



# Raw Milk and Bird Flu Safety

The US Department of Agriculture (USDA) has mandated testing for raw and unpasteurized milk to monitor the  spread of bird flu , following outbreaks in US dairy herds. However, health officials emphasize that pasteurized milk is safe, as the pasteurization process eliminates the virus.

**Pasteurization Kills the Virus:** Pasteurization, or heat treatment, kills the bird flu virus in milk, making it safe to drink.

**Raw Milk Risks:** Raw milk from infected cows contains high loads of live virus, and consuming it can pose a risk of infection.

**No Cases Linked to Raw Milk Consumption:** Despite the risks, no cases have been linked to raw milk consumption.

**Warnings Against Drinking Raw Milk:** Public health officials, including the Centers for Disease Control and Prevention (CDC), Food and Drug Administration (FDA), and National Institutes of Health (NIH), have issued warnings against drinking raw milk due to the risk of contracting bird flu and other diseases.

In summary, while raw milk may pose a risk of bird flu transmission, pasteurized milk is safe to consume. It is essential to prioritize milk safety and follow proper pasteurization procedures to minimize the risk of infection.

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