



Raw Milk

Know the Raw Facts

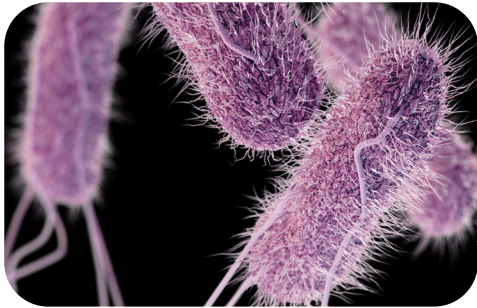
What is raw milk?



Pasteurization is the process of heating milk to a high enough temperature for enough time to kill harmful germs in the milk.



Raw milk has not been pasteurized to kill harmful germs, including bacteria, viruses, and parasites that cause diseases.



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

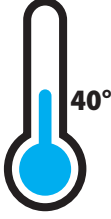
Is all raw milk risky?

- >> Even healthy animals may carry germs that can contaminated milk. Small numbers of bacteria can multiply and grow in raw milk from the time it is collected until the time a person drinks it.
- >> Following good safety practices on the farm can reduce but not get rid of the chance of milk contamination.
- >> A negative test isn't a guarantee that raw milk is free from harmful germs. One batch of a farm's raw milk can test negative for harmful germs, but the next batch can contain them.

What can I do to lower my risk of getting sick?



Choose pasteurized milk and dairy products. Buy products that say "pasteurized" on the label.



Refrigerate milk and dairy products at 40°F or below. Never leave perishable food like dairy products out for more than 2 hours (or 1 hour if exposed to temperatures above 90°F, like a hot car or picnic).



Throw away expired milk and dairy products.

Choosing pasteurized milk is the best way to keep you and your family safe.



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

For more information, please visit [cdc.gov/rawmilk](https://www.cdc.gov/rawmilk)