

PHOTO
HERE

Food Allergy Support Card

I (name) _____ am allergic to:

- 1: Eggs and egg products
- 2: Fish and fish products
- 3: Cereals containing gluten (namely wheat, rye, barley, oats, spelt, their hybridized strains and their products)
- 4: Crustacea and crustacean products; like shrimp and crab
- 5: Milk and milk products (including lactose)
- 6: Peanuts and their products
- 7: Tree nuts and nut products (almonds, hazelnut, pecans, walnuts, chestnuts, cashew, macademia, pistachio)
- 8: Soyabeans and their products
- 9: Sesame and their products
- 10: Other (Please specify) _____

In case of emergency, **please contact:**

Name _____ Relationship _____ Phone () _____

- A serious reaction can be **life-threatening**
- Please make sure that the food does **NOT** contain these ingredients. Oil made of these food allergens should be avoided.
- Only use cleaned cookware and utensils without touching or cross contaminated with these food.

In case of emergency, please dial this number for help
and present this card to the medical officers.

Hong Kong: 999 Taiwan: 119 Singapore: 995
China: 120 Macau: 999 Others: _____

相片

食物過敏支援卡

我(姓名) _____ 對下列食物過敏:

- 1: 蛋類及蛋類製品
- 2: 魚類及魚類製品
- 3: 麩質的穀類(即小麥,黑麥,大麥,燕麥,裂穀小麥,它們的混合變種及它們的製品)
- 4: 甲殼類動物及甲殼類動物製品;蝦蟹之類
- 5: 奶類及奶類製品(包括乳糖)
- 6: 花生及其製品
- 7: 木本堅果及堅果製品(杏仁,榛子,核桃,栗子,腰果,夏威夷果仁,開心果之類)
- 8: 大豆及其製品
- 9: 芝麻及其製品
- 10: 其他(請註明) _____

緊急狀況時, **請聯絡:**

(名字) _____ (關係) _____

(電話) () _____

- 嚴重的過敏反應可以**致命**
- 請確保食物及配料中**不含**這幾種材料,也應避免使用這些致敏食物所煉製的油類
- 請只用乾淨,情洗過的廚具及餐具來製備食物,以免交叉污染到這幾種食物

於緊急狀況時,請打下面電話求救並將此卡交給醫護人員

香港: 999 台灣: 119 新加坡: 995
中國: 120 澳門: 999 其他: _____