



KARATE SURVEY (Parent/Guardian to Complete)
BELT LEVEL DETERMINATOR

Student Name: _____ Date: _____

School Name: _____ Grade: _____

EAI = Epinephrine Auto Injector

	Yes	No	Some times
My child refrains from sharing food with others			
My child washes their hands before eating			
My child can identify 3 signs and symptoms of an anaphylactic reaction			
My child can identify the foods/ingredients (and/or insects) they are highly allergic to			
My child can identify 2 people they should notify if experiencing an allergic reaction			
My child carries an epinephrine auto injector (EAI)			
My child can state where his/her EAI is located			
My child can describe a measure to assure the EAI is not misplaced or misused by others			
My child expresses concern about their life-threatening allergy and advocates for self			
My child can identify why they need to carry an EAI			
My child can access the school lunch menu and filter items by allergen			
My child reads food labels and identifies allergen information			
My child practices self-administration with an EAI trainer			
My child demonstrates proper technique of injection EAI with trainer			
My child wears a medic alert or carries medical alert card/plan			
My child reports conditions EAI should not be exposed to (heat/cold)			
EAI is in place at intermittent spot checks			
My child can identify EAI expiration date and when to replace EAI			
My child can state the circumstances and administer their EAI, including "when in doubt"			
My child checks for allergens prior to eating foods not from home			
My child identifies who can write prescription for EAI and how to fill prescription			
My child provides the school nurse with updated Allergy Anaphylaxis Emergency Plan			
My child describes how they will have 24-hour access to EAI			
My child describes how they will alert EMS and how they will share information with a trusted peer, in case they cannot alert EMS			
I consent for my child to complete student survey regarding anaphylaxis, survey covers same questions as parent survey, but uses student-friendly phrasing. Copy of responses will be sent to parents			

