What to do if you have recurrent symptoms of chest discomfort or similar pain:
1. Stop what you are doing and sit or lie down.
2. If you have a nitroglycerine prescription:
   • Take one spray under your tongue and wait 5 minutes. If you still have pain, take another spray and wait another 5 minutes. If you still have pain after the third spray (or you do not have nitroglycerin and your pain is not resolving after 15 minutes) – Call 911.
   • Do NOT drive to the hospital or allow a family member to drive you - Call 911!