

THE RISKS OF RAW MILK

An outbreak of *Campylobacter* bacteria linked to raw milk sickened more than **50 people** from New Hampshire, Maine, and Massachusetts in 2021.

150x

The risk of disease outbreaks linked to raw milk is at least **150 times greater** than the risk of outbreaks linked to pasteurized milk.³



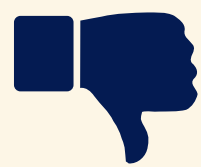
What is raw milk?

Raw milk is milk that has not undergone pasteurization, a heating process that kills disease-causing bacteria, viruses, and parasites.



Is drinking raw milk a health risk?

Yes. Raw milk and raw milk products, like unpasteurized soft cheeses and ice cream, may contain harmful germs, even if they come from healthy animals and the farm takes safety precautions.¹



Isn't raw milk better for me?

No. While raw milk may seem more “natural” than pasteurized milk, there is no scientific evidence that it provides additional health benefits.²



Does testing eliminate the risks of raw milk?

No. A negative test isn't a guarantee that raw milk is free from harmful germs. Even if one sample of a farm's raw milk tests negative for harmful germs, the next sample can test positive.⁴

How can I safely enjoy milk?

- **Choose pasteurized milk.** It's the best way to stay safe while enjoying the health benefits of milk.
- **Refrigerate milk and dairy products at 40°F** or below. Avoid leaving dairy products out for more than 2 hours (or 1 hour if exposed to high temperatures).
- **Throw away expired milk** and other expired dairy products.⁵

Germs in raw milk can be especially dangerous for:

- People with weakened immune systems
- Children
- Older adults
- Pregnant women⁶

For more information about milk production in New Hampshire, please visit the the NH DHHS dairy program at:
<https://www.dhhs.nh.gov/programs-services/environmental-health-and-you/food-protection/dairy-farms-and-dairy-plants>



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1. <https://www.cdc.gov/food-safety/media/pdfs/raw-milk-infographic2-508c.pdf>
2. <https://www.fda.gov/food/buy-store-serve-safe-food/raw-milk-misconceptions-and-danger-raw-milk-consumption>
3. <https://www.cdc.gov/foodsafety/rawmilk/rawmilk-outbreaks.html>
4. <https://www.cdc.gov/food-safety/media/pdfs/raw-milk-infographic2-508c.pdf>
5. <https://www.cdc.gov/food-safety/foods/raw-milk.html>
6. <https://www.cdc.gov/food-safety/foods/raw-milk.html>