

## FIRST AID FOR CYANIDE POISONING.

You can be exposed to cyanide by breathing it in, absorbing it through skin or accidental ingestion.

1. Immediate signs and symptoms of small amounts of cyanide.
  - Dizziness
  - Headache
  - Nausea and vomiting
  - Rapid breathing
  - Rapid heart rate
  - Restlessness
  - Weakness
  
2. Exposure to large amounts of cyanide
  - Convulsions
  - Loss of consciousness
  - Low blood pressure
  - Lung injury
  - Respiratory failure leading to death
  - Slow heart rate

If you have inhaled cyanide move away from exposure area to fresh air.

If you have been exposed to cyanide wash your hands or area on body where exposed to poison with soap and water.

Seek medical attention immediately.

Call 0800 poisons (0800 764 766) for advice.