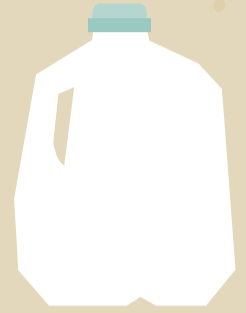




Many people choose raw milk thinking it will improve their health, but it can cause serious illness in anyone.



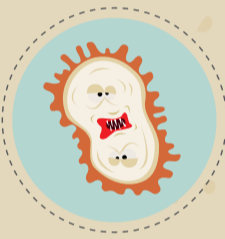
## WHAT IS RAW MILK ANYWAY?



**Raw milk** has not been pasteurized to kill harmful, disease-causing germs, including bacteria, viruses, and parasites.

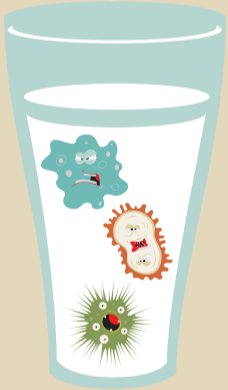


**Pasteurization** is the process of heating milk to kill harmful bacteria.



Before most milk in the U.S. was pasteurized, raw milk was a common source of foodborne illness.

## Some germs linked to raw milk outbreaks



*Campylobacter*



*E. coli*



*Salmonella*



*Listeria*

## WHAT CAN YOU DO TO LOWER YOUR RISK OF GETTING SICK?



Choose **pasteurized** milk and dairy products. Buy and eat products that say “pasteurized” on the label. If in doubt, don’t buy it!



Refrigerate dairy products at 40°F or below.



Throw away any expired product.

**BE WISE. ONLY DRINK MILK THAT'S PASTEURIZED!**



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

For more information on raw milk, please visit [www.cdc.gov/foodsafety/rawmilk](http://www.cdc.gov/foodsafety/rawmilk)