If chest pain strikes

If you experience a “smothering feeling” or angina-like chest pain (discomfort, pressure, or pain in the chest, back, neck, shoulders, jaw, or arms), follow these instructions:

1. **Stop what you’re doing, and sit or lie down.**

2. **If you’ve been prescribed nitroglycerin, see if the pain can be relieved with nitroglycerin:**
   - Take one nitroglycerin pill and wait 5 minutes.
   - If the pain is not relieved, take another nitroglycerin pill and wait 5 more minutes.
   - If the pain is still not relieved, take a third nitroglycerin pill, and wait 5 minutes.

3. **If your pain is still not relieved, call 911.** Wait for the ambulance. Do NOT go to the hospital in a private car. You might need emergency care on the way to the hospital—which ambulance staff can provide.