

# GERMS FOUND IN RAW MILK

Salmonella

Campylobacter

Cryptosporidium

Listeria

Brucella

Yersinia

Giardia

E. coli O157 and other shiga toxin-producing E. coli

# Raw Milk

Bureau of Epidemiology and Disease Control Services  
Office of Infectious Disease

Raw milk is milk from cows, goats, sheep, or other animals that has not been treated to kill germs. It is also known as unpasteurized milk. Raw milk is used to make products like cheese, yogurt, or butter. Queso fresco, a Mexican-style cheese, is sometimes made with raw milk.

## WHAT ARE THE RISKS OF CONSUMING RAW MILK PRODUCTS?

Raw milk can carry harmful germs that can make you sick. That means diarrhea, stomach cramps, and vomiting, or sometimes even more severe complications. Some people get so sick that they need to see a doctor, are hospitalized, or even die.

## HOW CAN I STAY SAFE?

Drink only pasteurized milk, especially children, pregnant women, the elderly, or those with weakened immune systems. Eat only dairy products made with pasteurized milk.

If you choose to use raw milk products, only consume products that come from a facility that is inspected, licensed, and insured.

## WHO IS AT GREATEST RISK?

Infants and young children

Pregnant Women

People with weakened immune systems

The elderly

## IS IT LEGAL?

Selling raw milk and raw milk products is legal in Arizona as long as the farmer has a license to do so and follows certain rules. There are also laws that say how raw milk products must be labeled and displayed.

Raw-milk cheese that has been aged over 60 days can be sold in Arizona. A license is needed to manufacture all milk products.

It is against the law to bring raw for consumption milk products into Arizona from another state or country.

Some farmers set up an agreement in which people buy a portion of a cow or goat on their farm. Then, the people get milk from the animals at the farm. This is called cowshare or goatshare, and most are not legal in Arizona.

## Contact



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