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.

Below are some facts about raw milk:

- **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 from 2007-2012 compared to 1993-2006.
  
- **81**
  - In all, 81 outbreaks were linked to raw milk in 26 states 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.

**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!**

For more information on raw milk, please visit www.cdc.gov/foodsafety/rawmilk