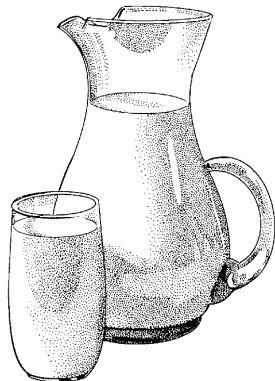


## Protect yourself against illness

- Do not consume raw, unpasteurized milk or milk products.
- Do not buy or consume raw milk, especially raw milk cheeses, from sources such as flea markets, door-to-door operations, out of trucks, or shipped from Mexico, Nicaragua, or Honduras.
- Avoid consuming home-made cheeses.
- Never eat soft cheeses (especially the Mexican-style cheese called *queso fresco*) if you are pregnant.
- Always refrigerate milk and milk products.

**Don't forget that prevention and early detection can help you live a better, healthier life**



## Resources for more information on raw milk and food safety

### Kansas Department of Agriculture

Office of the  
Secretary ..... (785) 296-3556  
Dairy Inspection  
Program ..... (785) 296-3511



109 SW 9th Street  
Topeka, KS 66612

Visit us on the web: [www.ksda.gov](http://www.ksda.gov)

### Kansas Department of Health and Environment

Food Protection and Consumer  
Safety Program ..... (785) 296-5600

Visit KDHE on the web:  
[www.kdheks.gov/fpcs/index.html](http://www.kdheks.gov/fpcs/index.html)

# What You Should Know About Unpasteurized Milk



## **Milk is a healthy, wholesome part of a balanced diet**

Some consumers believe that raw, unpasteurized milk is healthier than pasteurized milk.

This is false. The essential nutrients remain even after the pasteurization process.

It is important to drink pasteurized milk because it is heated to a high enough temperature to be able to destroy any disease-causing bacteria that may be present in raw milk.

### **The only method proven to reduce the risk of illness is the sanitary production and proper pasteurization of milk**

The Food and Drug Administration requires that milk be pasteurized. Because of this, food-borne illnesses related to consuming raw milk have decreased.



Kansas law allows raw milk to be sold in certain circumstances:

- Unpasteurized milk or its products can be sold only by the milk producer directly to the consumer, and it must be clearly labeled that the milk is not pasteurized and is raw and ungraded.
- Any other milk product sold in Kansas must be pasteurized.

### **All raw milk products may contain illness-causing bacteria**

Any dairy cow or herd can carry illness-causing bacteria even if they have never tested positive for it.

The Food and Drug Administration and the Centers for Disease Control and Prevention have documented many illnesses associated with consuming raw milk. They have stated that the risk of becoming ill from consuming raw milk far outweigh any benefits.

Raw milk and raw milk products are unpasteurized. They have been linked to *Salmonella*, *Campylobacter*, *E. coli*, *Listeriosis*, and other food-borne diseases that can cause serious illness or even death.

Most people recover completely from food-borne illnesses. However, sometimes the harmful bacteria can cause serious or long-term illness. For example, kidney failure, arthritis, and disease that affects the nervous system have been linked to food-borne illnesses. Food-borne bacteria also have been known to cause serious injury or death to unborn babies of mothers who have been exposed to it.

Certain groups of people have a greater risk of becoming infected with illness-causing bacteria, including young children, pregnant women, the elderly, and those with weak immune systems.

These food-borne illnesses may cause symptoms in as little as one day up to weeks after consuming the raw milk product. The most common symptoms are diarrhea, stomach cramps, abdominal pain, nausea, fever, and chills.

If you have any of these symptoms after consuming raw milk or raw milk products, immediately contact your healthcare provider.

**If you don't properly care for yourself during a food-borne illness or if you have a greater risk of becoming infected with illness-causing bacteria, it could cause serious complications or death.**