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 degrees Fahrenheit for 15 seconds to kill harmful bacteria.

**Holy cow! Raw milk outbreaks are on the rise in the U.S.**

- 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.
- The average number of outbreaks linked to raw milk was 4 times higher between 2007-2012 compared to 1993-2006.
- 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: 59% of outbreaks reported from 2007-2012 included at least one child under 5 years old.
- Older adults (65 or older): 30% of outbreaks reported from 2007-2012 included someone aged 65 or older.
- People with weakened immune systems (including people with HIV/AIDS and chronic diseases such as diabetes and cancer):

**Raw milk outbreaks by state (from 2007-2012)**

- Raw milk outbreaks in states where selling raw milk was legal.
- 82% of outbreaks (98%) 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 use 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!**