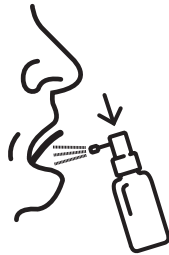


Angina action plan

If you have angina symptoms



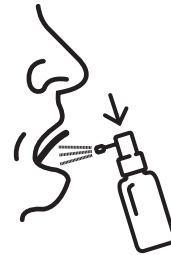
Stop
and rest.



Take **1 spray of your GTN** under your tongue.
Tell someone how you feel.



Wait 5 minutes.



If you still have symptoms, take **1 more spray of your GTN** under your tongue.



Wait 5 more minutes.



If you still have symptoms, **call 111.**
It could be a heart attack.

See a doctor within 24 hours if your angina is happening more often, lasts longer or happens at rest.