

# FLIES EXPOSED: Dirty details



Flies may seem like a harmless annoyance – but they are proven vectors of disease. Discover why having a fly control program matters more than you think.

## A FLY IS BORN

### PHASE 1: Eggs

Flies lay their eggs in decomposing animals, feces, exposed foods, garbage, or other decaying organic debris. A single female fly can lay 900 eggs in her lifetime!



### PHASE 2: Larvae (aka Maggots)

Eggs hatch into larvae, commonly called maggots, typically within 48 hours. The maggots feed on the waste they are born in.



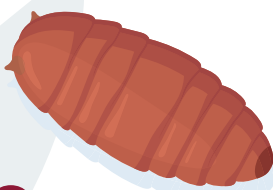
### PHASE 4: Adults

Depending on temperature and humidity, adult flies emerge from the pupal case in a few days to a few weeks. Adult flies typically live 3 - 4 weeks.



### PHASE 3: Pupae

Within 4 - 7 days, larvae turn into pupae, burrowing into the surface of the food and forming a hard case around themselves for development.



At temperatures around 86°F (30°C), a fly can complete its lifecycle from egg to adult in just 10 days.



Dependent on species, adult flies thrive in temperatures from 75° - 85°F (24 - 29°C).

## A FLY EATS

Outside of reproducing, a fly's main goal in life is to find food. Depending on species, flies can feed on many different sources.



PLANTS &  
NECTAR



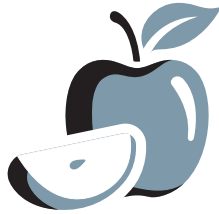
LIQUIDS



DECOMPOSING  
ANIMALS



FECES &  
SEWAGE



SUGARY  
SUBSTANCES



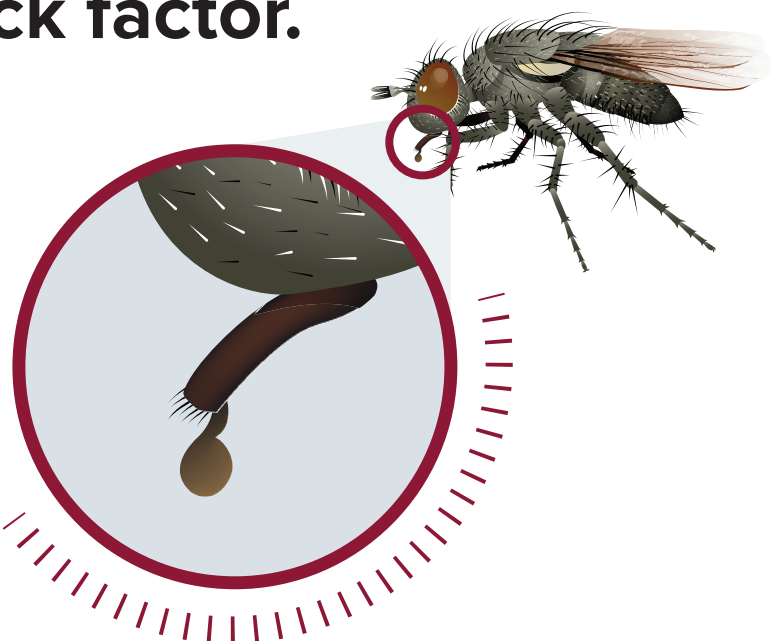
HUMAN  
FOODS



GARBAGE & DECAYING  
ORGANIC MATTER

## How flies eat: The ick factor.

- Adult flies can't chew food.
- They have a straw-like mouthpart called a proboscis to slurp or absorb food.
- To consume solid food, they regurgitate saliva with special enzymes onto it that help break it down to a liquid.



## KEEPING FLIES AWAY

Good sanitation is critical to reduce problems with flies. These tips can help.



**Close doors & windows when not in use.** Use screens or air curtains for those that must remain open.



**Empty indoor and outdoor garbage cans daily.** Seal bags tightly and remove to an exterior dumpster.



**Ask your pest control technician about exclusion.** This seals gaps around doors, windows, pipes, etc. to prevent fly entry.



**Have dumpsters emptied regularly.** Routinely wash or clean dumpsters or have them replaced. Wash down dumpster pads.



**Install insect light traps in high activity areas.** It is important to work with a pest control expert for best placement.



**Ask your pest control partner about an exterior baiting program** to help reduce activity if flies are a problem outside your facility.

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