Poisonous Plants and Dangerous Insects

1. **POISON IVY**
   - Leaves grow in 3’s.
   - Can be a plant in the ground or grow in vines.
   - They are green in the summer but turn reddish in the fall.
   - Found all over North America and New Jersey.

2. **POISON OAK**
   - Also grow in leaves of 3’s.
   - The stem has a fuzzy texture.
   - Can be a shrub in the ground or grow in vines.
   - Found all over North America and New Jersey.

3. **POISON SUMAC**
   - Double rows of pointy leaves.
   - Grows as a shrub or tree. Mainly by wet soil like marshes and swamps.
   - Leaves turn from orange, green, and red.
   - Found all over Eastern North America and New Jersey.

4. **TICKS**
   - Like a dark, moist area.
   - Carries Lyme disease.
   - Wear long sleeves, and tuck your pants into your socks.
   - Wearing light colored clothing helps spot them easier.
   - Use Safe Bug Spray.

5. **SPIDERS**
   - Be aware of your surroundings. Don’t reach into dark areas. Brown recluses like to hide in the shadows.
   - Use a stick when hiking in the morning or evening to disrupt spiderwebs.
   - A messy web is a sign of a black widow spider in the area.

6. **MOSQUITOS**
   - Carries diseases, especially harmful to pregnant women.
   - Use safe bug spray to repel mosquitoes.
   - Grows in stagnant water, like swamps, ponds, even puddles.
   - Out all day.

Don’t Forget:

**Leaves of 3 Leave Them Be!**

**Be Smart**
Don’t eat or touch plants or insects that you don’t know what they are! Many poisonous plants have a version that is safe but it can be hard to tell them apart. So play it safe and leave them all alone!

**Check the Billboard**
Always check the posts at the beginning of trails for information about invasive insects or plants. If there is something to be aware of it will be posted there!

Visit our website to learn more tips and tricks for staying safe outside!