

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 mins, 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 within 24 hrs

Heart attack warning signs and symptoms

In your neck/jaw/shoulder/
chest/arm/back:

- Heaviness
- Tightness
- Pressure
- Discomfort/pain

You may also experience:

- Nausea
- Sweating
- Dizziness
- Shortness of breath
- Fatigue

If symptoms have not been relieved within 10 mins or if the symptoms are severe or getting worse, **call 111 and ask for an ambulance.**



Emergency Details

In an emergency dial: 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