

Its summer time and if you have not noticed lately mosquitoes and flies indoors are an increasing problem. Most homes and businesses eventually experience problems with indoor flies. Though relatively few kinds of flies can breed and complete their life cycles inside a structure, each indoor fly species is unique. For that reason, it's important to correctly identify the type of fly in your home in order to control it. Flies are one of the largest groups of insects. Unlike most other winged insects, which have four wings, flies have only two. This difference distinguishes them from nearly all other insect orders.

All flies go through complete metamorphosis—egg, larva, pupa and adult. These stages of development allow flies to take advantage of different breeding and living sites. Smaller house-infesting flies include drain flies, fruit flies, phorid flies, and fungus gnats. Larger flies, such as blow flies and flesh flies, occasionally invade homes to lay eggs on a decaying carcass. These flies rarely infest homes for long. House flies and mosquitoes rarely breed inside structures; however, they readily take advantage of open doors or unscreened windows to get indoors for food or shelter.

Insecticides alone are rarely successful in eliminating indoor fly infestations. Fly control is most effective when breeding sites in the structure are identified and eliminated. Because each type of indoor fly prefers slightly different breeding sites, identifying the fly should be the first step in any control effort. The following are descriptions of the most common indoor flies along with explanations of how to locate and eliminate their breeding sites. So where are these fly breeding sites? The preferred fly breeding areas in and around the home are: Trash receptacles, especially the wet bottoms of trash cans when plastic liners have leaked; Bags of vegetables, such as potatoes or onions, in pantries; Damaged or overripe bananas, pineapples, strawberries, tomatoes or other fruits left out of the refrigerator; Spillage or vegetable debris under salad bars, soft drink dispensers, or around alcohol bars; Open or loose lids on vinegar, wine, beer, or cider containers; Recycling bins with unrinsed wine, beer, or soda containers; Damp, dirty mops, brooms, or cleaning rags; Crevices in floors of commercial kitchens, especially underneath cracked or damaged tile or any kind of moist rotting or fermenting organic matter.

The key any indoor fly problem is to find and eliminate the source, that is, anywhere excess moisture and organic debris may have accumulated. Moisture is critical for fly breeding. Fly larvae cannot breed without some source of water, so look for areas with moisture. Sanitation suggestions include: Find and clean up any spilled or spoiled food on floors or in pantries; Clean sink and bathtub/shower drains; Check under liners in garbage containers and, if necessary, use soap and water to remove all organic residues; Hang mops off the floor to encourage drying do not store dirty mops; Inspect and clean under and around the feet of refrigerators or other kitchen equipment where organic matter collects and Check and clean condensate lines and trays associated with refrigerators and icemakers.

Light traps take advantage of a fly's attraction to short wavelength light (ultraviolet, or UV) to draw them to a glue board or low voltage electric grid. They are most effective for larger flies, like house flies, but may also trap small flies and other flying insects. Light traps should be installed 4 to 6 feet above the floor, which is the typical flying height for house flies. Because lights can attract flies from a distance, they should be mounted so they are not visible from the outdoors. Most light trap manufacturers recommend that the bulbs be replaced annually because UV output of fluorescent