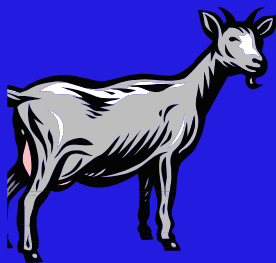
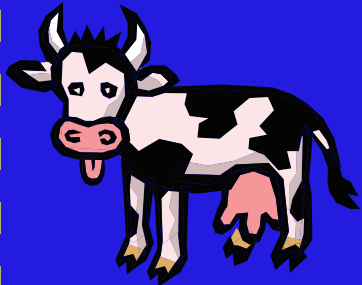


Raw Milk...

Can it make you sick?

Did you know?

- There are inherent risks associated with drinking raw milk.
- Disease-causing bacteria like *Campylobacter*, *Listeria*, *Salmonella*, and *E. coli* are commonly found in raw milk.
- If not kept at the right temperature (40°F or below), these disease-causing bacteria will grow rapidly in the raw milk.
- Raw milk contaminated with disease-causing bacteria will not smell or look any different from non-contaminated raw milk.



If you purchase and/or drink raw milk, help protect yourself & family:

- Only buy raw milk from a store or dairy permitted to sell it. While dairies permitted to sell raw milk do follow strict standards designed to help limit disease-causing bacteria commonly found in milk, this still does not guarantee that the raw milk will be free of disease-causing bacteria.
- Keep raw milk (or raw milk products) refrigerated at or below 40°F. Do not let raw milk sit out at room temperature.
- See your doctor if you experience any of the following symptoms after consuming raw milk (or raw milk products): fever, diarrhea (sometimes bloody), cramps, nausea, vomiting, and headache.
- Infants, young children, the elderly, pregnant women and those with compromised immune systems are at higher risk for serious illness from *Campylobacter*, *Listeria*, *Salmonella*, and *E. coli*.