



# Raw Unpasteurised Milk What you need to know



## What is raw unpasteurised milk? How to reduce your risk of getting sick from raw unpasteurised milk

Raw milk is milk that has not been pasteurised (heat treated) to kill harmful bacteria such as *Campylobacter*, *Listeria* and toxin-producing strains of *E. coli* (STECs).



There's no way of telling by taste, sight or smell if raw milk will make you sick.



Buy your raw milk from a registered supplier – from 1 November 2016 new producers who sell raw unpasteurised milk will need to be registered with MPI.



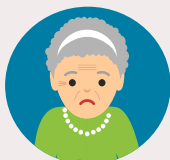
Keep your raw milk in the coldest part of the fridge (usually the lower levels are 4 degrees Celsius or less) and throw it out if it's been left out for 2 or more hours.

## People most likely to get sick from drinking raw unpasteurised milk



Young children and older people are more likely to get sick from drinking raw unpasteurised milk and in severe cases this can lead to death.

Pregnant women are more susceptible to getting sick from drinking raw unpasteurised milk, including being infected by *Listeria*. Getting sick from *Listeria* during pregnancy can lead to miscarriage.



People with weakened immune systems – including those with chronic illnesses, HIV/AIDS, or on certain medications – are also more likely to get sick.

When you want to drink your raw milk, heat it until just boiling (or to 70 degrees Celsius) for one minute before drinking it.

**70°C**



Drink it by its use-by date. If you are serving raw milk to our most vulnerable, make sure you let them know what the risks are.

Find out more at [www.mpi.govt.nz/rawmilk](http://www.mpi.govt.nz/rawmilk)

