

Fleas - Typical First Strikes by Housekeeping and Maintenance

1. Steam clean or vacuum thoroughly every day for two weeks (and on a regular basis throughout the year) and/or mop with ½ cup borax per gallon water or wash or rinse-and-vac floors or spray with diluted Safe Solutions Enzyme Cleaner with Peppermint. Use a steam cleaner weekly to clean carpets, floors and furniture. If you spray carpet with 1 gallon of a 2% solution of borax, boric acid or sodium borate per 2,000 sq. feet - and then respray with another gallon of hot water you take the toxic material (crystals) down to the nap. **Remember to test spray a small areas first and be sure to launder all pet bedding regularly.** Remember that vibrations from walking and vacuuming will stimulate new adult fleas to emerge from their pupal sacs - so vacuum again in one hour. Spray with Not Nice to Bugs® **Keep infants off floors.**
2. Mop or spray the floors with 2 oz. per gallon water or spray 1 oz. per quart diluted Safe Solutions Enzyme Cleaner with Peppermint and/or ½ cup borax per gallon water. Spray yards and crawls with 1 oz. per quart diluted Safe Solutions Enzyme Cleaner with Peppermint or salt water (salt water will also kill plants). Sprinkle gardener's lime or salt. Repeat as needed. **Salt and/or boron will also kill plants.**
3. The oldest form of flea control was to catch the flea, place it between your thumbnail and forefinger nail and press until you heard a nice pop. As each flea female can lay one egg an hour, this may not be a very practical or "easy" job. Make some knee-high flannel boots that fit over your shoes and pant legs. Fleas will jump on and become entrapped in the nap long enough for you to monitor and/or vacuum them up. You could also use duct tape (sticky-side up) to trap them. Lightly sprinkle baking soda, borax, food-grade DE and/or talcum; leave on overnight and then vacuum. **Routinely remove dust and debris and caulk and/or seal all cracks, crevices and other openings.**
4. Steam clean and/or rinse-and-vac with diluted enzyme cleaners and/or borax. This will remove dried blood, carpet fibers and other debris, diluted excrement, some flea larva and their silk, eggs, pupal cocoons, adults, feces and other food sources. Note: Most flea larvae coil themselves around carpet fibers and are not easily removed. **Carpet is the perfect flea environment!**
5. Spray pets with (1 oz. per qt. water) Safe Solutions Enzyme Cleaner with Peppermint or bathe them in Safe Solutions Pet Wash and wash bedding weekly in their enzyme cleaner and borax.
6. Use a hose-end sprayer and spray the yard with nematodes or with (2 - 4 oz. per gal. water) of enzyme cleaner or citrus-based oils or soaps or dust with neem seed powder to control outside flea sources. Note: 90% of opossums in urban Midwest areas are infected with fleas. Hot summer temperatures (especially when dry) normally prevent fleas from developing. Only shady and moist areas need to be sprayed.
7. Put a goose-neck lamp 8" - 10" (with a green light) over a pan of "fizzy" seltzer water with a few drops of dish soap at night. The fleas are attracted to the heat and carbon dioxide and drown.
8. Heat the area to 103° F. for 1 hour. Reduce the relative humidity. (Larvae need a moist area to survive.)
9. Routinely clean and mop with 1 oz. of Safe Solutions Enzyme Cleaner with Peppermint per gallon of water. Sprinkle salt where animals lie; salt dehydrates the fleas and they die.
10. A handful of leaves from the black walnut tree, southernwood, rue, camphor, lavender, sage, rosemary, catnip, pennyroyal, eucalyptus, peppermint, feverfew and tansy can be brewed in a tea pot with boiling water. Steep overnight, strain and spray to repel fleas. **Check for allergies and stains before spraying.**
11. To monitor infestations, slowly walk through suspected areas wearing white knee socks. When the fleas jump on you, you should clearly be able to see them on the socks. See item 3.
12. Outdoors, organic matter can harbor flea larvae. If you dry out these areas or saturate them with salt water, you will kill flea eggs and larvae. **Remove any rodents or wildlife nesting in or near your buildings.**
13. As a last resort spray with Not Nice to Bugs® or lightly apply Safe Solutions, Inc. food-grade diatomaceous earth (DE) (using a dust mask and goggles) to the carpeting (litter boxes, roosts, bedding, furniture and other areas your pet frequents) and then rub some dust (or diluted DE) through your pet's fur to the skin, especially on the scalp and tail, behind the neck and in any area where your pet can't bite or scratch. Caution: Diatomaceous earth can dry out your pet's skin, so lightly use it no more than once a month. **Remember to vacuum up all residue after a few days.** Pets eating about 1% diatomaceous earth in their food will also kill internal parasites. Food grade DE is also thought to stimulate the digestion and to add 14 trace minerals to benefit the pet. So if your pet eats food grade DE it will continue to kill internal parasites.
14. Howard Rustin said that he washed his large dog with about 1 oz. Safe Solutions Enzyme Cleaner with Peppermint and never saw such a clean dog. The old hair, dirt, fleas and skunk odor were gone immediately.

15. Dan Dickerson's Flea Trap: 1 rodent glue board, 1 piece moist sponge, 1 Alka Seltzer® tab; Place Alka Seltzer tab on top of moist sponge piece; cover lightly with plastic wrap on top of seltzer tab to hold it in place. CO₂ and moisture in to attract fleas. **Flea traps catch few fleas when cats are present.**
16. **If you are still seeing fleas, read the entire chapter.**

NOTE: Not Nice to Skin Irritations® and Safe Solutions Enzyme Cleaner and their Pet Wash help take away the itch from poison ivy and/or flea bites and they literally clean away all of the dead skin, odor, fleas, eggs and debris from the various dogs on which they were tested and left their coats very soft and luxurious. Mange and ringworm also are removed by these two cleaners and/or Lice R Gone®

*Safe Solutions products may be purchased online at:
<http://www.safesolutionsinc.com>

or by telephone at:
1-888-443-8738.

