

What are the sources of gnats?

Indoor sources: Drain sinks, food remains, rotten fruits, wet floors.

Outdoor sources: Houseplants, Dogs and cats or any other house pets.

Why should you get rid of gnats in your house?

- 1- Insects can contribute to the spread of infectious diseases.
- 2- The bites and swelling are painful
- 3- Stubborn peskiness and the annoyance they cause in your kitchen and all over your home.
- 4- They constantly buzz around your ears and your face and give the illusion that your house may be dirtier than it is.

How to prevent gnats in your house?

If gnats get in your house, there is something in your house which may be attracting them to linger there. Here are simple steps you can take to make your home **less** attractive to gnats:

1. Clean the entire house completely.
2. Throw away any food that is rotting or has gone bad, especially fruit that are lying around on the kitchen countertops.
3. Fill holes and cracks on the floors.
4. Clean dirty dishes and cooking utensils immediately after use
5. Put nets or curtains or wire on the windows and doors.
6. Continuously check for potential food sources and eliminate them right away.
7. Keep your trash cans clean. Always cover your trash cans and garbage's and make sure that the lid is tight. Throw out your trash frequently.
8. Make sure that you use fruit and vegetables before they go bad. As you've probably noticed, there's nothing that gnats like more than a good overripe banana or apple.

Methods to completely get rid of gnats and destroy their life cycle:

To prevent returning gnats again and completely destroy their sources to come back follow this:

1. Make a homemade trap using vinegar:

It is the most usable and effective method. Additionally it is cheap and easy for housewives to implement. Gnats are attracted by the vinegar odor. Therefore, place a small dish with some apple cider vinegar on the counter. Cover it tightly with plastic wrap. Poke small holes in the wrap to allow the bugs in. Alternatively, you can take a used can or jar-the material doesn't matter. Mason jars work especially well. After you fill your container, seal the lid and poke very small holes with a nail or screw. Leave the can in a space gnats usually inhabit, most likely your kitchen or dining area. The gnats will fly into the jar, but will be unable to leave. Dispose of the jar, and the gnats-and say goodbye to your gnat problem.

Unsafe Methods to avoid:

1. Use of pesticide spraying:

One very unsafe method is to spray the home with pesticide, while leaving the doors and windows closed. This is dangerous because inhaling pesticides can be irritating and harmful to your lungs and the entire respiratory system. To use this method, it is important to cover all gadgets and culinary supplies, put the food away and get all the inhabitants out of the house for at least a few hours. While this method will get rid of gnats, I don't recommend it.

Methods to prevent gnats from coming back to your home

1. Pour a cup of ammonia down your kitchen sink. It will get rid of any flies hovering around that area. Just make sure you let the ammonia sit and dilute itself for a few hours before using the sink for cleaning purposes, because ammonia is just about as harmful to humans as it is to gnats.
2. Get slightly rotten fruit and put it in a small glass of water to attract gnats. Then pour powdered bleach on it and mix it in. You can also use one to several tablespoons of dishwashing soap to every cup of water. This soapy water mix damages the breathing tubes. The gnat can't breathe, and dies.

How to prepare special solutions and traps at home:

Prepare a mixture of soap water and vinegar and pour it into a container or bowl with a wide opening to get rid of flying insects:

1. Get a small bowl
2. Put about 3-4 drops of dishwashing liquid in it.
3. Add about 3/4 inch of apple cider vinegar (works best) or some other vinegar.
4. Stir it just enough to get the dish washing soap to dissolve.



Vinegar smell attracts gnats and other flying insects. Natural water has a property called surface tension or tensile strength, which helps the insects stand on the surface of the water without sinking. After adding soap insects lose the ability to float above the surface of the water because soap makes the surface rarefied. Insects sink in to the depths of vinegar and soap solution and can not float again. You should notice a big decline in gnats within a few hours.

Why Soapy Vinegar mixture is not working for many people?

One reason this remedy may not be working for you is if you are not using soap together with vinegar. Perhaps you are not using enough soap. Remember, soap is the ingredient responsible for sinking the gnats. Vinegar alone will not capture all insects, gnats will touch the surface of the water and leave again. It is also a good idea to use this method at night, when gnats are even more attracted by lights.

Do not run any water down the drain for one to two hours. You can also use bleach instead of the baking soda and vinegar mixture if your nose can stand the smell.

Do not use wine or beer instead of vinegar. these products are expensive and will actually not be that attractive to gnats.

Remember to use apple cider vinegar! It should NOT be diluted: the stronger the better. You can add banana peels, old fruit pieces or other smelly food stuff to make it even more attractive.