



Traveling to Hong Kong With Food Allergies

Food allergies don't have to stop you from traveling. Whether traveling for business or pleasure, careful preparation and communication will help make your trip safe and enjoyable. This guide provides some helpful tips for traveling to Hong Kong as well as information on understanding food labels and dining out at restaurants.

Medication

Bring a kit with all your medications, including extra epinephrine auto-injectors. Also carry an Emergency Care Plan that outlines recommended treatment in case of an allergic reaction, is signed by a physician and includes emergency contact information. Be sure to bring extra copies with you and keep your plan in a place where others can find it. It is important that you and your travel companions understand what to do in case of an emergency. You can download and print an anaphylaxis pamphlet that teaches how to react during anaphylaxis at www.allergyhk.org/?p=619.

Communicate clearly with the airline to allow you carry your epinephrine auto-injectors on the plane. Bring printed proof of your permission when you check in, because airport ground staff might have different expectations despite your having already confirmed your needs. It is recommended that you also show the prescription label from the pharmacy. You should have your doctor complete a Travel Plan that confirms your food allergy and travel requirements.

Ask your doctor to write prescriptions that you can carry with you. Epinephrine auto-injectors are available in Hong Kong. **However, epinephrine auto-injectors are not common in Hong Kong, so it is recommended that you bring enough with you for your trip.**

JEXT will fully replace EpiPen after the last batch of EpiPen is sold. JEXT has two type of dosage: ADRE15 JEXT 0.15mg/0.15ml and ADRE16 JEXT 0.3mg/0.3ml. JEXT has been registered as Part 2 poison, also referred as Over-The-Counter medicines (OTC), and can be sold in Authorized Sellers of Poisons (ASP, usually known as pharmacies or dispensaries) and Listed Sellers of Poisons (LSP, usually known as medicine stores) in Hong Kong. The price is USD\$200–250. Please see below for the buying locations for JEXT Adrenaline Auto-Injector (updated on 22 AUG, 2016)

District	Company Name	Address	Tel
HK - Aberdeen	Tin Sing Aberdeen Pharmacy	No. 177-179 Aberdeen Main Road, Aberdeen, Hong Kong	2553 4807
HK - Causeway Bay	Wang Po Dispensary Co Ltd	28 Jardine's Bazaar, Causeway Bay, Hong Kong	2577 3186
HK - Causeway Bay	Kam Lun Dispensary Holding Ltd	Shop U, G/F, Hong Kong Mansion, 1-7 Paterson Street, Causeway Bay, Hong Kong	2890 1170
HK - Causeway Bay	Sun Cheung Dispensary	No. 1 L4, Hong Kong Mansion, Paterson St. Causeway Bay, Hong Kong	2577 9354
HK - Central	Victoria Dispensary	G/F., Abdoolally House, 20 Stanley Street, Central, Hong Kong	2522 8518
HK - Central	Fanda Perfume Co Ltd	Shop B, G/F., World Wide House, 19 Des Voeux Road, Central, Hong Kong	2526 6623
HK - Central	Global Pharmacy Limited	G/F., 26 Pottinger Street, Central, Hong Kong	3184 0623
HK - Central	Yura's Sze Tak Chee Dispensary	G/F, 283 Des Voeux Road, Central, HK	2545 0649 / 2545 5544
HK - Happy Valley	Regal Dispensary	29E, Wong Nei Chong Road, Happy Valley, Hong Kong	2573 5247
HK - North Point	Yee On Dispensary	No.65 Chun Yeung Street, North Point, Hong Kong	2571 4481
HK - North Point	Kwok Shing Dispensary Ltd	No.12 -14 Tong Shui Road, North Point, Hong Kong	2791 8388
HK - North Point	On Ling Pharmacy	G/F., 425A King's Road, North Point, Hong Kong	2561 9359
HK - Quarry Bay	Ocean View Dispensary Ltd	Shop S4, G/F, Oceanic Mansion, 1018 King's Road, Quarry Bay, Hong Kong	2565 5900
HK - Sai Wan	Kennedy Town Dispensary Ltd	G/F, Tung Hing Mansion, 45 Belcher's Kennedy Town, Hong Kong	2872 4004
HK - Sai Wan	Wonderful (H.K.) Dispensary	Shop 17, G/F, Yip Cheong Bldg., Queen's Road West, Shek Tong Tsui, Hong Kong	2546 0985
HK - Sai Wan	Centre Dispensary Limited	G/F, No. 38 Centre Street, Sai Ying Pun, Hong Kong	2914 4088
HK - Sai Wan Ho	Chiu Hing Dispensary	No. 166 Shau Kei Wan Road, Sai Wan Ho, Hong Kong	2568 5651



HK - Sheung Wan	Man Tak Pharmacy	Shop C, G/F, Shun Loong Mansion, 84-90 Bonham Strand East, Sheung Wan, Hong Kong	2543 0503
HK - Wan Chai	Fu Ming Dispensary	Shop 2, G/F, 83 Wan Chai Road, Wan Chai, Hong Kong	2838 8872
HK - Wan Chai	Full Hong Pharmacy	G/F, No. 17 Stone Nullah Lane, Wan Chai, Hong Kong	2892 0411
HK - Wan Chai	Man Yue Dispensary	Shop B, G/F, 59-61 Wan Chai Road, Wan Chai, Hong Kong	2968 0881
KLN - Hung Hom	Wing Fung Pharmacy Limited	Shop L, G/F, Lux Theatre Building, 105 Baker Street, Hung Hom, Kowloon	2461 3800
KLN - Kowloon City	Chiu Fat Dispensary Limited	G/F, 88 Nga Tsin Wai Road, Kowloon City, Kowloon	2383 2683
KLN - Kowloon City	Kin Sang Dispensary	G/F, 11 Fuk Lo Tsun Road, Kowloon City, Kowloon	2382 3040
KLN - MongKok	Sun Health Pharmacy Ltd	Shop 2, G/F, Manly Commercial Building, 15 Soy Street, Mongkok, Kowloon	2191 4882
KLN - Mongkok	Unison Medical Company	G/F, 95 TUNG CHOI STREET, Mongkok	2659 5011
KLN - Ngau Tau Kok	Kwan Hing Dispensary	Shop 6, G/F, Wang Kwong House, 33 Ngau Tau Kok Road, Ngau Tau Kok, Kowloon	2305 4818
KLN - Ngau Tau Kok	Popular Dispensary	Shop 48A, G/F, Jade Field Garden, 15-19 Ngau Tau Kok Road, Ngau Tau Kok, Kowloon	2157 0552
KLN - Sau Mau Ping	New City Ginseng Dispensary Company Ltd	Shop 104, 1/F, Sau Mau Ping Shopping Centre, Sau Mau Ping, Kowloon	2648 1932
KLN - To Kwa Wan	Kwong Tai Dispensary Ltd	No. 243 To Kwa Wan Road, To Kwa Wan, Kowloon	2333 8469
KLN - To Kwa Wan	Brilliant Brisk Dispensary Ltd	G/F, 7 Ma Tau Kok Road, To Kwa Wan, Kowloon	2768 7322
KLN - To Kwa Wan	Kin Lok Dispensary Co Ltd	Shop 5, G/F, Honour Building, 78-80 To Kwa Wan, Road, To Kwa Wan, Kowloon	2362 2332
KLN - Tsz Wan Shan	Fu Hong Dispensary	Shop 106, G/F, Tsz Wan Shan Centre, Tsz Wan Shan, Kowloon	3486 9966
KLN - Wong Tai Sin	New City Dispensary	Shop 3B, G/F, Phase II, Kai Tak Court, Wong Tai Sin, Kowloon	2997 9181
KLN - Wong Tai Sin	Chi Man Dispensary	Shop 123A, Level 1, Wong Tai Sin Plaza, Wong Tai Sin, Kowloon	2322 0960
KLN - Yau Tong	Popular Dispensary	Stall 1, G/F, Lei Yue Mun Plaza Market, Yau Tong, Kowloon	3586 0491
NT - Kwai Chung	Tak Yan Dispensary Co Ltd	G/F, 27-29 Shing Fong Street, Lower Kwai Chung, Kwai Chung, NT	2619 0454
NT - Kwai Chung	Johnson Pharmacy Limited	Shop G2-1, G/F, Fortuna House, No.151 Shek Yam Road, No.4 Tung Chi Street, Kwai Chung, NT	2468 1311
NT - Kwai Chung	Chan Man Cheung Dispensary	G/F, 105 Shek Yam Road, Sheung Kwai Chung, Kwai Chung, NT	2423 7441
NT - Kwai Chung	Kam Fung Ginseng Dried Seafood Dispensary Ltd	Shop 7 & 8, G/F, Lei Muk Shue Shopping Centre, Kwai Chung, NT	3446 9582
NT - Sai Kung	Wing Ling Dispensary	G/F, No.18, Yi Chun Street, Sai Kung, NT	2792 3677
NT - Tseung Kwan O	New City Dispensary	Rm 218-219, L2/F, Metro City Phase I, Tseung Kwan O, NT	2623 7594
NT - Tseung Kwan O	Metro City Dispensary Ltd	37-38 UG., Metro City Plaza, Phase 2, Tseung Kwan O, NT	2623 2388
NT - Tuen Mun	Wing Yue Dispensary	Shop 7, G/F, Golden Orchid Court, No.3 Luk Yuen Street, Tuen Mun, NT	2430 1267

Emergencies

ADMINISTER EPINEPHRINE AND DIAL 9-9-9

Always keep your epinephrine with you and easily accessible in the event of an emergency. Let your travel companions know about your allergies so they know what to do in case of an emergency and where your auto-injectors are located.

In the event of an emergency, administer epinephrine immediately. It is critical not to delay administering epinephrine. Next, contact emergency services for ambulance transport to the hospital emergency department by calling **9-9-9**. Not all ambulances are equipped with epinephrine, so be sure to inform the dispatcher that epinephrine may be needed. It is important to remain at the hospital for at least four hours of observation because symptoms may return.

Familiarize yourself with the local emergency services phone number and dialing procedures. For example, some hotels may have specific procedures for dialing 9-9-9 from your room. Be aware of your location so that you can give the dispatcher specific information. Also, familiarize yourself with where the nearest emergency department is located. To find an emergency department near where you'll be



traveling, please visit a list of Accident & Emergency Departments here:
www.ha.org.hk/visitor/ha_visitor_text_index.asp?Content_ID=200246&lang=ENG&Ver=Text

Keep in mind that if you currently live in a country with public/universal health care you may want to purchase insurance prior to coming to Hong Kong. Emergency care can be costly, and you should be able to access funds while abroad.

Understanding Food Labels in Hong Kong

Reading the labels on packaged foods is an important part of managing food allergies and avoiding your allergen. In Hong Kong, if a food consists of or contains any of the following substances, the name of the substance shall be specified in the list of ingredients.

- cereals containing gluten (wheat, rye, barley, oats, spelt, their hybridized strains and their products) •
- crustacea and crustacean products • eggs and egg products • fish and fish products •
- peanuts, soybeans and their products • milk and milk products (including lactose) •
- tree nuts and nut products • sulphite in a concentration of 10 parts per million or more •

The following examples are considered acceptable:

"Wheat"; "Rye"; "Flour (cereals containing gluten)"; "Egg"; "Shrimp (Crustacean)"; "Crab meat (Crustacean products)"; "Fish"; "Mackerel (fish)"; "Fish meat"; "Peanuts"; "Soy sauce (contains soybeans)"; "Flavour and flavouring (contains peanut)"; "Milk"; "Whey protein (milk product)"

Snacks and Meals

It is recommended that you travel with non-perishable food that is safe for you to eat in case you are unable to find allergen-free foods while traveling. Good options include dried pasta and snack bars that are free of your allergen. If you plan on staying in a hotel, consider staying in one that has a small kitchen or a refrigerator and microwave to store and prepare safe meals and snacks. Carefully clean all utensils, equipment and surfaces before first use. You may be able to purchase some of the same products in Hong Kong as you can back home, but remember that the same products manufactured in different countries may contain different ingredients.

Dining Out at Restaurants

Awareness of food allergy is not strong in Hong Kong, and there is always a chance for cross-contact. It is better that you prepare your own food. However, many restaurants do not allow you to bring your own food to the restaurant, which means you have to find a place to sit down and eat.

Depending on your allergen, if you want to eat out, you can ask the chef to use steam cooking. Ask the chef not to use any sauce or seasoning except salt and pepper, because a sauce might contain special ingredients that include your allergen.

You may download a food allergy support card that translates your allergy to Chinese: www.allergyhk.org/?p=266. Remember, never be embarrassed if you feel you are not communicating effectively. Sometimes, the safest choice is to avoid eating, and find a safe meal somewhere else.

Resources

Allergy Education Materials (Chinese): www.allergyhk.org/?page_id=35

Allergists in Hong Kong:

- Dr. Lee Tak Hong
 - (W)2835 8430
- Dr. Wu Young Yuen, Adrian
 - hkallergy@me.com
 - (W)2818 0180

