

KARATE STUDENT SURVEY
BELT LEVEL DETERMINATOR
Updated 12-2019

Student Name: _____ Date: _____

School Name: _____ Grade: _____

*EAI=Epinephrine Auto
Injector*

It is important for me not to share food with others because:

I wash my hands before eating snacks and meals because:

The signs and symptoms of an anaphylactic reaction are:

The foods/ingredients (and/or insects) that I am allergic to are:

The people who will help me if I am having an allergic reaction are:

I carry my epipen (EAI)

Yes No Sometimes

My epipen is located:

This is what I do to make sure my epipen is not misplaced, or misused:

I am concerned about my allergy and I tell people about it

Yes No Sometimes

I carry my epipen because:

I can read the school lunch menu and know what not to eat

Yes No Sometimes

I read food labels and I know the names of allergy ingredients, a few of the allergy ingredients are:

I have used an epipen trainer for practice

Yes No

When I use the trainer for practice, I know I am doing it right

Yes No Sometimes

I wear a medic alert bracelet or necklace, or have a medic alert card

Yes No Sometimes

My epipen should not be left in cold weather and the hot sun

True False

I check to make sure my epipen is where it is supposed to be

Yes No Sometimes

I know where to find expiration date on my epipen and I will tell my parents when it is close to expiring

Yes No Sometimes

Even if I am doubtful, I know I should give myself my epipen when:

I always check foods before I eat them, when they are not from home

Yes No Sometimes

I do not eat food not sent from home

The person who writes my epipen prescription is:

My epipen is picked up at:

My school nurse needs an allergy plan every year

True False

I know where my epipen is 24-hours per day

Yes No Sometimes

I need to call 911 emergency help
when:

Friends who will help me if I cannot help myself are: