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## The COVID-19 outbreak. Isolation life of a Chinese school student for 73 days

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4 **The COVID-19 outbreak. Isolation life of a Chinese school student for 73 days**

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7 Email: 2687709707@qq.com

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Confidential: For Review Only

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4 I am Surong Duan, a 16 years girl at grade 11 of the Chengdu 7<sup>th</sup> middle school,  
5 Sichuan, China. I have been at home for nearly 70 days because of the winter vacation  
6 and the COVID-19 outbreak preventive isolation. This article will tell you about my life  
7 and study change during this period. I am an only child and live with my parents in a  
8 flat on the 14<sup>th</sup> floor.  
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13 During the Spring Festival (January 24<sup>th</sup>), I heard from the media that there were  
14 so many new cases increasing every day, I was very afraid of getting sick if I went out.  
15 Except for visiting my grandma to have a family reunion dinner, I did not go  
16 anywhere. If I had known that I would stay at home for so long time, I should have  
17 been walking around earlier. What a paradox!  
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23 According to the original plan, my mother had ordered the cram school program  
24 for me, because the winter vacation is the most important remedial chance before the  
25 important college entrance examination. The plan fell through due to the isolation  
26 policy. I was not as happy as I thought, because I couldn't go anywhere.  
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31 The isolation policy also leads to the delay of the second semester. Originally, the  
32 second semester of grade 11 would begin on February 17. However, because of the  
33 virus outbreak, the school opening time had been delayed again and again. Finally,  
34 online class was performed at home after a long wait. The online class starts at 7:55 a.m.  
35 and ends at 2:45 p.m., which consists of 5 classes in the morning and 1 class or exam  
36 in the afternoon. Furthermore, there will be self-study after 3:00 p.m., followed by  
37 evening self-study at 6:30 p.m. The teacher will answer questions in the evening  
38 study.  
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46 The online study has significantly changed my life and study style. Because of  
47 the time reduction on the road, I can get up later. Comparing with having to get up at  
48 6:30 a.m. to go to school, having classes at home gives me more freedom. After  
49 getting up every day, I will turn on my computer, punch on the school website (see  
50 **Figure 1**, which let the school know we don't have any pneumonia symptoms and stay  
51 in Chengdu), then have breakfast and wait for the classes.  
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58 For the first few days, I was so excited about the new teaching style, because it  
59 was unprecedented to have classes online at home with classmates in the same grade.  
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4 My phone and computer, which had been very strictly controlled by my mother, were  
5 all returned to me and all upgraded. I could freely chat with my classmates on QQ  
6 software. I felt very relaxed at the beginning, because we only have six main  
7 subjects including Chinese, math, English, physics, chemistry and biology. The  
8 40-minute class in school has been decreased to 35 minutes, and the break time  
9 among classes has been increased, including extra eye and recess exercises.  
10 Because each subject was relatively easy at the beginning, I can finish my homework  
11 very soon and have a rest. We even have time to play the piano and guitar, and made a  
12 video to pay tribute to the medical staff on the outbreak front line. These made me feel  
13 a bit of relief rather than isolation frustration.

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23 However, from the second week, things began to change. My school started to  
24 help other schools, let their students join our online courses, leading to rapidly  
25 increased students number and the internet equipment problems. In addition, each  
26 subject was getting more and more difficult. The teachers felt that the class time was  
27 not long enough, so they started lengthening the class. I had to finish one subject after  
28 another in the whole afternoon, the schedule was getting fuller. What's worse, with  
29 the end of my parents' holiday, I had to cook dumplings or noodles for lunch by  
30 myself. In addition to getting the test paper from my parents, I must finish and  
31 upload the answer pictures to my teacher once a week (see **Figure 2**, the math test  
32 answer were uploaded). Being supervised at home was worse than being at school, I  
33 had to finish my homework before the deadline, take pictures to teachers, and even  
34 had been randomly checked by teachers on the phone. My eyes were very tired  
35 because I look at the screen so long, and my rest plan has been ruined. Now my  
36 favorite break is listening to music on the balcony and thinking about what time I  
37 can go out. One is allowed to leave one's apartment once a day for an essential  
38 journey only, but only if one does not have a fever. Even I feel myself like a caged  
39 animal, I am struggling to maintain self-discipline, because I don't want a big lag  
40 behind my classmates after coming back to school. I am happy to keep up with  
41 schedule of my teachers by now.

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Fortunately, the COVID-19 outbreak has been under controlled in China

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4 recently. Last weekend, my parents took me out to see the peach blossom. I stepped on  
5 the ground outside - so exciting. Even more exciting, today I have received the  
6 official notice that school opening on April 13. Unfortunately, the infected cases  
7 number is increasing in other countries. It seems the virus has been a pandemic  
8 disease in the world. I really hope the world outbreak will end sooner and we all can  
9 return to the normal life earlier.  
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#### 14 Acknowledgement

15  
16 I would like to thank Dr Tao Xiong with help translating my thoughts into  
17 English  
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27 **Figure 1. Health Punch including the time of punch, location, and whether has**  
28 **symptom of COVID-19 infection**  
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35 **Figure 2: Test answer uploaded into online software**  
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您已打卡 **56** 天

查看打卡记录

今日11:36已完成打卡

学生今日所在城市: 成都

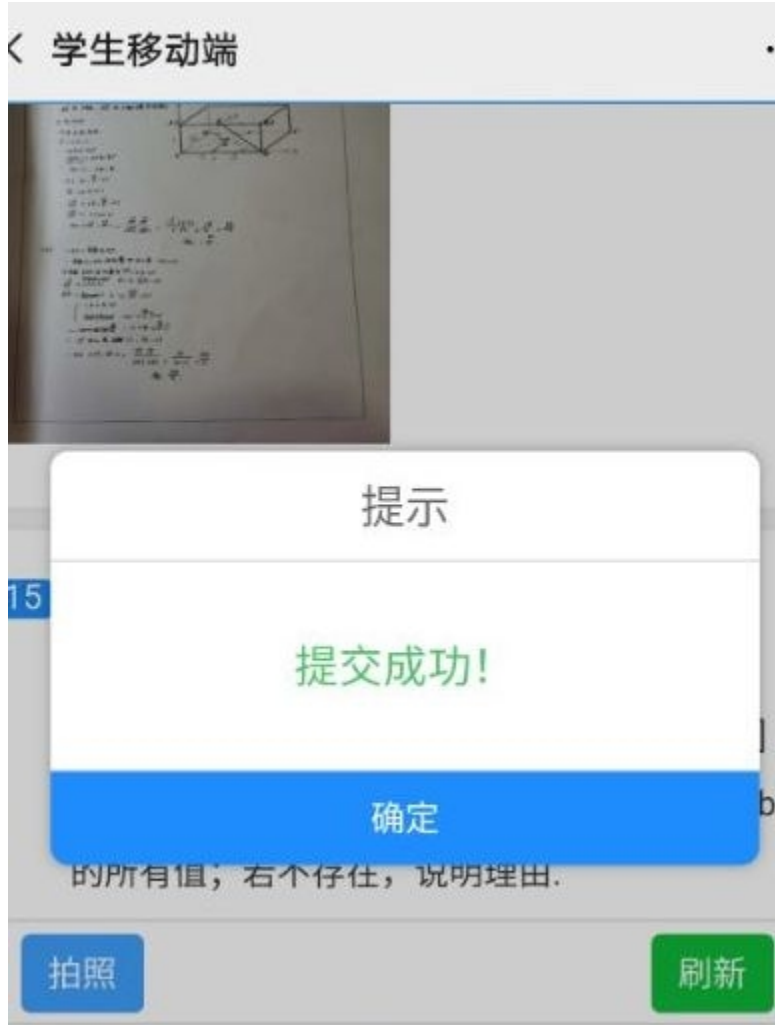
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