

# ANGINA ACTION PLAN

01



- ▶ If you are having angina symptoms, stop what you are doing and rest now
- ▶ Tell someone how you are feeling
- ▶ Take 1 puff of your GTN spray

02



- ▶ If you still have symptoms after 5 mins, take 1 more puff of your GTN spray

03

- ▶ If you still have symptoms after another 5 minutes, treat it as a heart attack - dial 111 and ask for an ambulance
- ▶ Chew an aspirin if advised by a paramedic

If your symptoms go away, you can resume your activities gently

**IMPORTANT** - if your angina becomes more frequent, severe, lasts longer or happens when you are doing very little or resting, see your doctor in the next 24 hours