

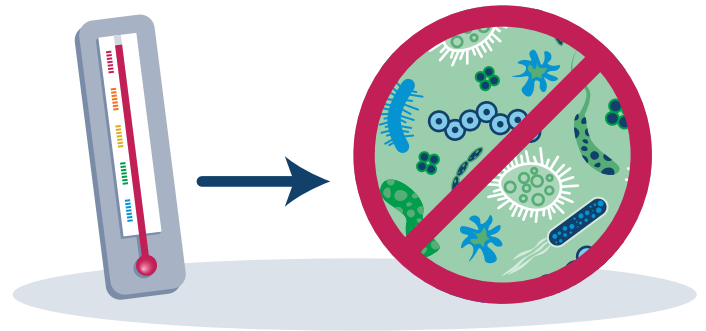
Raw Milk Risks



Eating or drinking raw (or unpasteurized) milk products can make you sick because the milk can contain harmful germs.

We advise you to avoid eating or drinking unpasteurized milk products.

Pasteurized milk has a proven track record of safety and has undergone a heating process that kills disease-causing germs like Campylobacter, E. coli and Salmonella.



Raw milk can get contaminated in many ways. People who consume raw milk or other dairy products created from raw milk are at risk for a variety of illnesses.

While good safety practices can reduce the chance of germs getting in raw milk, they cannot eliminate risk.

Take the following steps to reduce risk:

- Choose pasteurized milk and dairy products.
- Refrigerate milk, dairy products and other perishable food at 40°F or colder.
- Throw away expired food, including milk and dairy products.



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