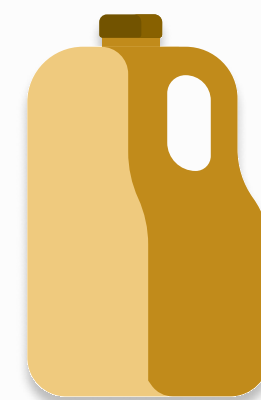


Fragments of bird flu virus were found in some milk from U.S. grocery stores.



## Is the U.S. milk supply safe?

1. **Yes.** CDC and FDA say that pasteurized milk available in stores is likely safe. **Pasteurizing destroys the virus.**
2. Raw milk is **not safe** because it is not pasteurized.

### What do we know about bird flu spreading to mammals?

The current spread started in 2020. Bird flu was detected in the U.S. in 2022, among wild birds. By 2023 it had spread to seals and sea lions in North and South America. In 2024, the virus jumped to dairy cattle in Texas and Kansas. **Recently, remnants of the virus were detected in some samples of cow milk.**

### How do we know food is safe?

Previous studies have found that pasteurizing cow's milk **is highly effective** against viruses that are similar to the bird flu virus.



### What is pasteurization?

Pasteurization **heats milk to 161°F for 15 seconds** to kill harmful bacteria and viruses.

When it destroys a virus, small pieces of the virus might remain. But those fragments are **inactive and harmless to people.**



UPDATE: Bird flu

iHeard St. Louis

Sources: CDC, FDA, USDA, New York Times