

Special Care Instructions for Liners and Shields:

THE LINERS AND SHIELDS MUST BE IRONED WELL AFTER EACH AND EVERY WASHING (or maybe ironed with a hot rock from the fire)

Why?

The Mango Fly (*Cordylobia anthropophaga*), also known as the Tumbu fly or the Putzi fly, is the most common Sub-saharan blow fly.

Adults lay eggs on wet clothing -- on a clothes line, hanging over a chair back, resting out on bushes. They also lay in soil contaminated by urine or feces, especially dog, or on damp leaves in shady areas.

The eggs (which are invisible to the naked eye) hatch in one to three days and the larvae then burrow into the skin when the clothes are worn. Most common place to find bites are around waistbands, bra straps, backs of arms and buttocks.

The liners and shields are particularly attractive to the insects.

The best (and perhaps only) way to deal with the eggs and larvae is through the direct application of heat.

THE HEAT OF THE SUN ALONE WILL NOT KILL THE LARVAE.

Drying clothes indoors is safer though not foolproof. Drying in an electric clothes drier will prevent the flies from ever laying their eggs in the first place.

Bites look like regular and relatively benign mosquito bites, with only minimal itching but with a distinct 'hole' at the entry point. They will quickly (~ 2 days) become painful and extremely itchy and may grow to be 5-10 cm round or more.

Treatment: apply a 3mm-thick coat of Vaseline to the bite. This will block the air hole of the maggot and allow it to be extracted as it fights its way out of the site.

The fly is endemic to sub-Saharan Africa but similar parasites exist in all the areas of the world where women would be expected to use these kits.