

AVOID INFECTION FROM RAW MILK

- The sale of raw milk for human consumption is illegal in Colorado, but people can still purchase a cow share to obtain it.
- Raw, or unpasteurized, milk is a suspected source for illness outbreaks in Colorado, Michigan and Utah.
- Unpasteurized milk can be dangerous, causing 81 illness outbreaks nationwide from 2007-2012.
 - More than half of the outbreaks involved children younger than 5.
- If you drink raw milk you may ingest harmful bacteria such as E. coli, Campylobacter or Salmonella.
 - The number of bacteria in raw milk is unpredictable, which makes it unsafe as it may cause serious, life-threatening illness.
- Pasteurized milk offers many health benefits without running the threat of infection because it has been heated to kill germs.
- Children, elderly people, pregnant women and those with weakened immune systems have the highest risk of becoming ill from drinking raw milk.
- If you drink raw milk and start to feel ill, contact your health care provider.
- Drink pasteurized milk to avoid illness.

STAY HEALTHY THIS CANNING SEASON

- It's canning season in Mesa County. Are you doing everything you can to avoid getting sick?
- Between 1996 and 2008, there were 116 outbreaks of foodborne botulism reported to the CDC. Thirty eight percent of those tied to home-prepared foods were linked to home-canned vegetables.
- Keep these tips in mind to avoid getting sick:
 - Use a pressure canner or cooker and follow all specified home-canning processing times for safe home-canning of all foods.
 - Pay special attention to the processing times for low-acid vegetables, like green beans, carrots and corn.
 - Consult the [USDA Complete Guide to Home Canning](#) before you can each season.
 - Boil home-processed, low-acid canned foods for 10 minutes before serving.
 - **For higher altitudes, add one minute for each 1,000 feet of elevation.**
 - Home-canned food might be contaminated if:
 - The container is leaking, bulging or swollen.
 - The container looks damaged, cracked or abnormal.
 - The container spurts liquid or foam when opened.
 - The food is discolored, moldy or smells bad.
 - Never taste home-canned foods to determine if they are safe.
 - Discard all swollen, gassy or spoiled canned foods.
 - Use rubber gloves and place the food or can in a sealable bag, then wrap another plastic bag around the sealed bag and tape it shut.
 - Place bags in a trash receptacle for non-recyclable trash **outside** of the home, away from humans and pets.
 - Wash your hands with soap and running water for at least two minutes after handling food or containers that may be contaminated.
- Remember, when in doubt, throw it out!