



THURSTON COUNTY

WASHINGTON

SINCE 1852

Public Health & Social Services

MYTH OR FACT?

DRINKING RAW MILK
CAN HURT ME OR
MY FAMILY

MYTH | FACT

FACT RAW MILK IS RISKY!

- Yes, raw milk can cause serious infections. Raw milk and products such as cheeses and yogurts that are made with raw milk can be contaminated with harmful germs that can cause serious illness, hospitalization, or death.
- Because not all cases of foodborne illness are recognized and reported, the actual number of illnesses associated with raw milk is likely greater.
- The **only way** to get rid of harmful bacteria in milk is pasteurization!



www.doh.wa.gov/you-and-your-family/food-safety/raw-milk

