

## Flies - Typical First Strikes by Housekeeping & Maintenance

**Whatever you do, realize that proper food and garbage storage, traps, sanitation, exclusion, and mechanical controls still work far better than dangerous, volatile, synthetic pesticide poisons and are a lot safer and cheaper. Good sanitation is the basic step in all fly management.**

1. Use a fly swatter or vacuum up all visible flies. Use fly paper and fly traps. **A fly has an unblurred range of vision of only about 1½ feet. You should aim your flyswatter about 1½” behind the fly, because when houseflies take off from a horizontal surface, they jump upward and backward.** Keep screens in good repair. Install a fan to blow a steady stream of air to the outside through exterior doors and in all problem areas. Shut doors.
2. Routinely clean with 1 oz. - 2 oz. Safe Solutions Enzyme Cleaner per 1 gal. water or steam clean. Institute proper food and garbage storage. Routinely empty and clean dumpsters and all garbage containers. Remove all animal feces or droppings and/or feed the animals food-grade DE. Improve sanitation and manure removal.
3. Daily empty and clean all food handling equipment, dishes and garbage containers and daily remove and/or bury all animal droppings, fruit and organic debris inside and/or outside. Fly paper, fly strings (¼” sticky nylon tape) and/or fly traps should be installed. Spray Not Nice to Bugs® as needed.
4. Add 1 oz. per 1 qt. water Safe Solutions, Inc. Enzyme Cleaner to the drains each week. Spray all garbage containers with borax (¼ c. per 1 qt. water) and enzyme cleaner (1 oz. per 1 qt. water). Lightly dust with food-grade DE.
5. Double bag and securely tie each garbage bag. **Schedule twice weekly summer garbage removal.**
6. Mechanical Exclusion: Caulk, seal and screen all openings. Properly store food materials and garbage. Screen doors should open outward so flies are not forced inside each time the doors are closed. Have fans blow out the door entrances. Make anti-fly curtains of strings of beads or plastic strips where there is lot of traffic. Screen all windows, doors, vents and other openings.
7. Spray or sprinkle or dust food-grade DE or dry soap or borax into garbage cans or dumpsters after they have been washed with 1 oz. Safe Solutions Enzyme Cleaner with Peppermint per 1 qt. water and allowed to dry; it acts as a repellent. Low concentrations of borax in water quickly eliminate fly odors and fly specks from walls, etc. Throw in some citronella or geraniol beads. A home-made fly repellent consisting of 1 part liquid dish soap, 1 part vinegar and 3 parts water — spray this on goats and horses and wherever you wish to see them remove themselves.
8. Place tansy near your kitchen door or where flies tend to cluster. Other repellents include oil of cloves, cedarwood, citronella, cedar, orange, lemon, camphor, pine, juniper, laurel, garlic, peppermint, geraniol, lavender and/or evergreen or other essential oils and/or mint sprigs and/or geranium extracts and bisabolene. Try an aroma-therapy machine to dispense some of these fragrances and repel your fly problems, if you are not sensitive.
9. Set a sponge in a saucer and soak it with oil of lavender to repel flies.
10. A pot of basil set on a window sill or table will help reduce the number of house and blue bottle flies in the room.
11. Spray or mist any remaining visible flies with (1 oz. per 1 qt. water) Safe Solutions Enzyme Cleaners with Peppermint or Not Nice to Bugs®.
12. Make and use some fly traps - either 2-liter containers or hanging duct tape (sticky-side out) or imprinted glue traps or narrow neck bottles with diluted vinegar and a few drops of dish soap. See “trapping flies outdoors.”
13. Flies and flying ants and other flying insects are attracted to the light, so darken all windows but one, or turn off all lights but one and/or install one black light or ultraviolet light and then vacuum up those pests that are attracted. You can also purchase some excellent traps.
14. Set out a saucer filled with bubble soap to attract and kill flies. Some smell like candy.
15. Remember, adult flies eat only sugar, so make some light Karo Syrup or honey or sugar water with 5% borax or 3% boric acid baits or, better yet, 90% fermenting molasses and 10% enzyme cleaner or aspartame or 5% food-grade DE baits. If you use DE or boron-type baits, be sure to keep them out of the reach of children, pets and wildlife.
16. Some people have had success hanging zip-lock bags filled with water and a shiny penny or some tin foil in the bag every 3 feet. The sun’s refractive light is said to disorient flies when the sun’s rays are shining through the bags.
17. Safe Solutions, Inc. food-grade diatomaceous earth will control fly problems. If fed to animals at a rate

of 4% - 5% of their daily food ration, it will control internal parasites and fly larvae (maggots) in the droppings. Research has shown a 17% increase in milk production and healthier pets and/or livestock. You can also lightly dust this food-grade DE on barn windows, etc.

18. Trapping Flies Outdoors: To capture flies outside, use traps with a screen cone suspended above the bait. These traps should be at least 4 feet above the ground. These cone-type traps take advantage of the fly's habit of flying or walking toward light. Cone traps can be easily made from wood and aluminum or plastic screening; use the dimensions shown in Figure 3. Flies are attracted to the bait in the pan under the trap. Once the flies are under the trap, the brightest spot they see is the hole in the cone above them. They walk up through the hole and are trapped in the outer screen cage. Since flies are attracted to the light and it is always lighter above them, they can not find their way back out through the hole in the cone.
19. Hop vines and pepper tree leaves and berries are repellent to house flies.
20. A 2% emulsion of avocado or basil oil will also repel flies.
21. Mix chopped toad stools with sweet milk in a saucer to ferment overnight. The next day this toxic mix will attract and kill large numbers of flies, but keep it out of the reach of children and animals.
22. Biting flies are attracted to octenol, phelols (found in urine), carbon dioxide (CO<sub>2</sub>), skin odors, moving objects and things that are round or spherical and black or dark in color.
23. Stick some duct tape on the edges of your windows with the bulk of the sticky-side open and towards the outside; replace the tape as needed.
24. Fungus gnats are attracted to lime-colored items so paint some lime-colored paper with honey or Vaseline or better yet, spray with a non-drying glue.
25. Phorid and fruit flies are attracted to acetic acid (vinegar), so put some drops on duct tape or glue boards.
26. Whiteflies are attracted to yellow plastic bags coated with fresh petroleum jelly placed over large cans. When the bag is covered with dead whiteflies, throw it away and replace it with another over the can.
27. Refrigerate trash and/or recycle rooms. Move dumpsters away from the building.
28. Finely powdered egg shells will eventually destroy flies that land on and get covered with this egg shell dust, but the Author prefers Safe Solutions, Inc. food-grade DE.
29. Buy some Flies B Gone traps from Safe Solutions, Inc., <http://www.safesolutionsinc.com>.
30. Maggots don't like geraniums, cloves, bay leaves or citrus peels and will quickly die in salt water or when sprinkled with salt or sprayed with steam. Virtually no pesticide will kill them.
31. Flies die when placed in a freezer for several minutes.
- 32. If you still have flies, read the entire chapter.**

\*Safe Solutions products may be purchased online at:  
<http://www.safesolutionsinc.com>  
or by telephone at:  
**1-888-443-8738.**

