

# 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. Outbreaks linked to raw milk have doubled in the past five years.



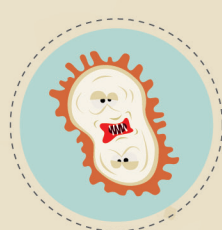
## WHAT IS RAW MILK ANYWAY?



**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 161°F for 15 seconds 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

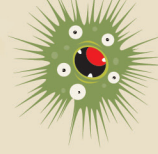
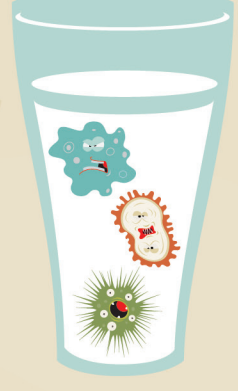
The average number of outbreaks linked to raw milk was 4 times higher from 2007-2012 compared to 1993-2006.



81

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

## Top germs linked to raw milk outbreaks (from 2007-2012)



**Campylobacter**

62 outbreaks



**E. coli**

13 outbreaks



**Salmonella**

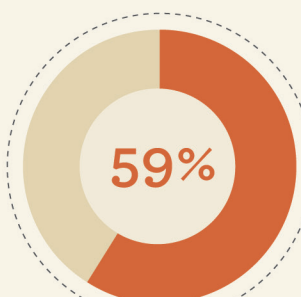
2 outbreaks

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



**Children**

>>>>>>>>



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



**Older adults**  
(65 or older)



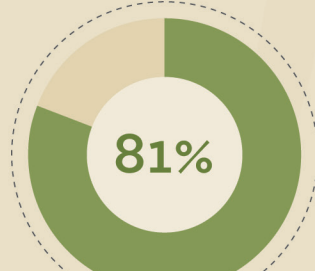
**People with weakened immune systems**  
(including people with HIV/AIDS and chronic diseases such as diabetes and cancer)

## RAW MILK IS BECOMING MORE AVAILABLE

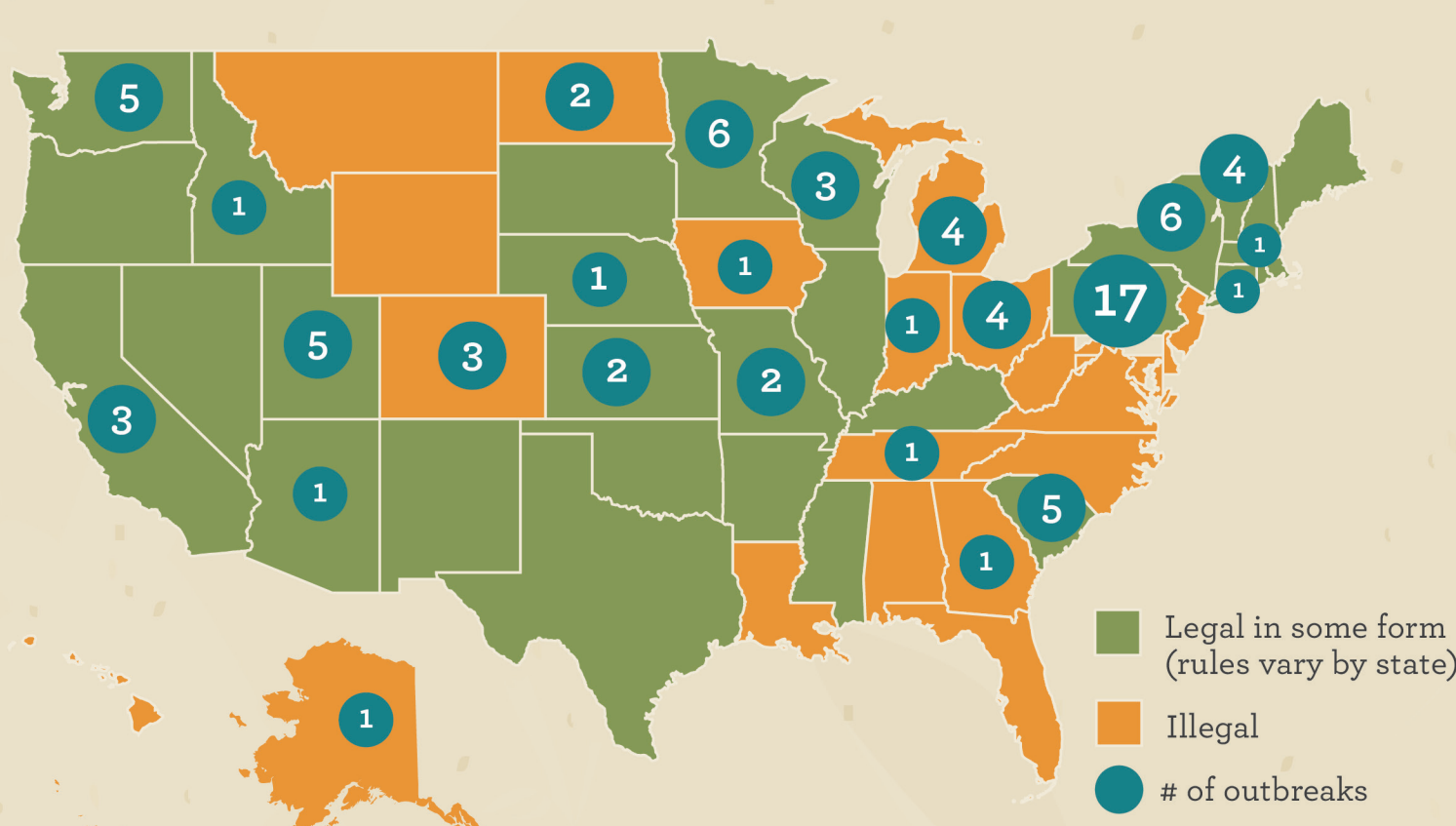


In 2004, selling raw milk was legal in 22 states. By 2011, this increased to 30 states.

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



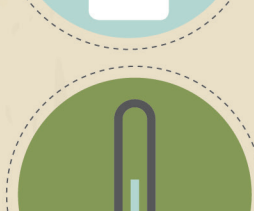
## RAW MILK OUTBREAKS BY STATE (from 2007-2012)



## 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 **pasteurized** 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)