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**FOR IMMEDIATE RELEASE**  
**Summit County Public Health would like to remind Summit County**  
**residents to choose pasteurized milk and other dairy products.**

**AKRON, OHIO**, Summit County Public Health (SCPH) would like to take a moment to remind residents about the importance of always choosing pasteurized milk and other dairy products. Since the identification of H5N1 Bird Flu in several dairy cattle operations around the country, there has been renewed discussion about the benefits of pasteurized dairy products. SCPH stands in agreement with the Center for Disease Control and Prevention (CDC), and the US Food and Drug Administration in encouraging all individuals to avoid raw milk, and to consume pasteurized milk and dairy products only.

Consider these points from the CDC:

**Risks:**

- Drinking or eating products made from raw milk can expose people to germs such as [Campylobacter](#), [Cryptosporidium](#), [E. coli](#), [Listeria](#), [Brucella](#), and [Salmonella](#).
- Some groups, such as children under 5, adults over 65, pregnant people, and people with weakened immune systems, are at a higher risk of serious illness from these germs.

**Symptoms:**

Symptoms of foodborne illness from raw milk can include diarrhea, stomach cramping, and vomiting. In some cases, more severe outcomes like [Guillain-Barré syndrome](#) or [hemolytic uremic syndrome](#) can occur, potentially leading to paralysis, kidney failure, stroke, or even death.

**Prevention:**

- Choose pasteurized milk and dairy products, making sure to read labels carefully.
- Refrigerate perishable foods at 40°F or colder to slow bacterial growth. Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if exposed to temperatures above 90°F, like in a hot car or at a picnic).
- Throw away expired or spoiled food. When in doubt, throw it out

For additional information and resources go to the CDC website [cdc.gov/food-safety/foods/raw-milk.html](http://cdc.gov/food-safety/foods/raw-milk.html), or see our content at [scph.org/news/pastuerized-milk](http://scph.org/news/pastuerized-milk).

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