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#1: (poison ivy)

“Any sort of vine-like growth, you probably want to avoid all together, because there’s poison oak, poison ivy. There’s a lot of different things that can cause irritants of the skin.”

#2 (poison ivy treatment)

“Any kind of topical agent or anti-itch agent, calamine lotion, any kind of soothing, oatmeal bath, any of those things that will sort of decrease the itch and prevent you or your child from scratching at the lesions.”

#3 (heat exhaustion symptoms)

“If you start feeling a headache or clammy skin or light headed, you’re already getting heat exhaustion, so it’s important to drink fluids.”

#4 (heat exhaustion prevention)

“generally water is enough, but if you’re going to be out in the heat for more than an hour or exercising for more than an hour or under an hour if you’re really exerting yourself, then you want to have a rehydration fluid so something that has salt or sugar.”

#5 (kids dehydration from virus or heat)

“If your child, their mouth appears dry, if their lips are chapped, if they have kind of clammy skin, sometimes even doughy skin, that’s pretty severe dehydration.”