Learn how to spot poison oak, tell the difference between poison oak and poison ivy, and treat a poison oak rash. What is the Difference Between Poison Oak and Poison Ivy? Poison oak is a relative of poison ivy. There are many similarities in North America, there are two species of poison oak: Atlantic (Eastern) and Pacific (Western). Poison ivy (left) vs. poison oak (right) Grows at altitudes below 5,000 feet. How to Identify Poison Oak. Atlantic poison oak is a low-growing, upright shrub. It can grow to be about 3 feet tall, sometimes giving it the appearance of a vine. Pacific poison oak can grow either as a shrub or a vine, causing it to be even more readily confused with poison ivy. Poison oak and poison ivy can be long and lanky. Stamens five. THE BLISSFULLY IGNORANT Never having been in poison oak or poison ivy country before. Will itch like the dickens. Ovary unilocular. THE HOPELESSLY IGNORANT Their refrain is “What. let it be. WA Western Poison Ivy Toxicodendron rydbergii Eastern Poison Oak Toxicodendron pubescens Specimens were collected from these states: AR. Maps of Poison...