



# Ticks & Wood

Leading entomologist and professor in the Division of Insect Biology at UC Berkeley's College of Natural Resources, Dr. Robert Lane, notes that the worst places to rest in a forest are leaning against a tree or sitting on a log. Gathering wood also equals increased exposure to ticks. Dense, damp forests are prime habitats for ticks. Bathing within two hours can aid in prevention of Lyme and co-infections.

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