

How To Catch Flies

By DoMyOwn staff

In large numbers, flies can become a huge nuisance. They can spread diseases like salmonella, E. coli, etc., and can contaminate food and food surfaces. The easiest and safest way to catch flies is by using [fly traps](#).

Fly traps offer a non-toxic, effective solution to your fly problem, and they're easy to use. They come in a wide variety of styles and types, so you can choose the best traps for the right situation. Most flytraps will help control common flies, including houseflies, blowflies (blue/green bottle flies), stable flies (biting houseflies), and more.

See also: [How to Get Rid of Flies](#)

About Fly Traps

There are many types of fly traps available to you, and if you know how each type works and where each type performs best, you'll be able to choose the right option for your fly problem.

- Fly paper, fly ribbon, fly tape, sticky traps, etc: These types of traps can be hung almost anywhere indoors. Most of the time, they will not contain anything but glue or sticky surface and maybe an attractive color or pattern to attract the fly. They are inexpensive, non-toxic, safe to use around pets and children, and are easy to visually monitor and easy to dispose of and replace.
- Container traps: These traps are made up of a bag that hangs outdoors in fly-infested areas. The bag generally contains an attractant to lure flies to the trap, where they either drown or are trapped and die within the bag. They are safe for the environment and multiple traps can be used in an outdoor space.
- [Fly light traps](#): Light traps are fairly self-explanatory; they use light to attract flies to a sticky trap. Since they're using a lure in combination with a sticky surface, you might find more success with this style of trap rather than a plain sticky paper trap. Light traps can be very effective, but keep in mind that not all flies are attracted to light, so it is important to identify the type of fly you are dealing with to use the right trap.
- Electronic traps: This type of trap will use a low level of electricity to electrocute and kill flies and other flying insects. They are for use outdoors.

How To Catch Flies With Fly Traps

While fly traps are fairly easy to use, there are some things to keep in mind that will make your flytraps even more successful.

- While fly traps catch flies easily on their own, there are things you can do to help eliminate flies more quickly. Limit all food sources and breeding sites by cleaning up garbage and other decaying organic matter, use tightly closing trash lids, etc. Make sure there are no holes in your window screens and no gaps in window and doorframes. You can apply insecticides to the exterior of your home and other problem areas.
- Placement is key with every type of trap. Make sure to read labels carefully so you can put them in the right spot.
- Fly paper strips are best placed in areas without air movement.
- Sticky type traps can be placed nearly anywhere, but should be placed out of reach of children and pets. If you have problems with flies in food prep areas, place traps near where flies are entering the structure and take care to not place them too close to food and food preparation areas as to avoid food contamination from flies.
- Light traps should be about 15 feet away from doors and at least 6 feet off the ground. Dark areas are best, away from the bright lights and sunlight to better attract the flies. Avoid placing too close to food prep areas, and replace bulbs every year before peak fly season for maximum effectiveness.
- Bag traps should be used outdoors, out of the way from where people congregate and a little bit away from the source of flies. Hanging in the sun is more ideal, and they should be monitored often and replaced and changed to keep them effective. Some are disposable, which makes it easy to dispose of dead flies.