

# RAW MILK

## KNOW THE RAW FACTS

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



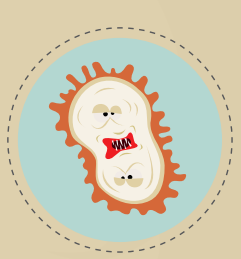
### WHAT IS RAW MILK ANYWAY?



**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.

### HOLY COW!

#### RAW MILK OUTBREAKS ARE ON THE RISE IN THE U.S.



**150x**

The risk of an outbreak caused by raw milk is at least 150 times higher than the risk of an outbreak caused by pasteurized milk.



**4x**

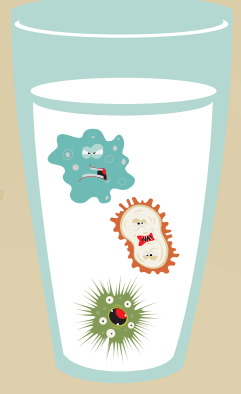
The average number of outbreaks linked to raw milk was 4 times higher from 2007-2012 compared to 1993-2006.



**81**

In all, 81 outbreaks in 26 states were linked to raw milk from 2007-2012.

#### Some germs linked to raw milk outbreaks



*Campylobacter*



*E. coli*



*Salmonella*

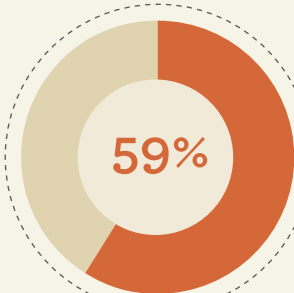


*Listeria*

### SOME GROUPS ARE MORE LIKELY TO GET SICK FROM RAW MILK



**Children**  
>>>>>>>>



**59%** of outbreaks reported from 2007-2012 included at least one child under 5 years



**Older adults**  
(65 or older)



**People with weakened immune systems**

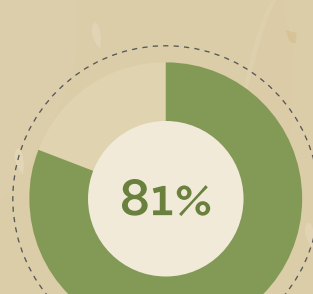
(including people with HIV/AIDS and chronic diseases such as diabetes and cancer)

### RAW MILK IS BECOMING MORE AVAILABLE

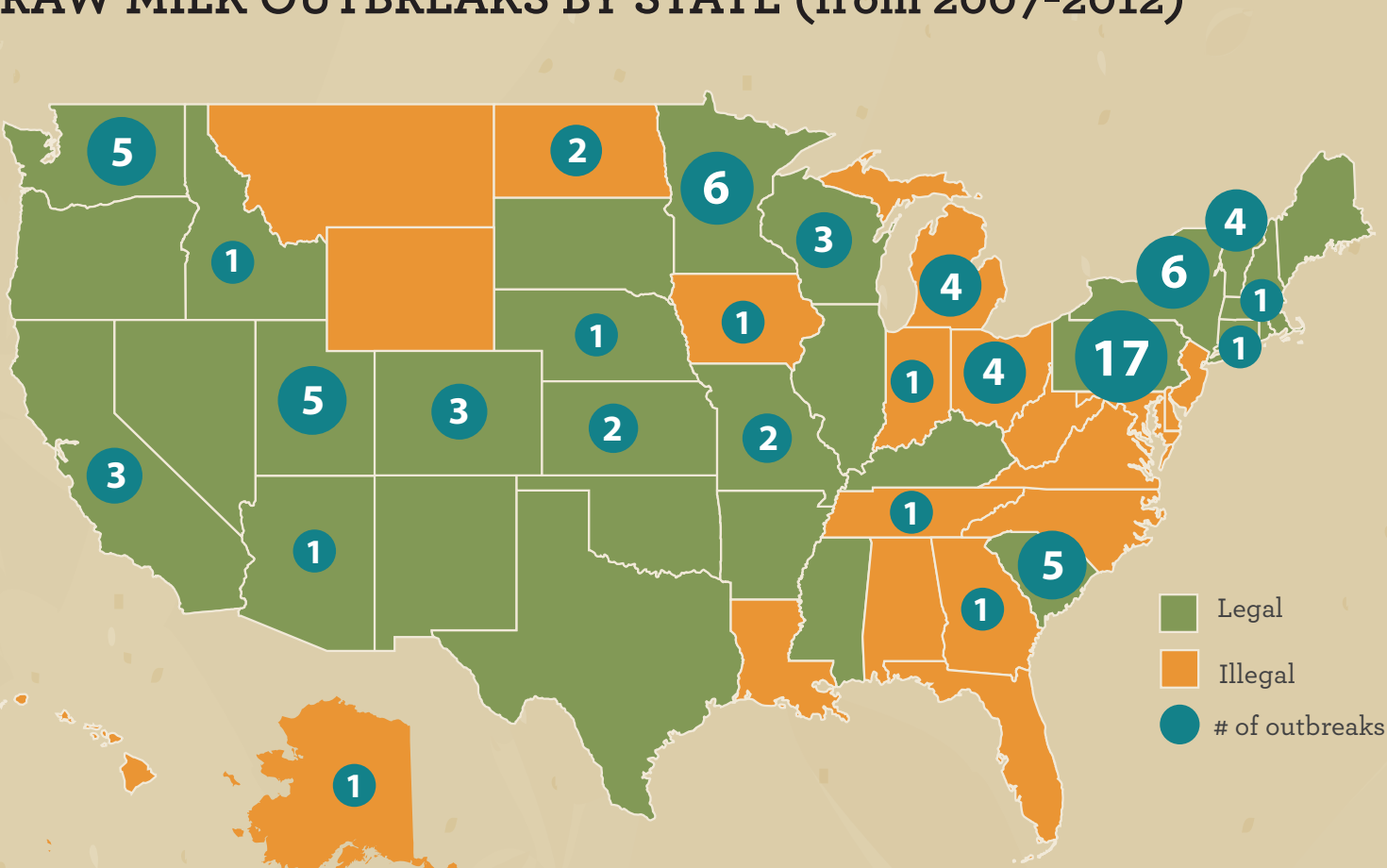


In 2004, selling raw milk was legal in 22 states. By 2011, this increased to 30 states.

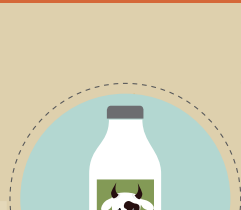
Most outbreaks (81%) happened in states where selling raw milk was legal.



#### RAW MILK OUTBREAKS BY STATE (from 2007-2012)

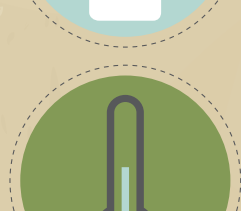


### WHAT CAN YOU DO TO LOWER YOUR RISK OF GETTING SICK?



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)