser (I.C. Ivy Cleanse) · Children under 2 years: ask a doctor.

Warnings. For external use only. Do not get into eyes; if contact occurs, rinse eyes thoroughly with water. Stop use and ask a doctor if condition worsens, or symptoms last more than 7 days or clear up and occur again within a few days. Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

Other information. Protect from excessive heat (48°C / 120°F).