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.

Some germs linked to raw milk outbreaks:
- **Campylobacter**
- **E. coli**
- **Salmonella**
- **Listeria**

**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](http://www.cdc.gov/foodsafety/rawmilk)