



A MINUTE OF HEALTH WITH CDC

Got Milk?

Campylobacter jejuni Infection Associated with Unpasteurized Milk and Cheese Consumption — Kansas 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Milk is one of the healthiest drinks known to man. It's a great source of calcium and vitamin D, which help build strong bones and healthy teeth. But if consumed raw or unpasteurized, milk *can* make you sick. Common sources of infection found in raw milk or products made from raw milk include *Campylobacter*, *Salmonella*, *E. coli*, and *Listeria*, all of which can lead to serious stomach ailments. Most states require that milk sold for human consumption be pasteurized. However, raw milk is sometimes sold or given away at fairs or local dairies. So before you pour yourself that cold, refreshing glass of milk, make sure the container says it's been pasteurized.

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