

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.

Heart attack warning signs and symptoms

**Pain or discomfort in any
of these areas:**

- chest
- back
- jaw
- shoulder
- neck
- arm.

You may also feel:

- sick
- sweaty
- dizzy or lightheaded
- short of breath.

You may be having a heart attack. **Call 111.**



Emergency details

In an emergency call 111

Contact details

Name:

Contact person:

Contact's phone:

Doctor:

Doctor's phone:

Known medical conditions:

Known allergies:

Current medications:

For more heart health information, visit heartfoundation.org.nz