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, or 1 tablet under your tongue.

If you still have symptoms after 5 mins, take 1 more puff of your GTN spray, or 1 more tablet under your tongue.

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.