

MY EPIDEMIC STORY

A GUIDED ACTIVITY WORKBOOK

FOR CHILDREN, FAMILIES, TEACHERS AND CAREGIVERS

A simple and straightforward guide that encourages mental health, creative expression, learning and coping. Use it to help children, teenagers and families overcome and go beyond bad memories and fears.



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The Children's Psychological Health Center

Culturally modified by China American Psychoanalytic Alliance:

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First Edition as My Earthquake Story
Some illustrations by **Anne Kuniyuki Oklan, R.N.**, are from a
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Preface

Children, families, and whole societies are facing mental health challenges amidst epidemics such as the current novel Coronavirus has produced. Adult leadership is required to reduce maladaptive responses by children. This guided activity workbook is a small step in that preventive direction. Thanks to the China America Psychoanalytic Alliance, there is a Mandarin Edition for the initial wave of epidemic victims. While biologic scientists search for cures and vaccines, parents, teachers and caregivers everywhere have the opportunity to improve their children's mental health through the use of this Workbook.

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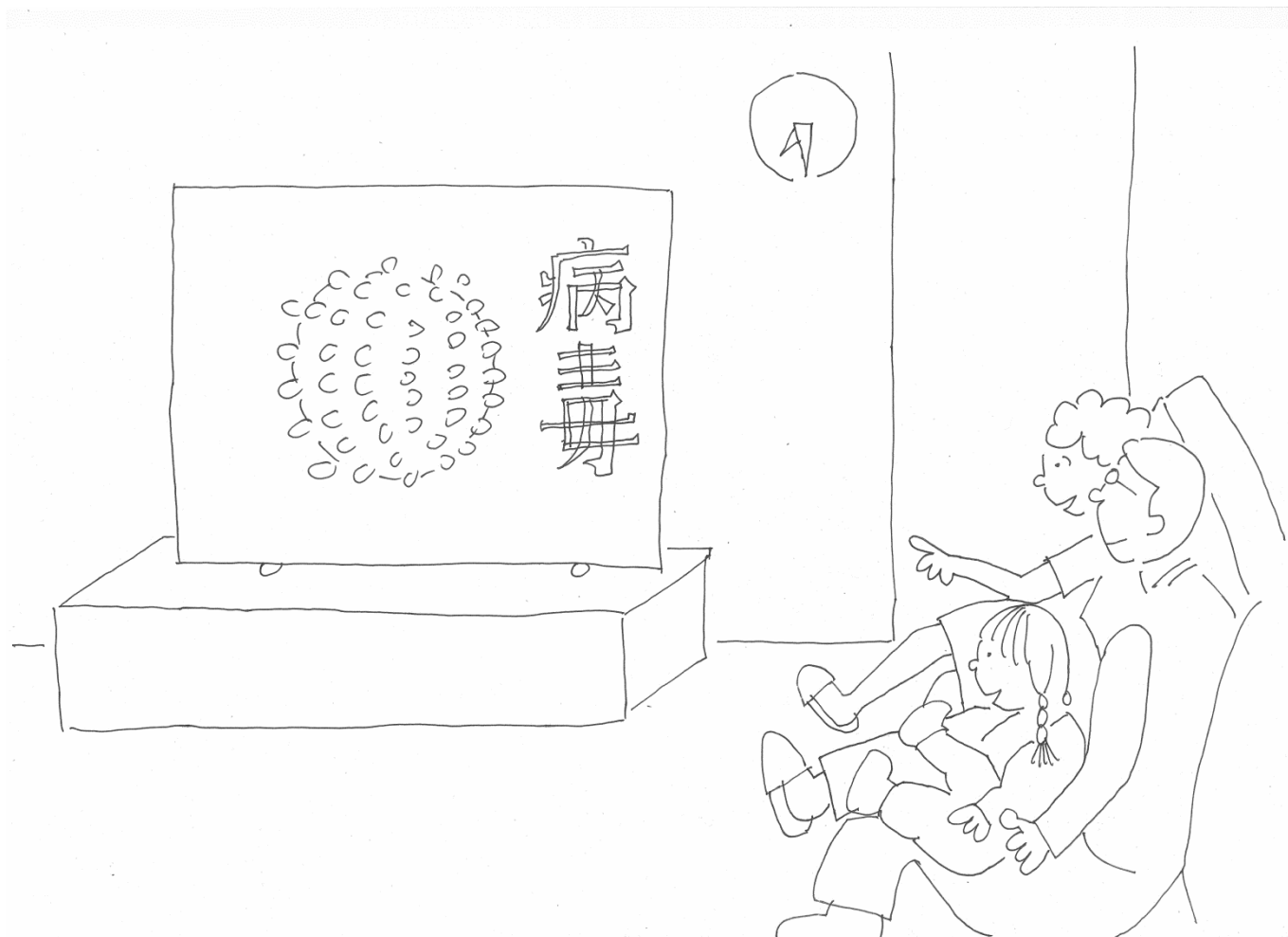
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When the Epidemic Came



Guide for Parents, Grandparents, Teachers and Other Adult Helpers

This book comes from evidence-based experience in helping strengthen the mental health of children, including disaster victims. Its purpose is to give networks of adult helpers a way to guide children's mental recovery and to promote children's healthy, active coping with severe stress.

You are part of a nation and society which cares greatly about its children, its families, and those who work to help children. The 2020 epidemic caused by the novel Coronavirus (2019-nCoV) created one of the greatest challenges in history for all its citizens. Responding to this challenge by working together as a network for children may do the most social good. As a helper of children, it is your privilege to try to help them connect together with you at a time of great importance in their lives. You may help change their stressful, traumatic situation into a constructive learning and coping experience, promoting knowledge and emotional strength in the midst of disaster. Getting mentally active by going past painful memories and putting them in a bigger and positive perspective is an important step of moving forward. Our focus is to have strength for the future without either dwelling on or forgetting the suffering. Both remembering and planning are needed to help build a better tomorrow.

This workbook is for giving psychological first aid right now. When you engage with children in allowing an honest process of "shared remembering" your presence, thinking and feeling together with the children can help them feel cherished and safer. The social glue provided by a family member, a teacher, caring friends or shelter workers helps connect and protect a child or any person from feeling helpless and overwhelmed. Here are some things to remember if you are guiding a child or a group of children in the use of this book.

Giving Children Psychological “Hands” With Which to Work in a Crisis

The value of active coping is well known. Helplessness is one of the worst parts of some emergencies. During times of disaster or community distress like earthquakes, Hurricanes Katrina and Rita, children do better when they are given psychological “H.A.N.D.S.”. In English, the term “giving children psychological hands” is a short way of saying children must be helped to “Honestly communicate, Actively cope, Network with peers and adults, in a Developmentally Specific way.” This workbook has been designed by parents and mental health professionals to help children have “hands”, and develop a sense of being in some control of their own emotions and learning in the face of the large crisis.

We are taking lessons from history of disasters and how to improve children's mental health. Many years ago, when a U.S. President -- Kennedy -- was assassinated, a whole nation was plunged into sorrow. Eight hundred children were immediately studied. In schools which encouraged immediate discussion of the crisis, the children had measurably better signs of behavioral health than children in schools which avoided discussion. Learning from research in that and later disasters, an adult-guided personal life history book approach for children (www.cphc-sf.org) has been used. It has been tested and found measurably effective. It has been useful with thousands of children in floods, storms, family crises as well as national crises. Uses include moving from birth family to foster family, or responding to the 1989 earthquake in San Francisco, the 9/11 Attack on America, large fires, wars, tornados, the hurricanes in New Orleans, Tsunamis in Asia and tropical storms in South America.

Like other disasters, the novel Coronavirus pneumonia (NCP, or officially called “COVID-19”) epidemic can become a positive developmental crisis for children, stimulating learning and growth. Or it can be a totally negative experience, creating only fear and doubt. Children benefit from a network of organized and thoughtful helpers at this time to give them strength to struggle with their personal, family and even national challenges. The nation and much of the world depend on all of us thinking about how children, families, agencies, and governments can cooperate in this and other large crises. All of our futures improve when we and our children struggle thoughtfully together with these issues. The epidemic is an opportunity for the world to cooperate on behalf of future generations. This workbook is designed to help organize thoughts and emotions, and strengthen both you and the children you know, love and help.

Getting Started

This book can be used for children of all ages, as it can simply be used for youngest children’s coloring and listening to parts of it. It will help you support the child’s use of this book if you read the whole book yourself before presenting it to the child or student, especially if he or she is under ten or eleven years of age. If a child can already read a good deal, try to have the child finish working on the book during a few months. But never force a child to face a section of the book against his or her will. Allow each child to select which parts of the book to work with first. Stop using the book for a time whenever he or she wants, even though it may not have been completed. A child who cannot or will not work with you on some parts of the story book should have his resistance respected. Especially try to help the child face GOOD memories, consoling and loving times, not just frightening and sorrowful ones.

Be prepared to work only a few minutes to half an hour at a time at first with any child or small group of children. Be flexible. Working on this book for short periods may usefully take several weeks or months. Carefully save the book for the child in between short work sessions. Occasionally make a copy in case it may be lost during confusing times. The entire book does not have to be completed for the book to help. Some parts may not be relevant to every child’s situation. Let the child choose and help direct you about which sections to work on first. Don’t insist on reading any sections that a child does not want to read. He or she may gain strength later to come back to that part.

The Youngest Children

This book gives a valuable experience for babies and toddlers to be included in a caring and honest network, and to grow strong. Do not read it directly to babies and toddlers. Instead of isolating babies and toddlers, keep them in the social and care-giving network to hear you while reading to older children. This is done as a helpful multi-generation family discussion of which younger children hear the emotional music but do not understand the words. Keep them around for brief periods during reading and work by older children. Do not expect much complicated verbal participation when using this workbook with children younger than three. Be especially kind and attentive to young children who are emotionally needy, clingy or lose their appetites or can’t sleep, or forget their toilet training. Going backwards or stopping in development is often a way babies and toddlers have of expressing their reactions to trauma. Be watchful not to let children see a great deal of television or be present for many hours during intense adult emotional times. But do not exclude them from small doses of emotion. The right dose of emotion is important. Two and three year olds can often use pages in this book to color in picture sections with some help. They can often tell short and sometimes true stories of what they remember and have seen. They can benefit from the adult who writes down their short stories as a respectful reporter. This promotes strong intellectual development of very young children.

Preschool and Kindergarten Children

If the child is between ages 3 and 6, let him or her do a lot of coloring. You may want to read much of the book to him even though it is above his understanding. You are leading the child to learn. Let the child choose some of the topics by reading the captions to him. Ask which part he or she wants to work on first. You can often help a preschool or kindergarten child do the drawings and write down his answers to questions and lead-on sentences. Change the hard words into simpler words when you read. Act as an interested reporter-secretary, trying to draw the child out while giving encouragement. Write down exactly what he or she has to say. Take your time. Don't insist on the child answering. It may be enough for the child to know that you think the topic can be useful to think about and share. If you are in a school or shelter with children of many ages, do not exclude these young children from the work older children do on this book. Keep their time and dose of participation and emotion small, just as with a medicine's dose should be small for a small child.

Children between the Ages of 6 and 11

If the child is between the ages of 6 and 11, try using at least as much of the book as you think your child can understand. Allow the child to set the pace. Gently try to work through all of the sections. Encourage the clipping and pasting in of pictures and articles if newspapers and magazines or photos are available. Encourage the child to use extra pages to provide more space for drawings and writings. Extra pages can be attached to this book. Children often work on the book on and off over weeks, and sometimes even months. It becomes a valuable scrap book of information from many sources. Very often, they complete an emotionally difficult section at a later date.

Children Eleven Years Old and Older

Most children over age 11 will want to work on a lot of the book on their own. But they benefit from a teacher, parent, aunt, grandparent or caring adult tuning in, getting interested in how they are thinking and feeling about the work in this book. Older children should be regularly offered adult assistance at times. Be available to serve as a resource for your pupil, child or teenager, and to help them find any information and answers. Try hard to keep them in touch with a network of persons who know them, or create a school-based network of kids and teachers interested in the children's lives and dealing with the shared stress of the epidemic.

Use of Illustrations as a Coloring Book, and How they Help

The drawings throughout the book can be used as a simple coloring book. They are useful for individuals, including adults, families, teenagers and children, in a variety of ways to help strengthen normal coping after trauma. Children who have a preference for visual as opposed to spoken communication can color in the illustrations with an adult, who can help the child think about the topic. The pictures can then be used as starting points for discussions about the events pictured.

Adults and children who are overwhelmed with flashbacks, memories, anxiety, who startle easily, who have insomnia or nightmares may find that the process of storytelling, writing and drawing is more calming than just trying to tough it out. They might choose to start with the illustrations furthest from their own experience, and gradually work up to those closest.

Family members can work together, sometimes each coloring a portion of a picture or making a separate one. Shared coloring may allow everyone to feel emotional strength about the images before them, take control, feel calmer and recognize their feelings. The illustrations already in the book can also be used as topics for discussion. This can be an aid in remembering for those children who remain emotionally numb, or have some trouble remembering what they experienced. For example, a parent could ask, "What are you feeling now?" or "What is happening in this picture?" People often express their

own feelings by describing what someone else is feeling.

The illustrations can also be used as a mastery-promoting activity by asking the child to draw a picture showing what the child or family can do, or what the picture would look like when the epidemic is over. Teachers can use *My Epidemic Story* in a classroom setting, with children working individually or in small groups. This was found to be a very effective way to support group togetherness and reduce school children's anxieties. Social support from a group helps children *and* adults cope with catastrophes. The absence of adult leadership, adult initiation of discussion and absence of social support has been shown to be harmful in catastrophes. The use of this kind of work book following the Hurricanes Katrina and Rita was calming to school children and improved their mental health.

Adult Helpers Can Benefit from This Book

This workbook is designed to help both individuals and groups that have suffered stress from the epidemic. The adult who is helping the child may also be burdened or even traumatized by some of the same events that affected the child or by having to deal with other sick or psychologically distressed persons. Adults who have been traumatized in a big epidemic may find this book helpful because it gives a way of helping children in a structured manner, rather than having to invent a way. You can also use a copy of it for writing about yourself. You may also find that drawing or coloring the scenes may help you become calmer, or help you to remember your experiences and master them. It is worth remembering that no matter how old and strong they are, anyone can be emotionally stressed. But even the most traumatized people can grow through writing their history and through helping children.

Use by Mental Health Professionals

Therapists can use *My Epidemic Story* during individual, family or group sessions to supplement other treatment for depressive, anxious or Post Traumatic Stress Disorders due to an epidemic, quarantine, or displacement of a child's living arrangements. More information is online at www.childrenspsychologicalhealthcenter.org regarding intensive treatment for preschoolers with special needs or disorders. Therapy of preschool children in classroom groups can add a highly systematic and evidence-based method for which a manual and instructional videos are available. It is called "Reflective Network Therapy" or "The Cornerstone Method" and has very good effects on learning, IQ and mental health of children ages three to seven years. Children with developmental disorders can be helped by this method. A video of a recovered autistic patient is online, and many tables of data. Use of a special guided activity workbook with children displaced into foster care has been found very helpful. Called "My Personal Life History Book", it has a downloadable manual and workbook on the same web site

About Trauma

What is a trauma? It is any harmful event that gives a person severe stress and very upset feelings lasting for a month or more, without the person getting stronger. Living in an epidemic can cause trauma. Sometimes good changes come out of the experiences people have during such a challenging time. Many people can even get stronger rather than weaker from facing their problems. Trauma probably happens to almost everyone at one time or another in their life. Trauma can be from being displaced in a natural disaster, from a severe injury to oneself or an injury or death in the family. Trauma can come from being in a car crash or knowing someone who was in an airplane crash. Some of the worst traumas are very personal, like abuse, severe beatings, terrible fights, severe illnesses, or wartime events. The list of causes could go on forever, but some of the results of very different traumas are surprisingly similar. See the Mental Health Checklist for an inventory of problems and symptoms which may occur.

Many persons get over a terrible event with no troubles. The time frame of traumatic reactions varies a lot. Sometimes children and young adults get frightened, upset or worried right away but many get disturbed days or months *after* a traumatic event. Some have trouble sleeping or have bad dreams. They might be afraid to go to school, or have headaches, stomach aches or other problems because they are so worried. They might not even know that they are worried about. They may have trouble remembering what happened, or sometimes remember bad things that they would rather not think about at all. They might be afraid. They might have no feelings at all, getting kind of numb. They might stop being able to pay attention and learn. Intrusion of unwanted thoughts, avoidance of memories, and arousal of anxious behaviors are three categories of problems in posttraumatic stress disorder.

What are some things that help after a disaster such as the NCP epidemic?

A caring social network is vital for all children. It helps to know there are people who can help. Even though you may have lost loved ones in the earthquakes, other caring adults can help. The network may be parents, grandparents, aunts, uncles, neighbors, teachers and therapists, even friends. Talking to trusted helpers and friends and writing about your feelings can help you feel better. Reading can also help you learn more about what to do to be safe.

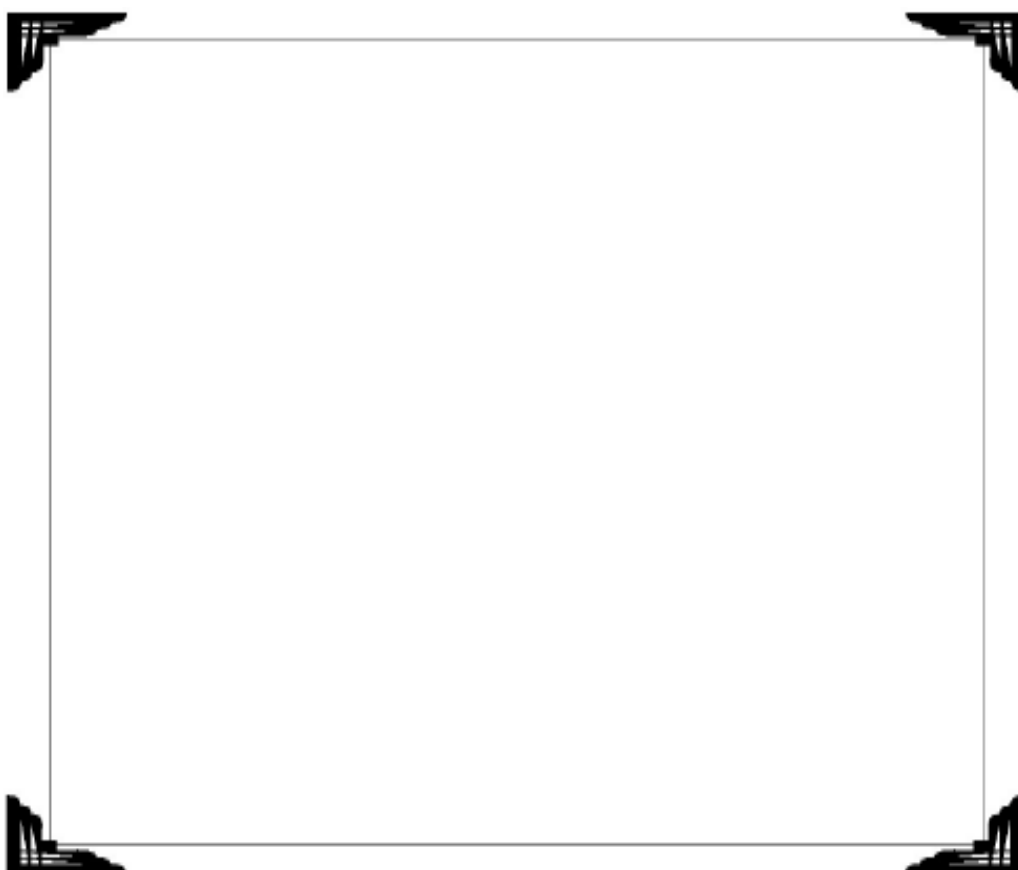
Using this book may help you to talk to others, and it may help you in other ways. By writing down or drawing pictures about what you remember, what you think about and what your feelings are, you can be a witness to history. You will feel and become mentally stronger. You'll make your own personal record of what happened. If you can use this book by yourself, or with the help of a parent or a teacher, maybe you can keep on learning more. And maybe you could help others, too, if you share what you learn. Look through this book and begin wherever you want. Fill in as many of the blank spaces as you can. Ask for help if you need it to understand the questions or to write down the answers. Try drawing pictures or coloring in the pictures that are already in this book. You can use more paper in your book if you need extra room for photos or drawings or if you need more room to write. Add extra pages to the book by stapling or clipping them to the back cover of the book. You can make a scrapbook out of this book by stapling, clipping or gluing in extra pages. Take your time. You can skip anything that

makes you too upset, and try to come back to it another time. There may be parts that do not exactly apply to you. Feel free to skip or change anything you like. Don't just dwell on upsetting parts. Keep in mind that the happy memories of the past and good events of the present and future are very important to write about. Remember, you should definitely talk to a grownup if you become upset or worried, and also to share what you have learned.

MY EPIDEMIC STORY

MY NAME _____

HERE IS A DRAWING OR A PHOTO OF ME:



DATE I STARTED THIS BOOK _____

DATE I FINISHED THIS BOOK _____

I WAS HELPED TO WRITE THIS BOOK BY _____

WHO I AM

My birthday is _____. I am ____ years and _____ months old.

I am a _____.

I live at _____ in _____.

The people who usually live with me are _____.

My address is _____.

(If I have a phone) My telephone number is _____

Some things I like to do are _____

One thing I don't like is _____

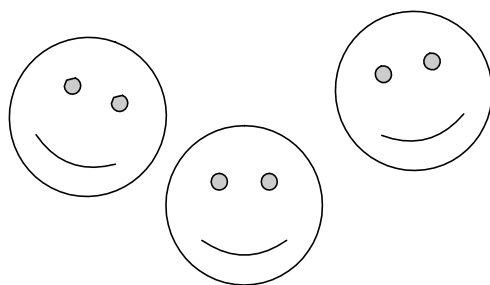
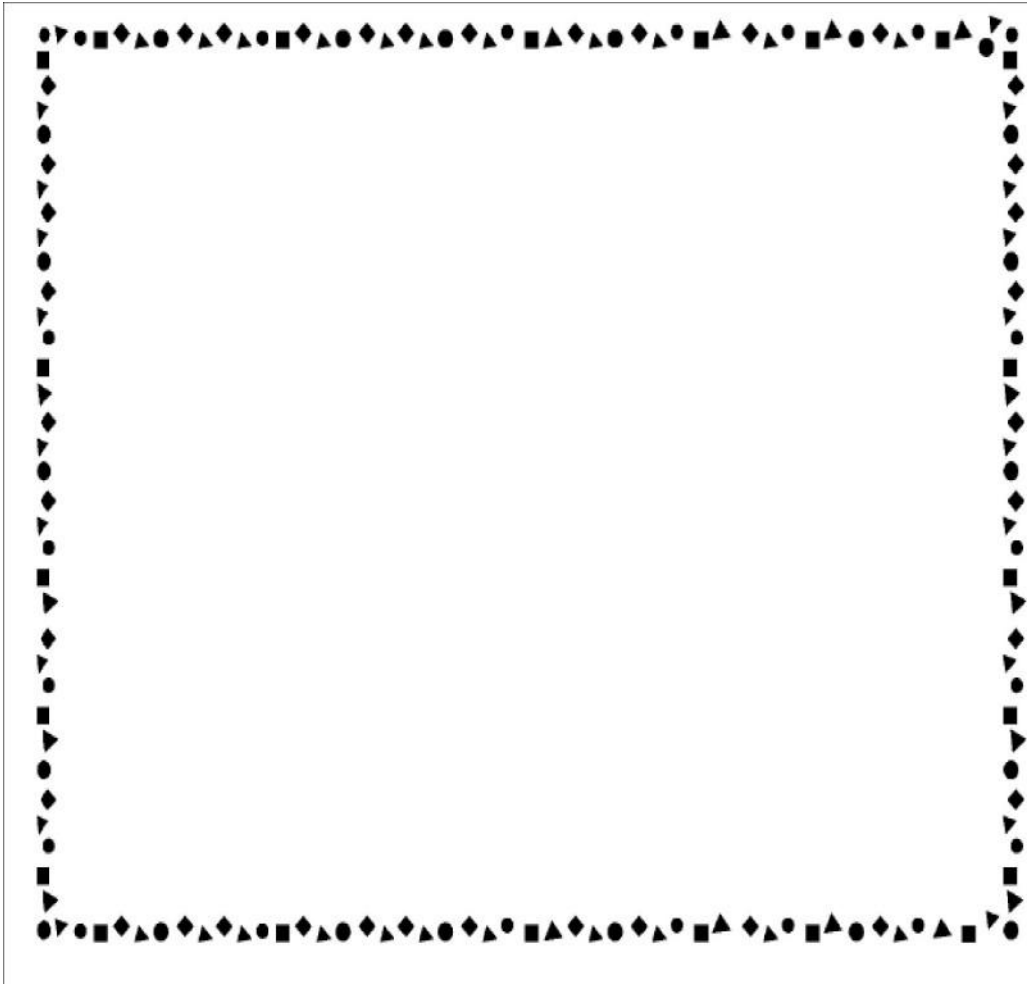
Something I am good at is _____

Something I want to learn more about is _____

When I grow up, I think I would like to be _____

If I could have one wish come true right now, my wish would be _____

Here is a drawing of me with someone who loves me and takes care of me:



In case there is a big problem with using a phone or keeping records during an epidemic, I'd like to keep this information handy:

INFORMATION ABOUT MY MOTHER

MY MOTHER'S NAME _____

Put a check mark in the box that says what is true:

_____MY MOTHER IS ALIVE.

If her health was harmed in the epidemic, put a check mark here: _____

Her address is _____

Her telephone number is _____

One of the best things I know and love about my mother is _____

_____MY MOTHER DIED.

If she died in the epidemic, put a checkmark here: _____

One of the best things I remember and love about my mother is_____

HERE IS A PICTURE OR DRAWING OF ME AND MY MOTHER:

[illegible]

INFORMATION ABOUT MY FATHER

MY FATHER'S NAME _____

Put a check mark in the box that says what is true:

_____MY FATHER IS ALIVE.

If his health was harmed in the epidemic, put a check mark here: _____

His address is _____

His telephone number is _____

One of the best things I know and love about my father is _____

____MY FATHER DIED.

If he died in the epidemic, put a check mark here: _____

One of the best things I remember and love about my father is _____

HERE IS A PICTURE OR DRAWING OF ME AND MY FATHER:

[illegible]

HERE ARE SOME MORE GOOD THINGS I DID WITH MY PARENTS BEFORE THE EPIDEMIC:

1. _____
2. _____
3. _____
4. _____



HERE IS A PICTURE OF SOMETHING WE LIKED TO DO AS A FAMILY BEFORE THE EPIDEMIC

INFORMATION ABOUT MY GRANDPARENTS

HERE IS WHAT I LIKE TO REMEMBER ABOUT MY GRANDPARENTS:

A PICTURE OR DRAWING OF MY GRANDPARENTS ON A GOOD DAY WITH ME:



MY GRANDMOTHER'S NAME _____

Put a check mark by the true statements in the box below:

Address: _____ Phone _____

MY GRANDFATHER'S NAME _____

Put a check mark by the true statements in the box below:

<input type="checkbox"/> Grandfather died.	<input type="checkbox"/> He died in the epidemic.
<input type="checkbox"/> Grandfather is alive.	<input type="checkbox"/> His health was harmed in the epidemic.

Address: _____ Phone _____

MY GRANDMOTHER'S NAME _____

Put a check mark by the true statements in the box below:

<input type="checkbox"/> Grandmother died.	<input type="checkbox"/> She died in the epidemic.
<input type="checkbox"/> Grandmother is alive.	<input type="checkbox"/> Her health was harmed in the epidemic.

Address: _____ Phone _____

MY GRANDFATHER'S NAME _____

Put a check mark by the true statements in the box below:

<input type="checkbox"/> Grandfather died.	<input type="checkbox"/> He died in the epidemic.
<input type="checkbox"/> Grandfather is alive.	<input type="checkbox"/> His health was harmed in the epidemic.

INFORMATION ABOUT OTHER IMPORTANT PEOPLE IN MY LIFE

Another grown up person who helps me is:

Name _____

Address _____

Phone _____

Someone else I could I ask for help in an emergency is:

Name _____

Address _____

Phone _____

The name of my very good friend is _____

My friend's address is _____

My friend's telephone number is _____

Here is a drawing of me with a very good friend



More people whose addresses and phone numbers I want to keep handy:

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

ABOUT MY SCHOOL

Circle the right answer:

MY SCHOOL DID / DID NOT SUSPEND CLASSES DURING THE EPIDEMIC

MY SCHOOL DID / DID NOT SWITCHED TO ONLINE CLASSES DURING THE EPIDEMIC

THE NAME OF MY SCHOOL IS or WAS BEFORE THE EPIDEMIC:

MY TEACHER'S NAME IS or WAS BEFORE THE EPIDEMIC:

MY SCHOOL'S ADDRESS NOW IS _____

MY SCHOOL'S PHONE NUMBER IS _____

WHAT I LIKE MOST ABOUT SCHOOL IS _____

HERE IS A PICTURE OF MY SCHOOL BEFORE THE EPIDEMIC

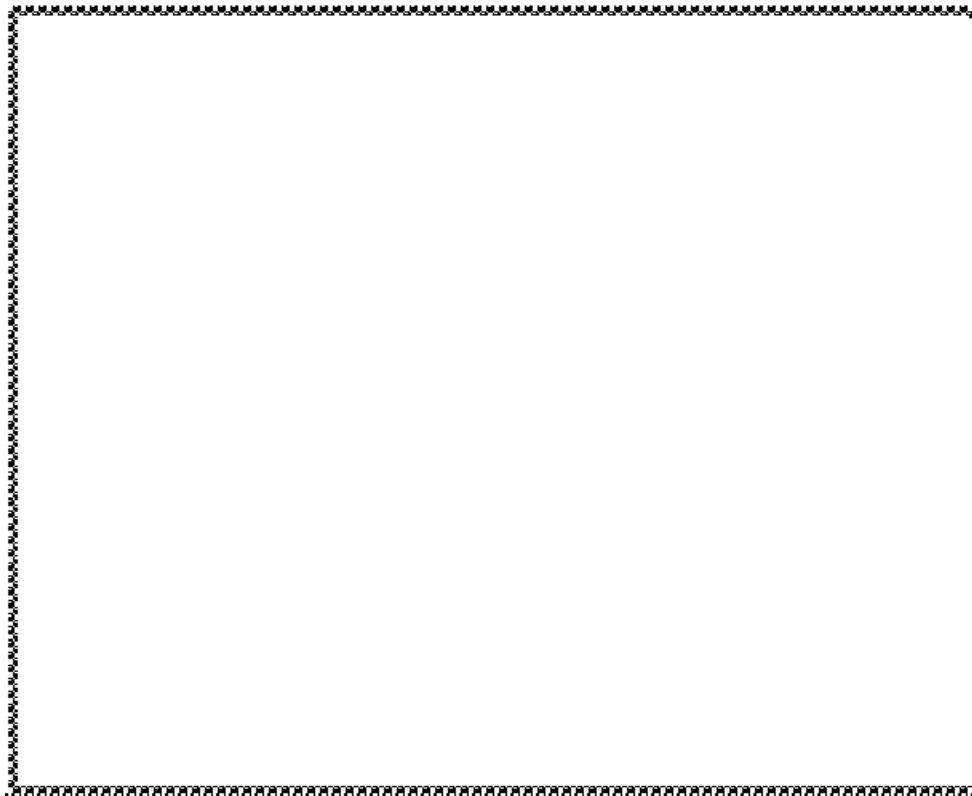


If you are back in school, draw a circle around the words that are true:

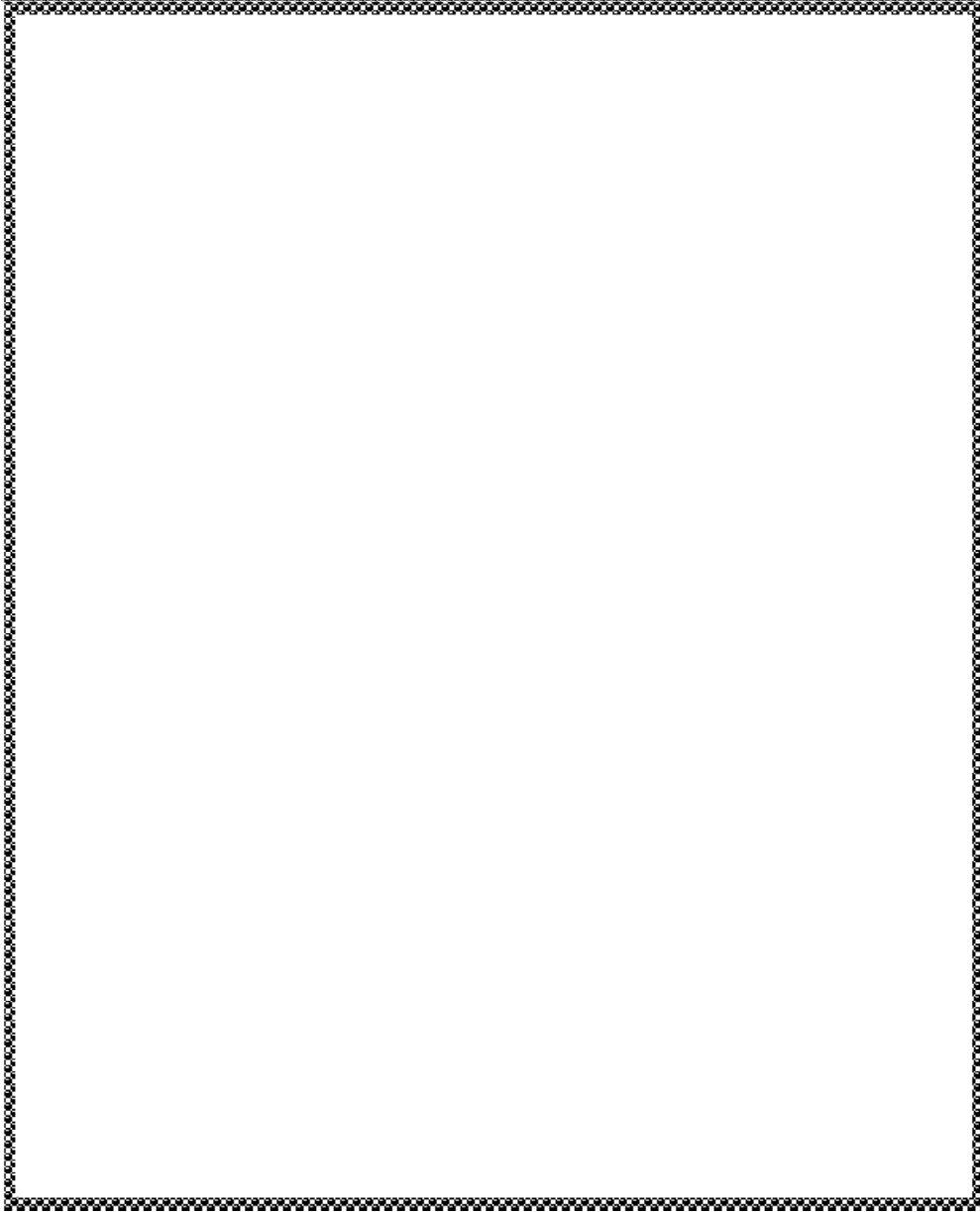
Since the epidemic happened, sometimes when I go to classes I feel like this:

Worried	Safe	Not Safe	Calm	Sad
Nervous	Tired	Afraid	Relieved	Lucky

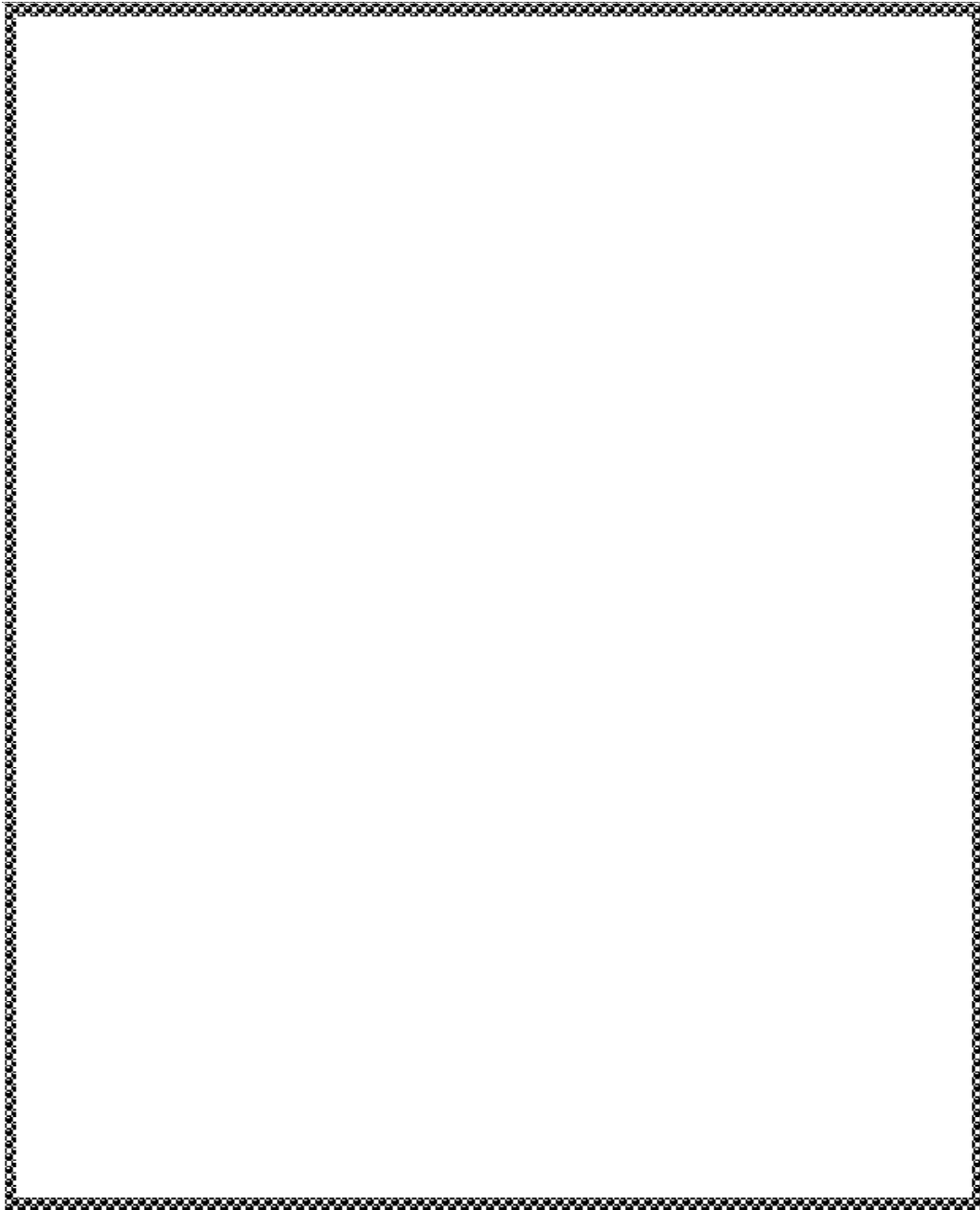
HERE IS A DRAWING ABOUT SOMETHING I LEARNED IN SCHOOL.



This is a picture about something I want to do when I grow up.



This is a picture of the sports or hobby I like most:



SOME FACTS ABOUT THE EPIDEMIC

Grownups and children are often sad or frightened to think about what happened. Instead of just being afraid, let us also learn.

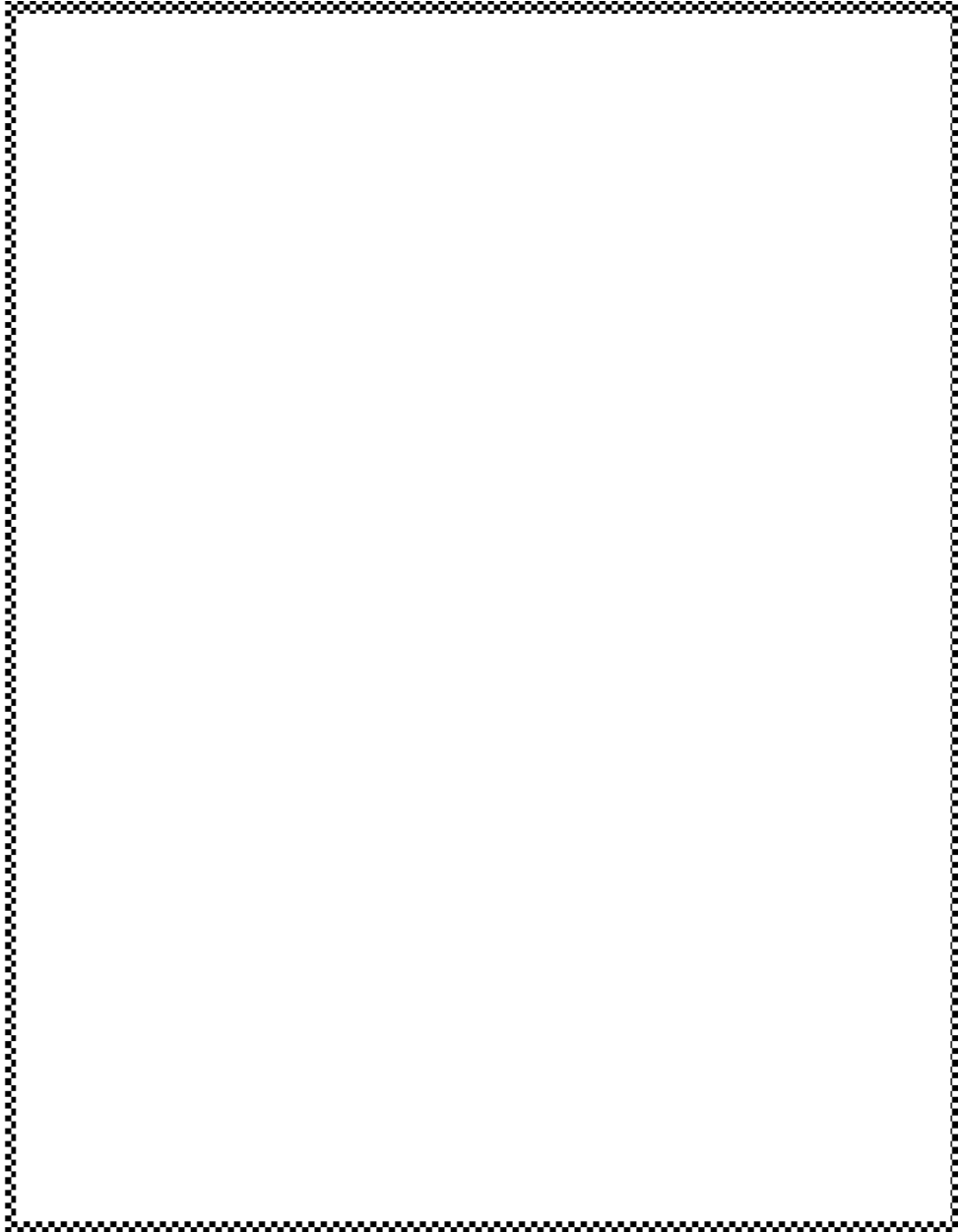
In December 2019, an outbreak of NCP first occurred in Wuhan, Hubei province, and later to all provinces and cities in China and then other countries around the world. With the outbreak of the epidemic, many people have been infected or even died. A large number of infected people have needed to go to hospitals for treatment. The local hospitals in Wuhan are overcrowded, and many patients have to choose self-isolation. New hospitals are being rapidly built. Many health workers are overburdened with the risk of infection without adequate protection. In order to prevent and control the disease and prevent the spread of the epidemic, Wuhan was "closed down" on January 23, 2020, and other provinces of the country also launched the first-level response to major public health emergencies. National leaders went to Wuhan to guide the work. Medical workers from other provinces and the military also came to provide medical support. People from other industries also went to Wuhan to speed up the construction of new hospitals and wards. There are donations to provide daily supplies for the people of Wuhan. The epidemic has disrupted many people's daily life in many ways: quarantine, splitting up of families, shortage of supplies, traffic control, suspension of work and school activities, shortage of masks and panic about the disease. The worst news includes the increasing number of infection cases and the increasing number of deaths. Many have lost their loved ones and friends. Daily life of more people has been interrupted by home

Sometimes it makes grownups and children feel better to think about all the good people who came to help, for example in China:

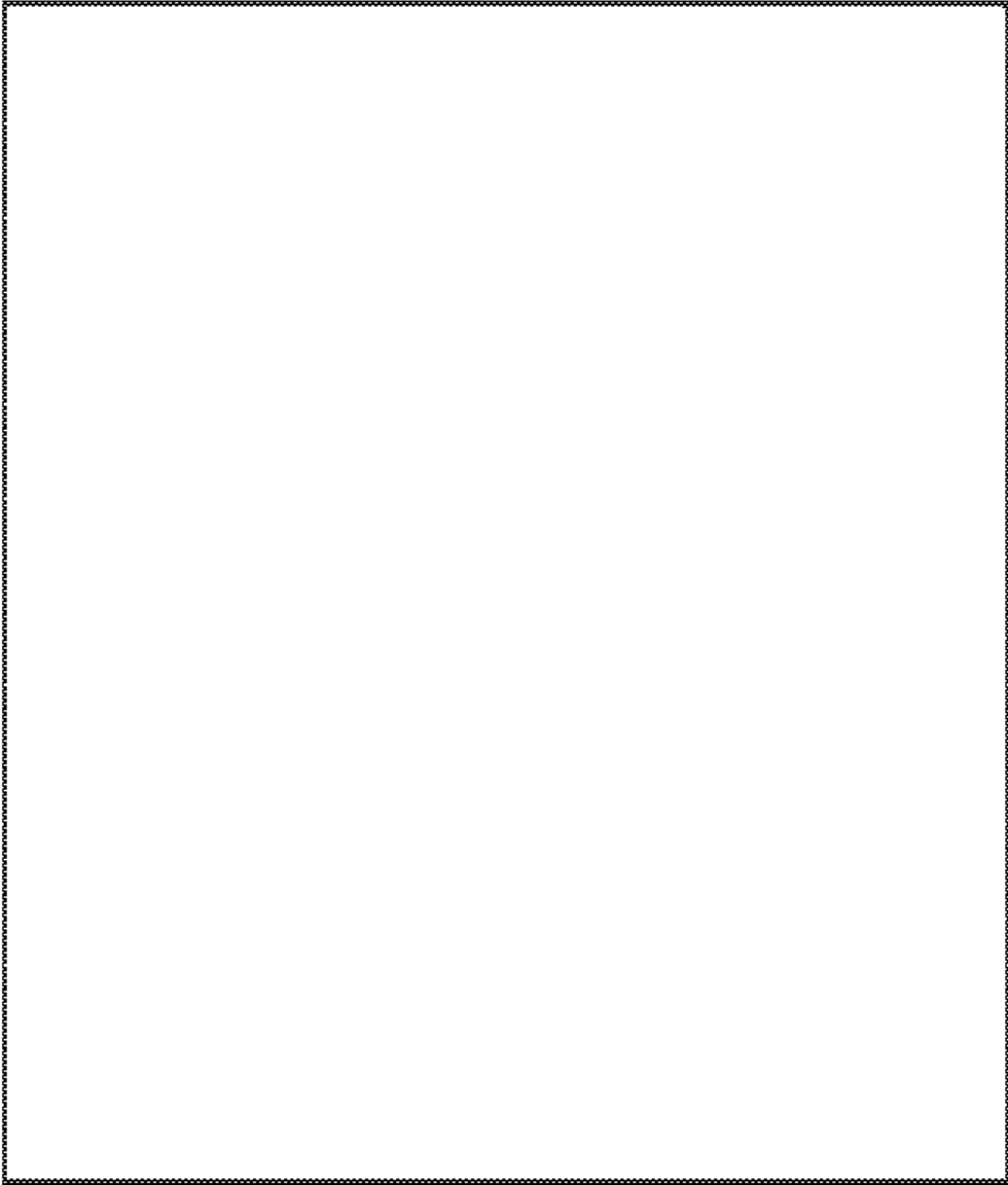
In China, tens of thousands of medical workers volunteered to go to Wuhan to support the work of the epidemic. Upholding the motto "no matter life or death, or any reward", they went to Wuhan and other highly infected areas to provide medical treatment, assessment, prevention and control.

In China, all the rescuers are working hard and long hours, because many people need help. More than 10,000 medical workers from various provinces and cities across the country devote themselves to saving lives. Drivers, construction workers, electricians and engineers threw themselves into the construction of Huoshenshan Hospital, Leishenshan Hospital and Fangcang Hospital. Civil servants, community workers, neighborhood committees, police, teachers, psychological counselors and therapists, volunteers and others have all given a helping hand to provide services for those affected by the epidemic and sustain their daily necessities. Many people all over the country and the world donate money, goods and medical aid supplies for the infected areas. Some companies even directly sent helicopters to deliver huge quantities of medical supplies to the most needed. It is an enormous collaboration among different peoples. The World Health Organization (WHO) gave credit to China's great efforts to control the outbreak. People abroad learned about it from television, radio, newspaper of the epidemic in China. A lot of people around the world hope to do something for the affected. Many people indeed found a variety of ways to help.

Here is a picture of something the emergency workers did to save lives.



Here is a picture of my idea of a safe place:



Here is a picture or story about something I saw on television or heard about the epidemic:



MOURNING AND HONORING LOVED ONES WHO DIED

The outbreak of NCP has occurred, affecting many lives and taking many precious lives. Before the outbreak began, there were not enough medical resources and many people could not get the treatment in time. Soon, it was prioritized and the General Secretary was personally involved in the management and control of the epidemic. The State Council decreed that all infected ones should be hospitalized and treated, while the government would be responsible for the fee. More than 10,000 medical workers across the country came from all directions to help. The government also organized the construction of Huoshenshan Hospital, Leishenshan Hospital and Fangcang Hospital increase the capacity for treatment. For the deceased, people all over the country expressed their condolences and mourned in various forms. The bereaved could feel that their pain was shared by many.

In responding to the needs of children who have lost loved ones, it is important to respect their delayed grieving, and children do not usually cry when a loved one dies. A child's grief usually comes later than that of an adult. This work book is designed to help children draw pictures of their parents and other family members, to reflect on the good times they had with their loved ones, to cherish the good memories of the past, and to express their hopes for a better future.

A Child Crying



WORRY AND SADNESS

The epidemic caused infection among thousands of people. Medical helpers and other support throughout the country were directed to severely afflicted areas and hospitals to provide medical treatment and livelihood support for the infected. People would be very worried when they found their family members and themselves were sick. But they would be consoled when they saw so many doctors and nurses were doing their best to rescue and to take care of every patient.

The outbreak continued to interrupt the economy and the development of the country. Many people's daily life and work were being severely affected. People felt very worried and sad. Usually, it is hard for people to feel hopeful immediately after experiencing a huge loss. They need some time to find the resolution. Afterwards, people would feel it easier to see the hope.

In a Hospital



QUARANTINE

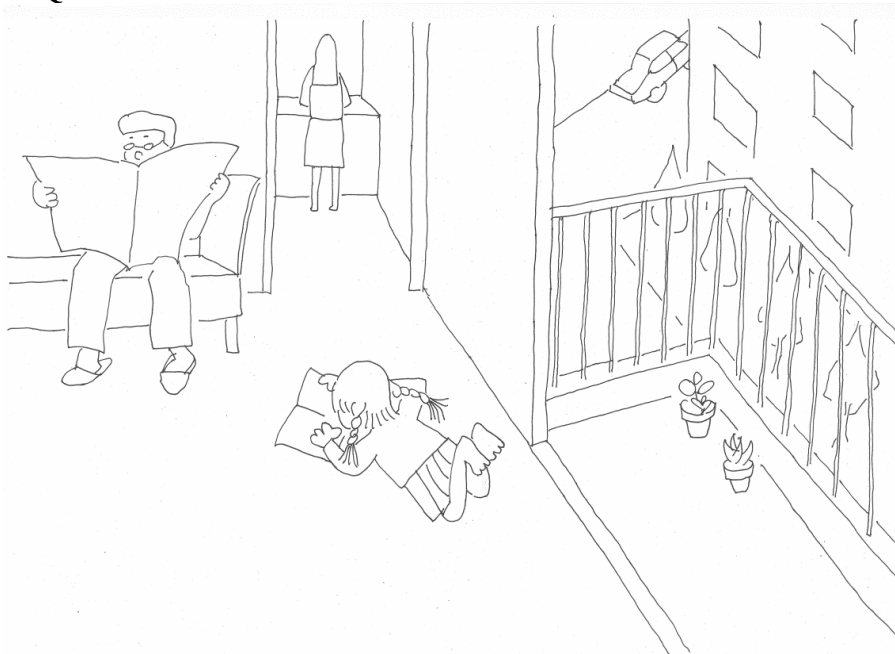
The most worrisome aspect of NCP is the strong infectivity of the virus. It has a latent period, within which people who have been infected might not show any symptoms at once. Therefore, virus carriers probably do not know that they have been infected, while passing the virus to other people. As the number of infection cases increases, so is the fear among people. The most common way of preventing the epidemic is quarantine, which is effective in cutting off the pathway of the spread of the illness. Since the outbreak, quarantine would be conducted in affected areas for a period of time. People do not have physical contact with the outside world until the end of the epidemic.

After acquiring enough knowledge, adults understand that the purpose of quarantine is to prevent further spread of the epidemic. They can try to prepare themselves well for the quarantine—prepare materially and psychologically for the quarantine until it ends. Everyone avoids going outdoors. If they have to go out, they must wear masks, and clean their hands carefully after returning home. This way, the risk of infection will be effectively reduced.

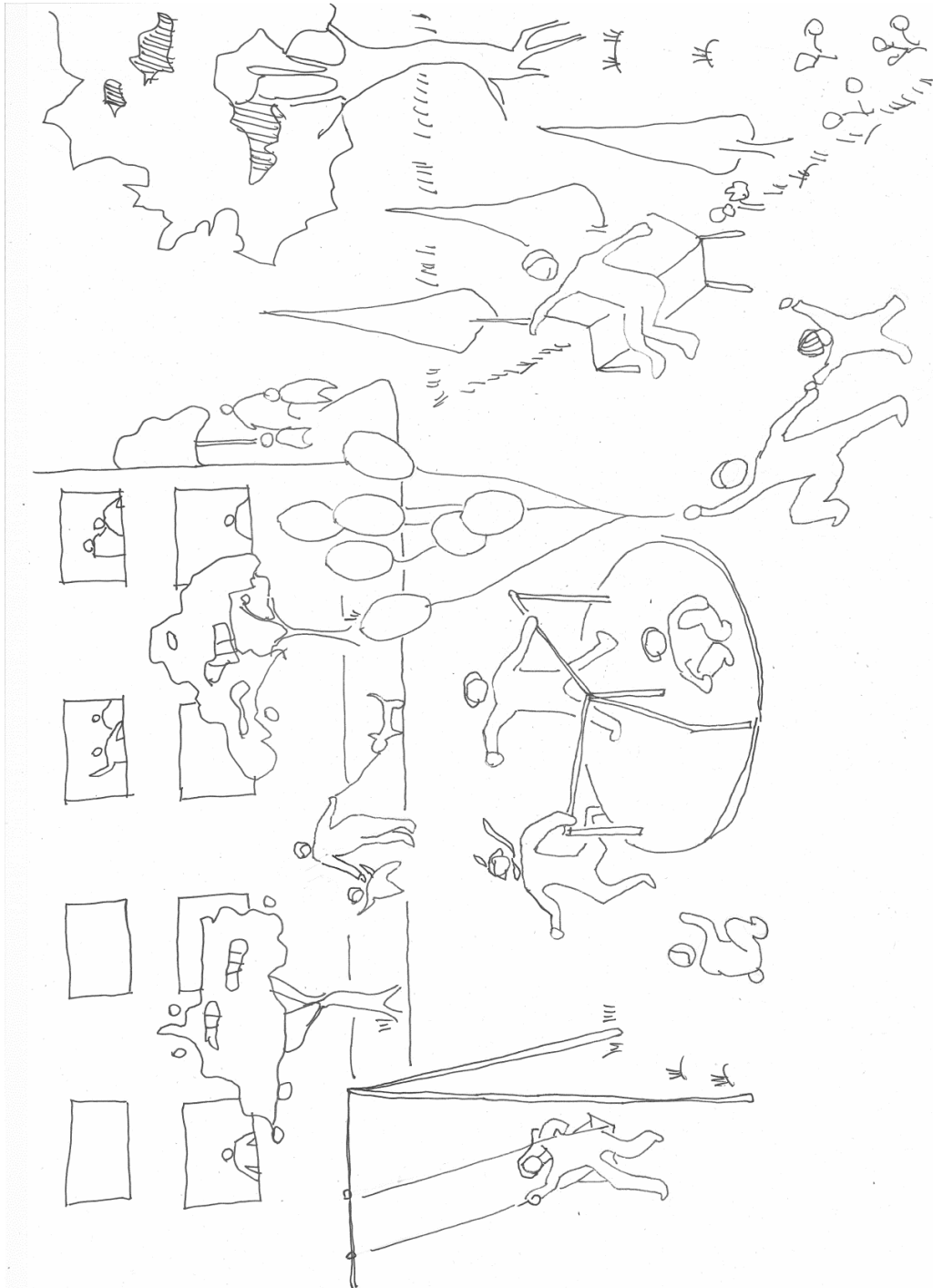
Usually, it is difficult for the children to understand why they are prohibited to go out during the time of quarantine. They would be scared, because the quarantine reminds them of the ongoing danger in the outside world. It is important that adults could accept and respond to their children's feelings in time, and help their children to know that adults know of their fear.

Having been at home for a long time, sometimes people would feel agitated, depressed, or bored. Some children would throw tantrums. Outside, flowers and trees are colorful under the sun. Who does not want to take a walk and have fun? It poses a big challenge for children who cannot go out and play with friends. Adults may discuss with their children how to spend time together during the quarantine. They may brainstorm and write down all kinds of ways, and choose among the list appropriate ways to improve their mood. For other children, it may be fun staying at home, because parents are there for them. They can also talk to their friends over the phone and the Internet.

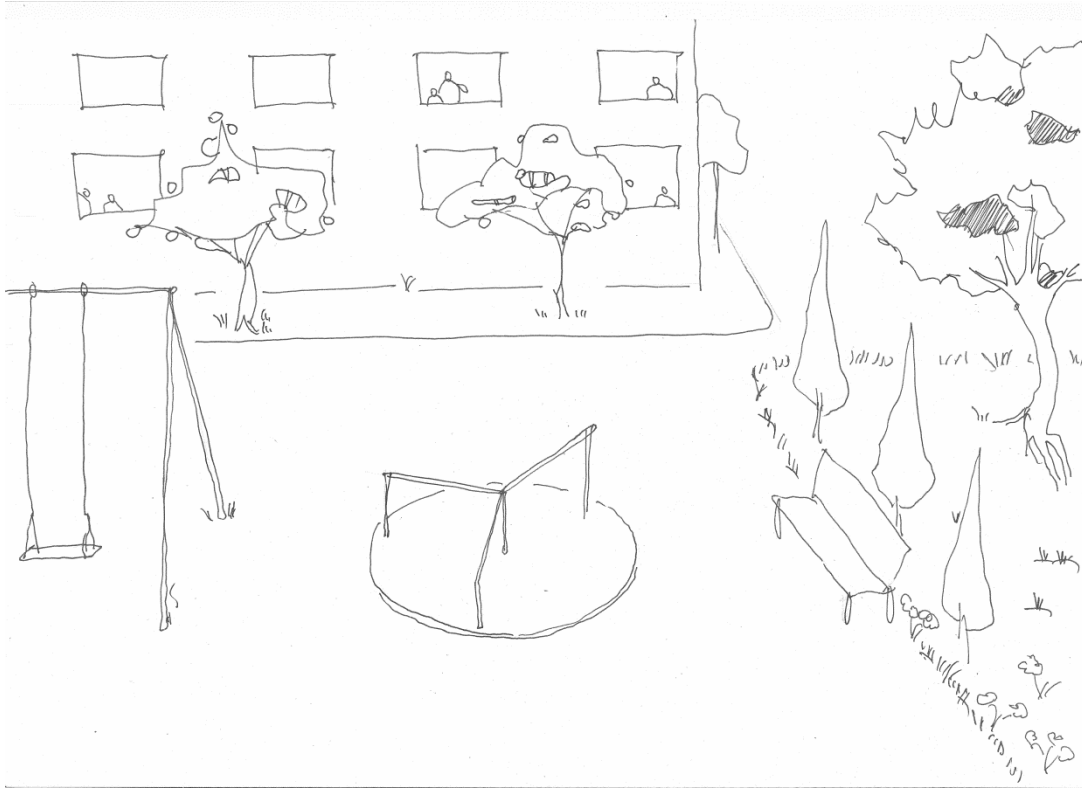
Quarantine at Home



Garden before the Epidemic



Empty Garden



MY PERSONAL STORY

Now, here's my personal story, about things that I might be the only one to know about what happened when the epidemic happened in China.

How did I know

I heard of the epidemic from _____

Here are some things I learned about the epidemic

I learned that NCP causes _____

I know how to prevent infection

To prevent from infection, I _____

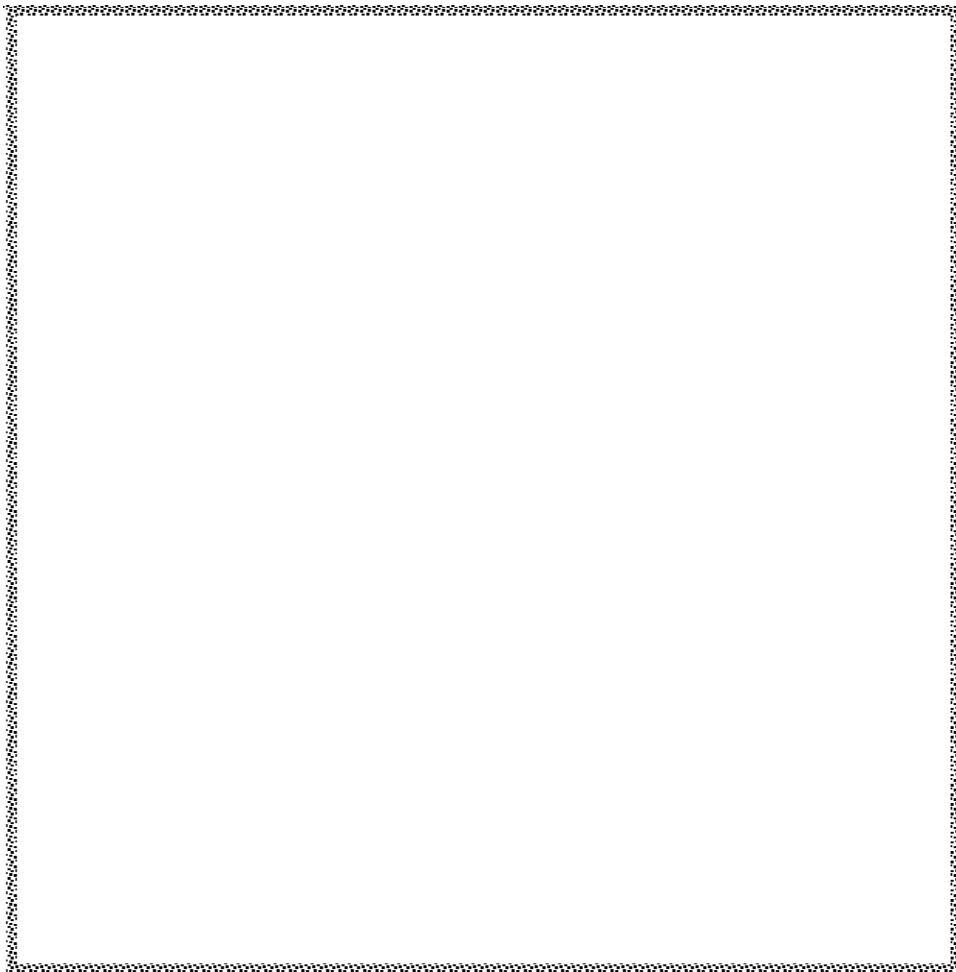
Who I was with when I first learned about the epidemic:

I was together with _____

What I Did

I _____

Here is a drawing about what I did with my family during the epidemic:



WHAT I FELT, HEARD, AND SAW

At first, I felt _____

The first thing I heard was _____

The first thing I saw was _____

Then, what I felt, heard and saw was _____

The strangest thing I saw was _____

HERE IS A DRAWING OF THE STRANGEST THING I SAW

A large rectangular box with a dashed border, intended for drawing.

The most frightening thing I saw was _____

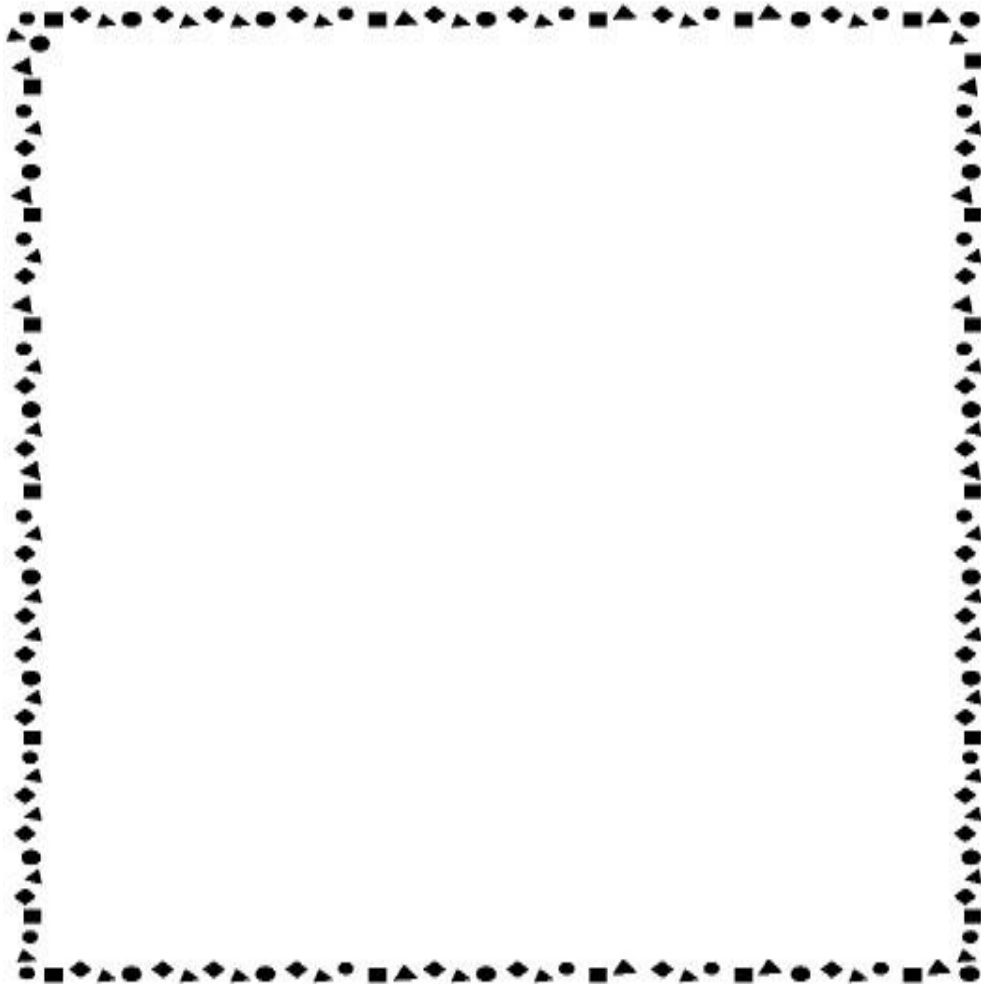
The saddest thing I saw was _____

HERE IS A DRAWING ABOUT THE SADDEST THING I SAW



THE BEST THING THAT HAPPENED WAS _____

Here is a picture about the best thing that happened:



Other good things happened and this is one I like to remember:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WHAT I WAS THINKING AT THE BEGINNING OF THE EPIDEMIC

Circle all the words in the boxes that describe how you felt.

Right after I learned the epidemic began, I felt:

Afraid	Nervous	Excited	Sad	Relieved
Happy	Upset	Frightened	Helpless	Dizzy
Guilty	Sweaty	Lonely	Sick	Hopeful
Numb I couldn't feel anything.		Worried		Shaky -A very strange feeling
Glad		Alert		Bad
Mixed up		Sorry for myself		My heart was beating fast
Like I was in a dream		Tired		Angry at someone:
Angry at myself		Clear minded		Sorry for others

RIGHT AFTER I LEARNED THAT THE EPIDEMIC BEGAN

At first, what I was worried about was _____

I saw _____

Then I thought about _____

Some of the bad things that happened to grownups I know are:

Put a check mark next to the statement that is true:

☐ **I did not see any adults who were scared, worried or angry.**

☐ **I did see adults who were scared, worried or angry.**

The way I felt about the adults was:

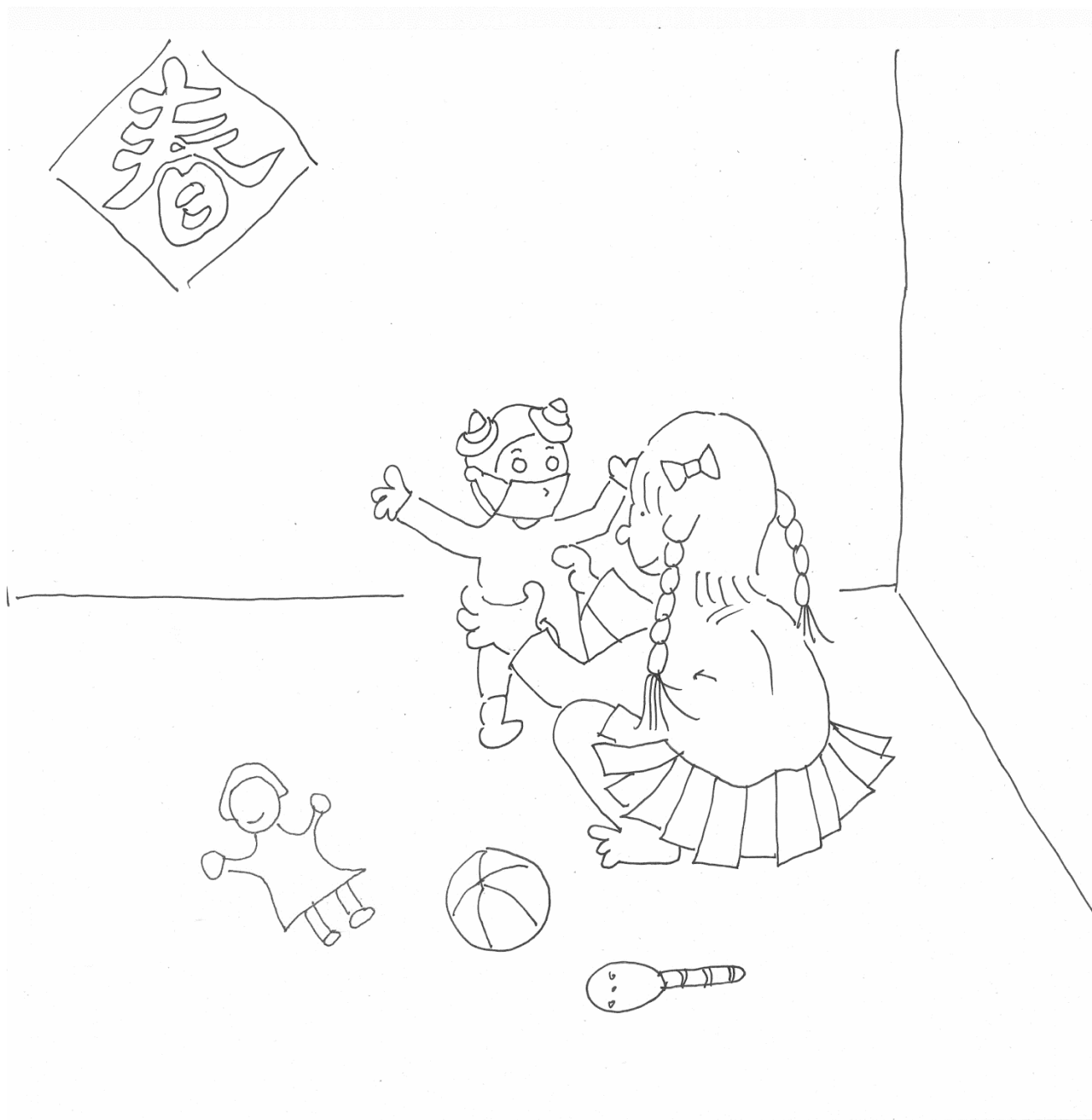
Some of the bad things that happened to other kids who are friends of mine are:

Many people felt hopeful because our government started measures to control the epidemic, sending extra medical and material support to help areas that were severely affected.

When I think about how quickly they started to take care of the biggest problems,

I feel _____

Learning to Protect Oneself



ABOUT MY DREAMS

Here is something only I know about: my own dreams.

Before the outbreak, my WORST dream in my whole life was this dream:

Before the outbreak, the BEST dream in my whole life that I can remember was this dream:

This is the story of the first dream I remember having since the outbreak:

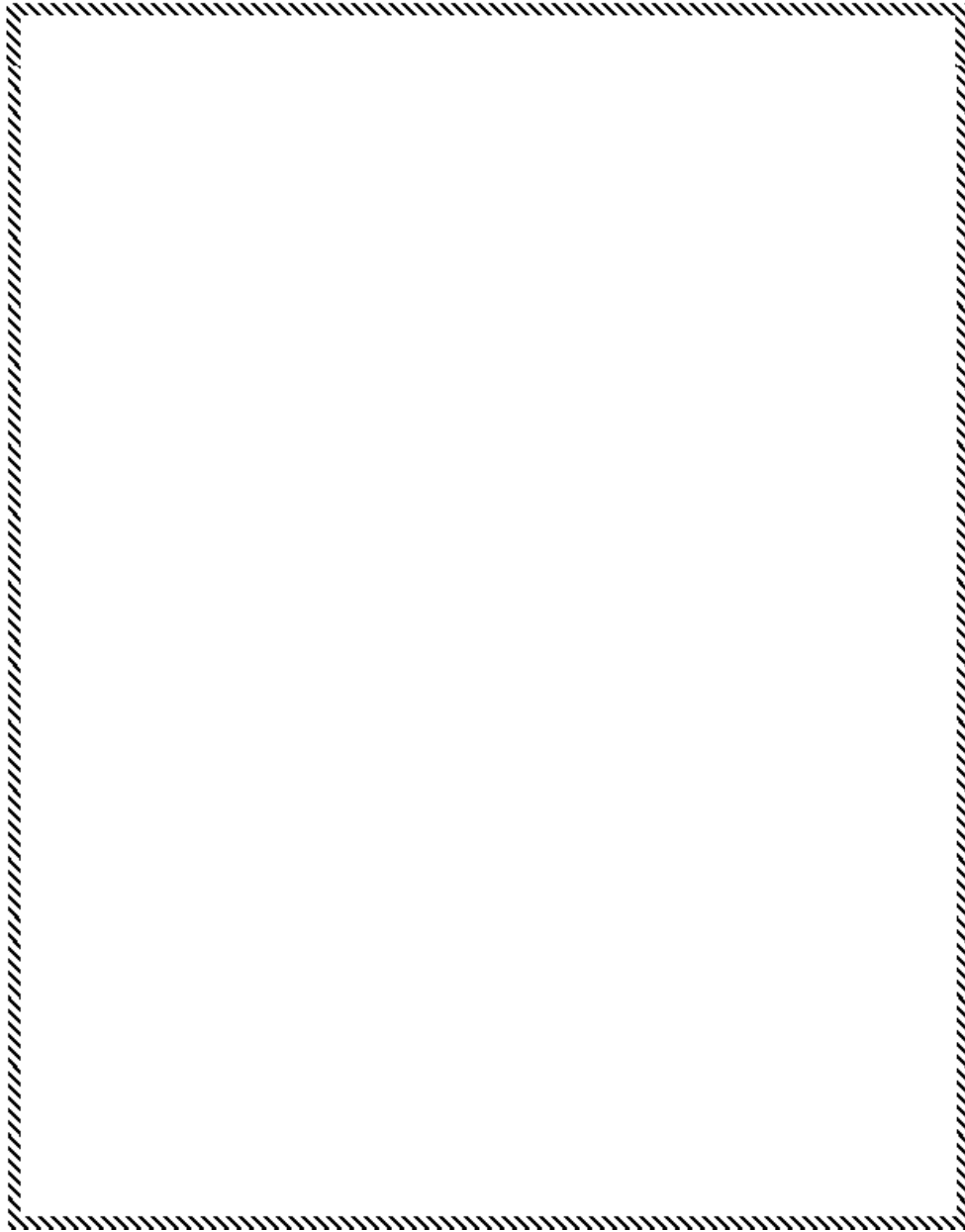
Since the outbreak, I have had _____ dreams I can remember.

MY WORST DREAM SINCE THE EPIDEMIC HAPPENED

Here is the worst dream I had after the outbreak. It was on a night in the month of _____, 2020. I think the date was about_____.

Here is the story of the worst dream I've had so far since the outbreak:

Here is a drawing of a scene from my WORST dream so far since the outbreak:



A Child's Dreaming



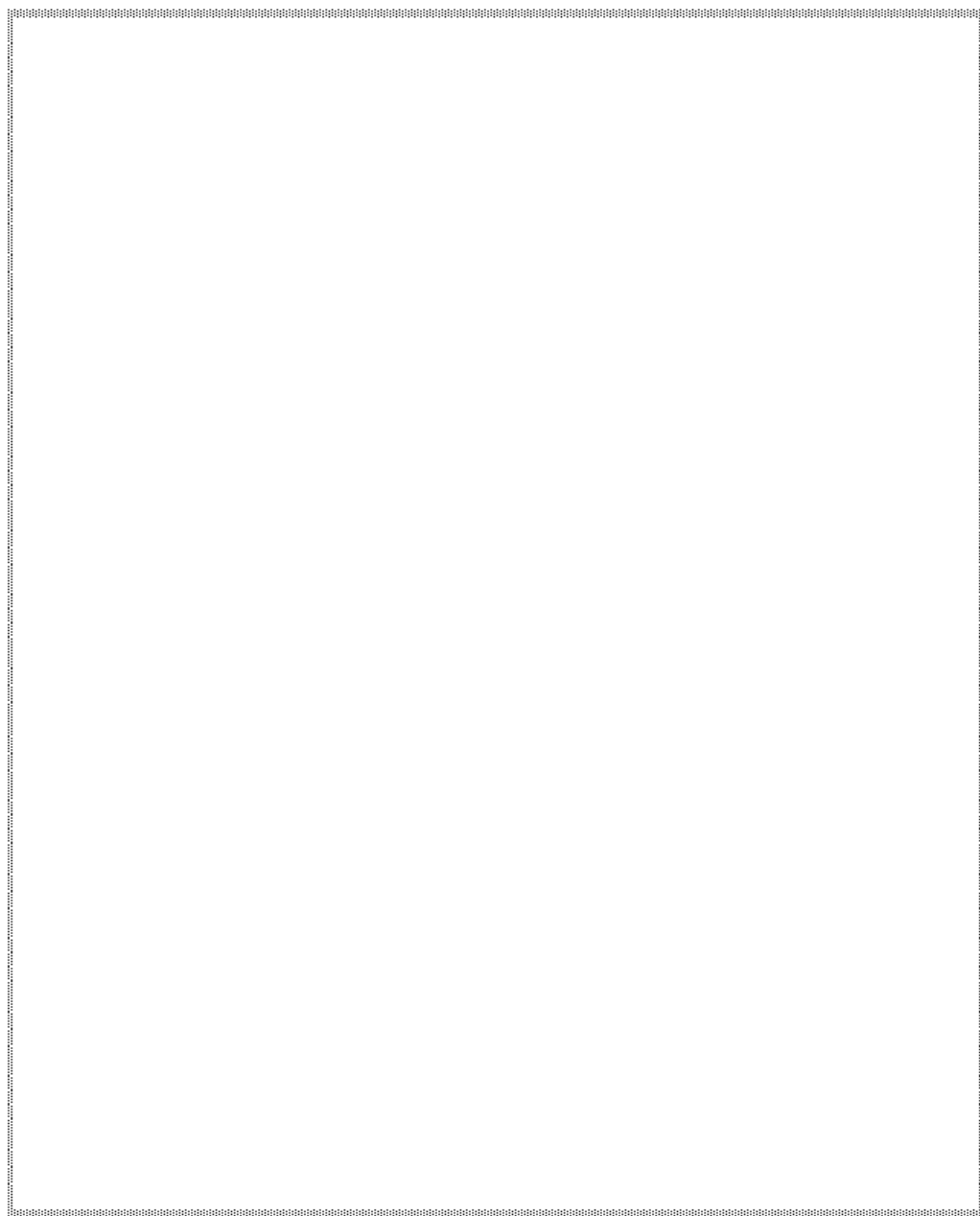
MY BEST DREAM SINCE THE EPIDEMIC

I had my best dream on or about this date: _____, 2020.

Here is the story of the BEST dream I've had so far since the outbreak:

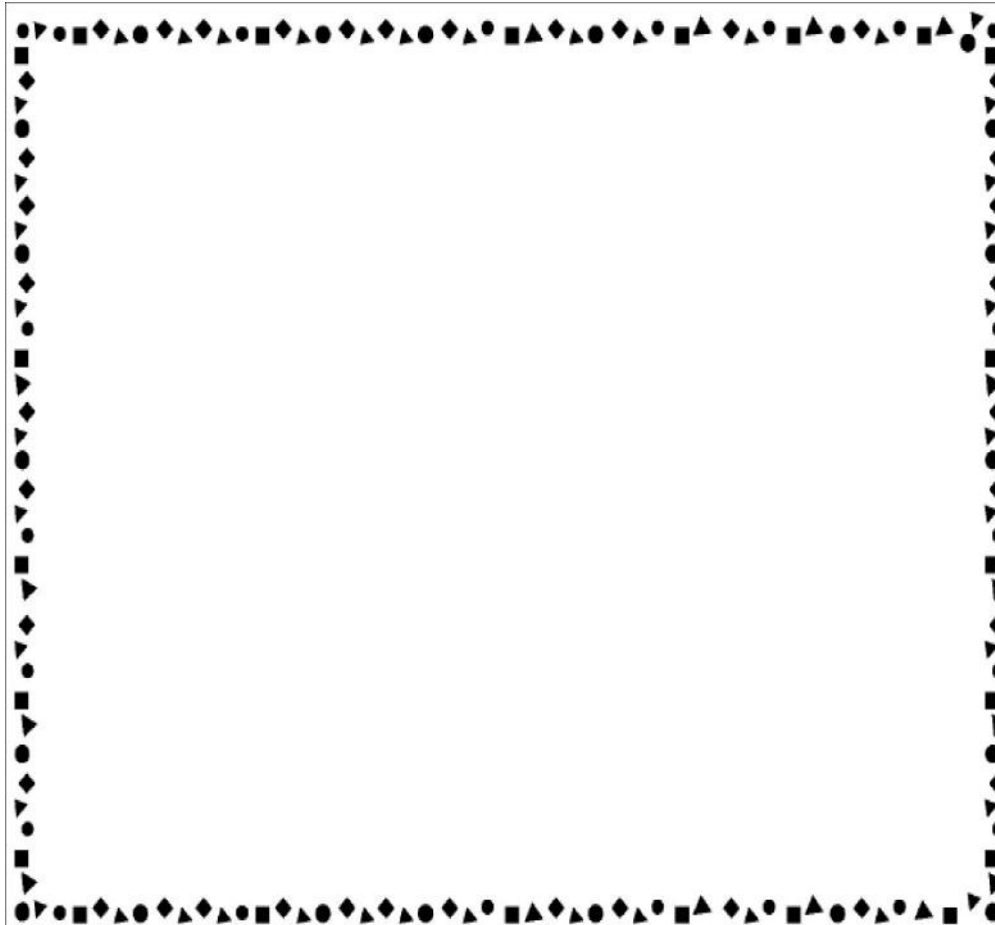
Here is the story of the BEST dream I've had so far since the outbreak:

Here is a drawing of a scene from my BEST dream so far since the outbreak:



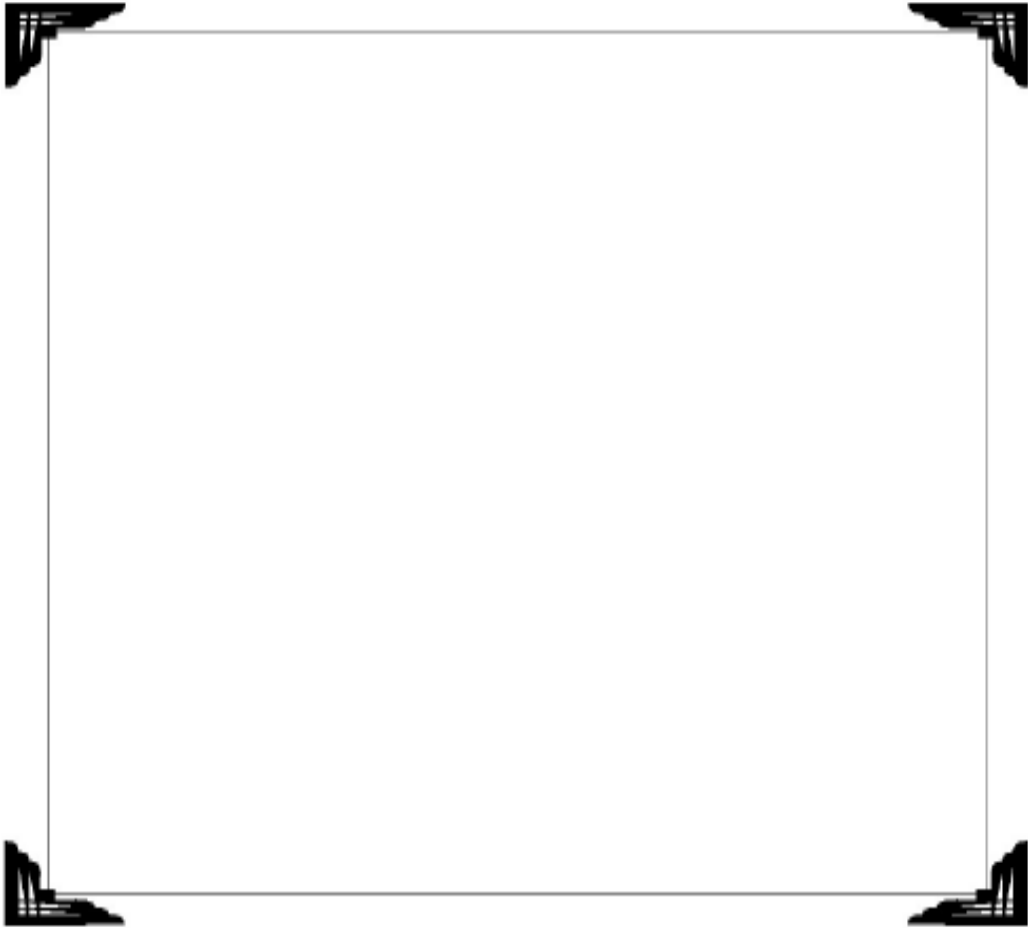
ABOUT MY HOME

Here's a photo or drawing of my home the way it is now:



The difference the epidemic made was _____

Here's a photo or drawing of the room where I usually slept before the epidemic:



Some of the changes in my room during the epidemic were:

FILL IN THE ITEM THAT IS TRUE ABOUT YOUR PERSONAL STORY

Since the outbreak, I was able to stay in my house and I felt

Since the outbreak, I had to leave my house and I felt

The name of the place I had to go to was the _____

_____ at _____

and _____ took me there.

The way I got there was _____

The way I felt when I got there was _____

Some of the names of people who were with me there are:

Names

Address

_____	_____
_____	_____
_____	_____
_____	_____

Now the way I feel about that place is _____

The worst thing about the place I went to was _____

MEMORIES

The Memories section is optional page for children and teenagers who find themselves remembering things about the epidemic without wanting to remember, and for those who have trouble remembering at all about this time.

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Today's date is \_\_\_\_\_, 20\_\_.

The part I most hate to remember about the epidemic is \_\_\_\_\_.

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One reason I most hate remembering this is that when I remember, I feel \_\_\_\_\_

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And then I think \_\_\_\_\_

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The time of day this memory usually comes to my mind is \_\_\_\_\_

---

What I am usually doing when this memory comes to mind is \_\_\_\_\_

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Before the epidemic, what I usually did at that time of day was \_\_\_\_\_

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**Some things that remind me about something that happened that I most hate to remember are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**When I need to stop remembering for a while, here are some things I can do:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When I am ready, I can make a drawing in this book about this memory that I do not want. If I use this book as my Memory Keeper, that could help me not think about it so often.

**HERE IS A DRAWING OF WHAT I MOST HATE TO REMEMBER:**

A large rectangular box with a double-line border, intended for a drawing.

***MORE THINGS I FOUND OUT AND HOW THAT MADE ME FEEL***

**I personally saw, heard about or read about some things that happened in some of these cities, townships and villages:**

**Wuhan** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Place of Origin** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Map of China During the Epidemic**



***THE MOST AWFUL THINGS ABOUT THE EPIDEMIC***

**For me what was worst about the epidemic was**\_\_\_\_\_

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**People I personally know who were infected by NCP are**\_\_\_\_\_

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**People I personally know who were cured are**\_\_\_\_\_

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**People I personally know who died due to the epidemic are**\_\_\_\_\_

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**These are true stories of people that I know during the epidemic**\_\_\_\_\_

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**The worst feeling I had was**\_\_\_\_\_

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**What was worst about it for some other people I know personally was**\_\_\_\_\_

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*[When you need more room to write, use extra pages which you can add to this book using staples, tape or paper clips.]*

### ***HOW I FOUND OUT ABOUT THESE THINGS***

At first we couldn't tell what happened to other people. Later, on television, the Internet, in newspapers, radio or from people who had cell phones, I learned more about the outbreak, including increasing number of infected people being treated by doctors and nurses in hospitals, and the shortage of masks and disinfectors. I learned scientists all over the world are working on medicines and vaccines to fight the epidemic.

Some things I found out because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I thought about some of those news stories was \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Later I saw news of doctors and medical helpers treating sick people. When I saw those pictures on TV, I felt

\_\_\_\_\_  
\_\_\_\_\_

I saw many people panicky purchased masks and disinfectors. When I saw that news, I felt

\_\_\_\_\_  
\_\_\_\_\_

When parents demanded me to wear mask when we went out, I felt \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Most of the time I needed to stay at home and I felt \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

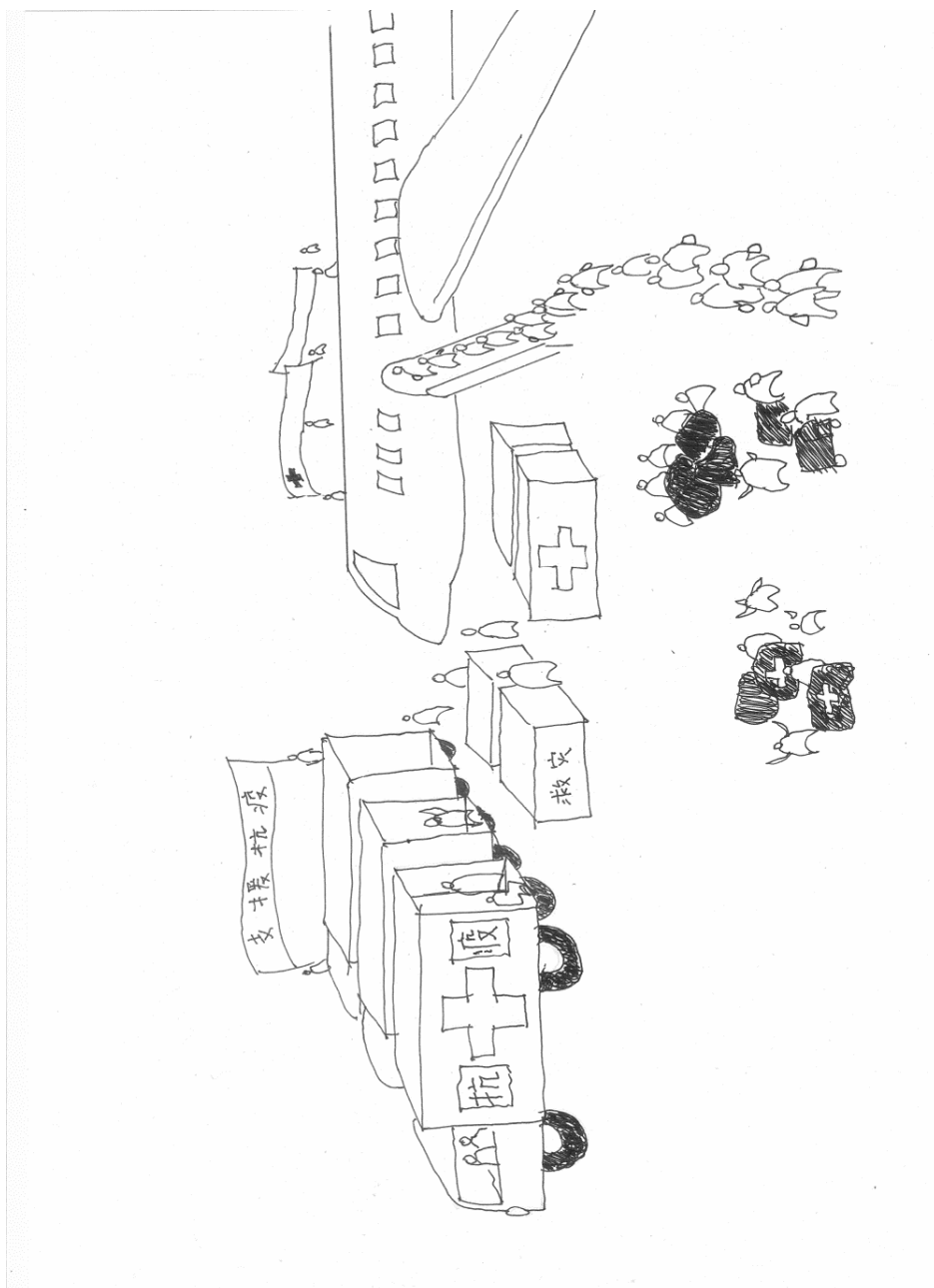
Later, I heard of news of recovery of some patients. I felt \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

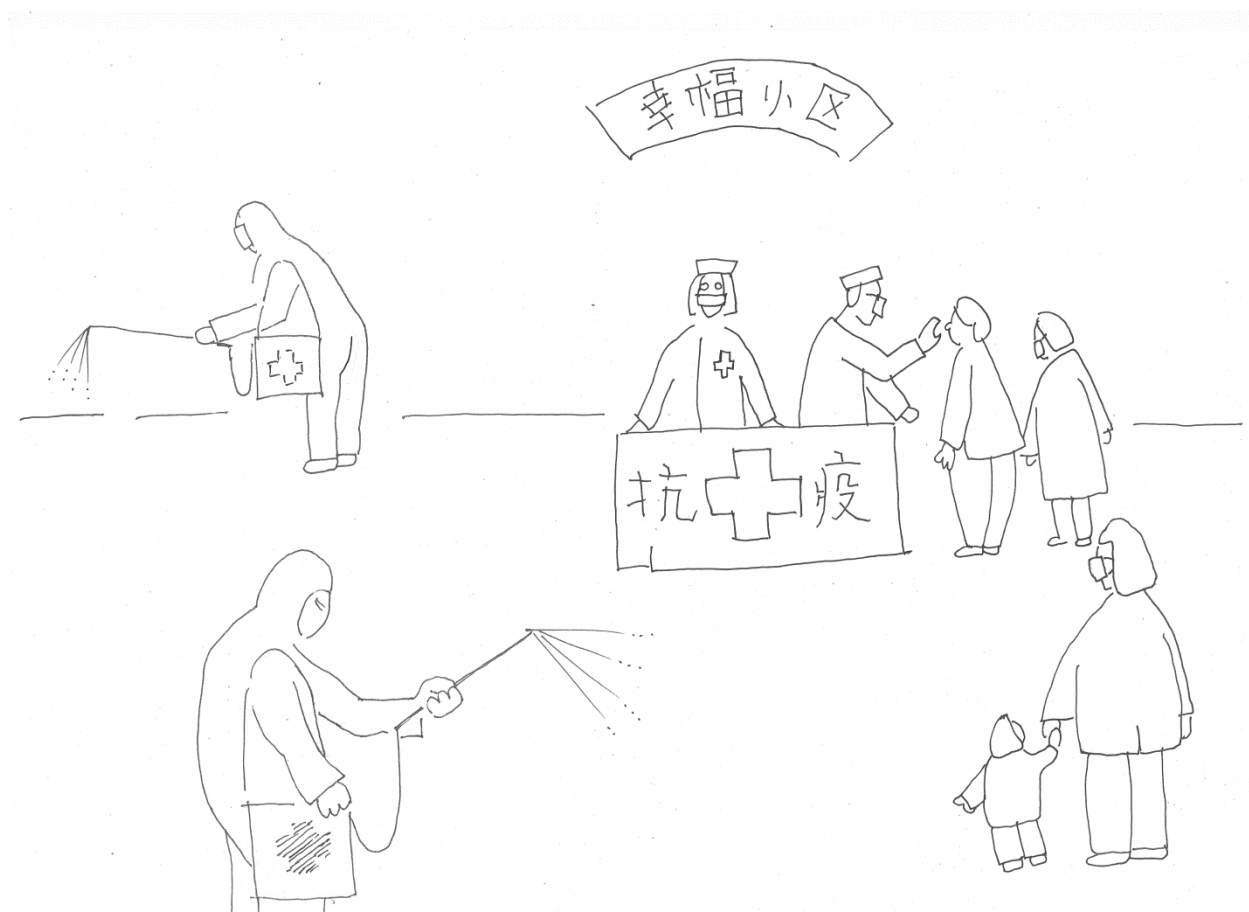
The school also made new arrangement for our learning. I felt \_\_\_\_\_

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## More Medical Support



## Preventive Measures in the Place I Live



This picture makes me think about \_\_\_\_\_

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## MORE FACTS ABOUT THE EPIDEMIC OF 2019-2020

Since December 2019, Wuhan, Hubei Province has successively found multiple cases of patients who were infected by NCP. With the spread of the epidemic, cases have been found in other regions of China and abroad. NCP as an acute respiratory disease has been included in Category B infectious diseases following the Ordinance on the Prevention and Control of Infectious Diseases of the People's Republic of China, and it has been managed as Category A infectious diseases.

So far patients infected with NCP are the main source of the transmission. Patients without symptoms may also become the source of infection. Respiratory droplets and contact are the main ways of transmission, and the entire population is susceptible.

Based on the current epidemiological survey (February 4, 2020), the incubation period is 1-14 days, mostly 3-7 days. Based on the cases under treatment, most patients have a good prognosis, while a minority is critically ill. The elderly and those with chronic underlying diseases have a poor prognosis, and the symptoms of children are relatively mild.

In January 2020, gradually regional governments all over the country responded in accordance with the public health severe emergencies and started to strengthen the traffic control and epidemic surveillance, encouraging home isolation and reducing physical contact. Meanwhile, multiple measures were launched, including the extension of the Spring Festival holiday, and suspension of work and school activities.

### YOUR STORY IS IMPORTANT

Historians as well as scientists are interested in the records of great epidemics that happened in the past. You are an eyewitness to a great epidemic. You had first hand experience. Your personal story is part of the shared experience of your whole community and nation about what happened in the 2020 epidemic. Your story is a historical record of a big event that affected millions of people. Your true story and the stories of others make history.

Every day there are new stories about what people did to help each other after the epidemic. You can put those stories in your book when you hear about them.

**You may need more space to add new ideas, feelings, stories and drawings. You can put the next true story you find out about on another sheet of paper and later add it to this book. Add pages using staples or paper clips. Get news about medicines, vaccines and how to save lives.**



## SOME EPIDEMIC HISTORY TO LEARN

Infectious diseases are diseases caused by various germs and viruses that can be transmitted from person to person, animal to animal, or person to animal. In history, infectious diseases have caused large outbreaks among humans. The following table provides a brief record of several epidemics in history and within recent decades.

| Time              | Place and Event                                        | Casualty                                                                                                                                                 |
|-------------------|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 430B.C.-427B.C.   | The great plague of Athens                             | Took a third of the population of Athens.                                                                                                                |
| 541A.D.-542A.D.   | The Justinian plague of the Mediterranean              | The Byzantine empire lost roughly 20-25% of its population.                                                                                              |
| 1347A.D.-1351A.D. | Second plague pandemic (black death)                   | Nearly a third of the European population died.                                                                                                          |
| 1918A.D.-1919A.D. | Spanish flu                                            | About 1 billion people worldwide were infected, and between 25 and 40 millions of people were killed. Its global average fatality rate was about 2.5-5%. |
| 2003A.D.          | SARS corona virus influenza                            | 349 cases of death                                                                                                                                       |
| 2009A.D.          | The Influenza A,H1N1 virus                             | About 18,500 people died worldwide.                                                                                                                      |
| 2018A.D.-2020A.D. | Ebola pandemic of The Democratic Republic of the Congo | By the end of 2019, the pandemic caused more than 2000 death.                                                                                            |

Senior students who use this work book can access more detailed information on the Internet. Scientists of many nations have contributed plenty of useful information to the world in this field. Among you are future scientists, epidemiologists, doctors and nurses who will do research in the fields of infectious diseases, public health, and medical care. You will be able to help our future generations to understand diseases and prevent them in a better way, so that they can live in a safer home.

## **WAYS OF HELPING AND GETTING HELP**

**HERE'S ANOTHER TRUE STORY ABOUT PEOPLE HELPING PEOPLE.**

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**When I heard this story I felt** \_\_\_\_\_

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**HERE IS MY DRAWING ABOUT THIS TRUE STORY:**



### ***GETTING HELP***

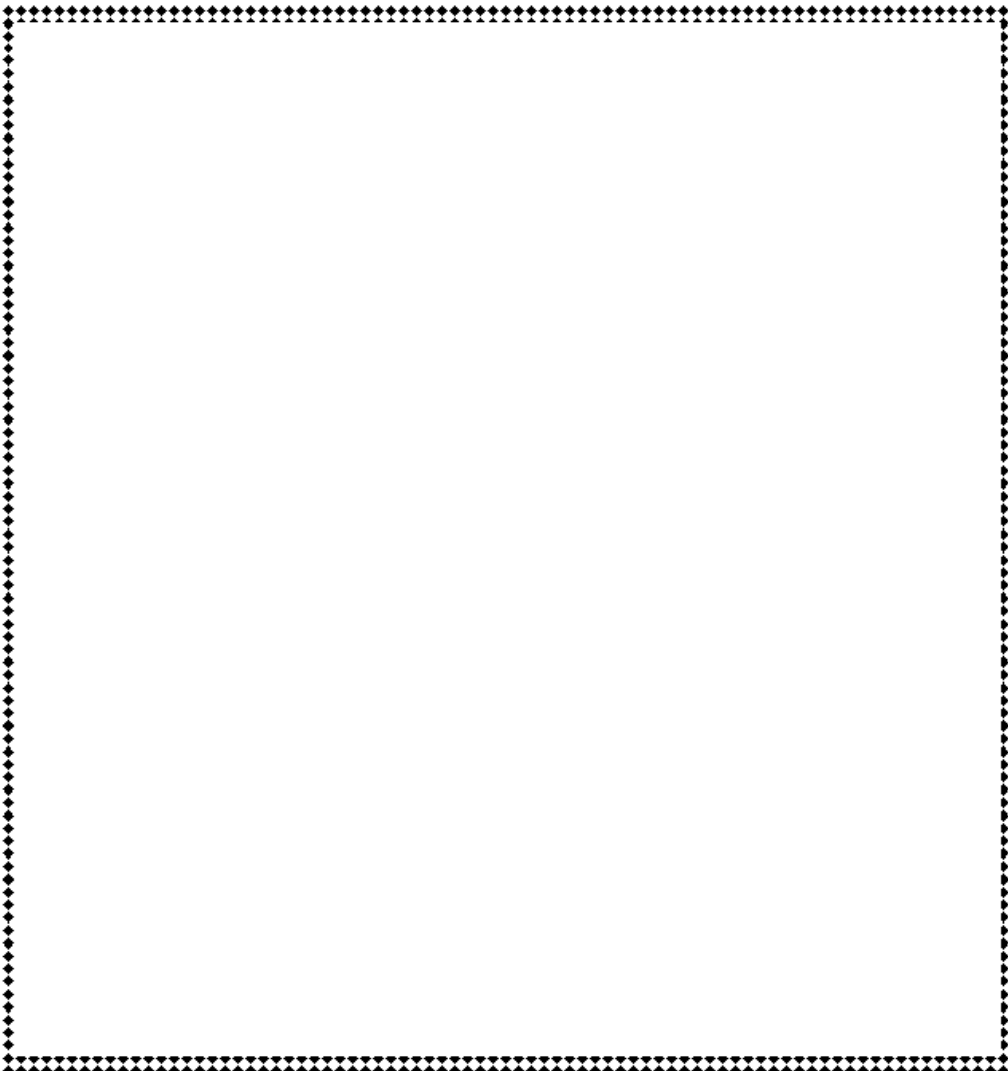
Here are some things I personally know that people did to get help or make themselves safer and get things they needed during the epidemic \_\_\_\_\_

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HERE IS A DRAWING OF SOMEONE HELPING ME DURING THE EPIDEMIC:



## ***GETTING HELP***

**I can ask for help. One day after the outbreak started, I needed help:**

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**HERE IS A PICTURE OF ME ASKING FOR HELP:**



**This is what I needed help with:** \_\_\_\_\_

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**This is what happened when I asked for help:** \_\_\_\_\_

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## ***GETTING HELP***

### **PROBLEMS AND WORRIES**

**My biggest problems or worries now are** \_\_\_\_\_

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**Some people who I can talk to about these are** \_\_\_\_\_

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**This is what I'd most like help with:** \_\_\_\_\_

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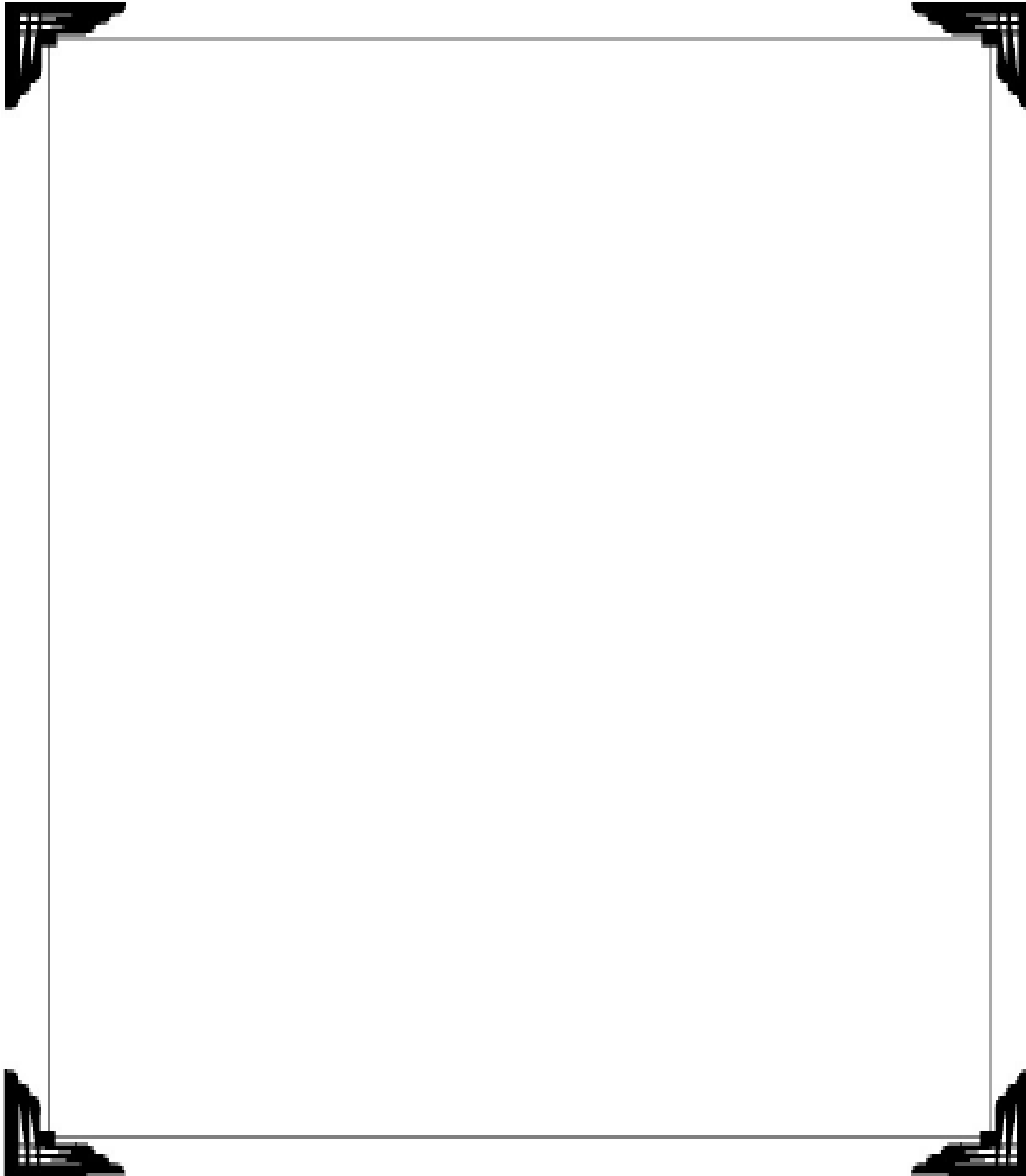
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***GETTING HELP***

**Here is a picture of me helping someone else.**



## MY LIST OF THINGS THAT MAKE ME FEEL BETTER

Here is a list of ways I thought of to keep bad things from happening:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Here are some things I can do to make myself feel better when I am upset:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Here are some things I am really good at:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Here are some things I want to learn to do better:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Here are some reasons why people like me or things that are special about me:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WHAT CAN I EXPECT?

### WHAT CAN I EXPECT TO FEEL SOMETIMES BECAUSE OF ALL THE FEAR AND SHOCK AND DIFFICULTIES OF SURVIVING THE EPIDEMIC?

- ◇ I might remember fearful things when I don't want to remember them.
- ◇ Sometimes I may have fear for my life and other people's lives.
- ◇ I might have trouble sleeping.
- ◇ I might be more grouchy sometimes.
- ◇ I could have a loss of confidence in the future.
- ◇ I might worry about it happening again.
- ◇ Sometimes I might have bad dreams about the epidemic.
- ◇ Sometimes I might have trouble concentrating.
- ◇ I might feel like acting like a baby for a while.

### WHAT STRENGTHS AND GOOD THINGS CAN I EXPECT AS I LEARN TO DEAL WITH MY TROUBLES?



1. A strong desire to be helpful to other people.
2. A strong curiosity to learn about how to reduce the damage from trauma.
3. Respect and compassion for myself and others who suffer from difficult experiences.
4. Knowing that My Personal Story about Surviving the Epidemic is only one of my true stories
5. I can learn to have a healthy level of confidence in the future.



## MY HEALTH

Circle the right answer

1. I do have some troubles with my health.
2. I don't have any troubles with my health.

If you do have any health troubles, write them here:

My health troubles are:

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Circle the right answer (better, worse or the same):

1. Mostly, these troubles are now: **better** /worse than they were a year ago.
2. The way these troubles are now **the same** as they were a year ago.

Circle the right answer:

1. I am about as tall as other children my age: YES NO
2. I am (circle the answer) gaining / losing weight.
3. I have seen a nurse or doctor for a checkup in the past year. YES NO

Other people are worried about my health because: \_\_\_\_\_

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The person who usually takes me to the nurse or doctor is \_\_\_\_\_

My nurse or doctor's name is: \_\_\_\_\_

My nurse or doctor's address is: \_\_\_\_\_

The last time I went to the Dentist was \_\_\_\_\_

My Dentist's name and address is: \_\_\_\_\_

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## ***GAINING CONTROL OVER MY INNER LIFE AND FEELING SAFE***

Taking action to help others helps you realize you have power to make an important difference. Learning about how to stay safe helps everyone.

### **HELPING OTHER PEOPLE**

Here are some things I can do to help people who got sick, or who had a friend or family member die or get very sick:

- ✓ I can write letters or make drawings to encourage other people and give them to as many people as I can.
- ✓ When I meet other people who are in need of help because of the epidemic, I can take their names and addresses of their relatives in homes that are still standing, and promise to write to them.
- ✓ I might be able to share my possessions with very needy people.
- ✓ I can show My Epidemic Story to other children or tell them about it if I want my book to be private. If they want help to write their own Epidemic Story book, I could help them.
- ✓ I can make an *Epidemic Newsletter*.
- ✓ Here is something else I can do to help others:

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## **SAFETY AWARENESS AND BEING PREPARED**

**Here are some epidemic safety practices and other ideas about how to be prepared and stay safe:**

1. Minimize outdoor activities. Reduce frequency of visiting friends, family and dining parties. Rest at home as much as possible. Reduce activities in crowded public places, especially relatively closed areas with poor air circulation.
2. Wear mask and minimize close contact with others when you are in public places such as supermarkets, restaurants and taking public transportation. You do not need to wear a mask when you are alone or walking alone in the park or places where risk of infection is low.
3. Keep good personal hygiene. A family should always keep supplies of thermometer, masks, household disinfection. Masks that have made no contact with suspected or confirmed patients, with intact appearance, without any odor or dirt, can be placed in dry, ventilated place, in order to be reused by the same person who used them before. Masks that need to be discarded should be disposed of according to the requirements of household garbage classification. Keep hands clean at all times. Always wash hands with hand sanitizer or running water with soap, or use hand sanitizing gel after returning from public places, coughing with hands covering mouth, after using the toilet, or before eating. When you are not sure if your hands are clean, avoid touching your mouth, nose and eyes with your hands. Cover your nose and mouth with your elbows and sleeves when sneezing or coughing.
4. Keep the house clean. Frequently open the window for ventilation. Do regular disinfection. Balance your diet and nutrition. Do moderate exercise and maintain adequate rest. Do not spit on the ground. Wrap nasal and mouth secretions in tissue paper and dispose in covered garbage bins.
5. Actively monitor the health of yourself and family members, and take temperature when you feel you have fever.
6. If symptoms like fever, cough, throat pain, chest tightness, dyspnea, fatigue, nausea, vomiting, diarrhea, conjunctivitis, muscle pain and other suspicious symptoms appears, you should go to a medical facility to seek help. Wear a mask or a medical surgical mask if you need to go to a medical facility.

7. Try to avoid taking subways, buses and other public transportation. Avoid going to crowded places. When seeking medical treatment, you should inform medical staff proactively whether and when you have travelled or resided in infected areas, and who you have contacted. You should cooperate with medical institutions to carry out infection control.
8. Persons who have been in close contact with patients infected by NCP should be observed in isolation at home. The period of medical observation should be 14 days, starting from the day of last unprotected contact with infected persons. The person who needs to do home isolation should stay in a relatively isolated living condition, and reduce contact with co-dwellers as much as possible. Clean and sterilize the site of medical observation to avoid cross-infection. Do not go outside during the observation period. If you must go outside, you have to get the approval of the medical observation authority, wear a medical surgical mask and avoid crowded places.
9. Persons in home isolation should take temperature at least twice a day and reject to any visit. Minimize close contact with family members, and do not share with family members any items that may lead to infection caused by indirect contact, including toothbrushes, cigarettes, tableware, food, beverages, towels, clothing and bedding.
10. When one enters the place of home isolation, one should wear KN95/N95 and above particulate protective masks. Do not touch or adjust the mask during the stay. Try to avoid direct contact with persons in home. When any direct contact happens, one should clean and disinfect oneself immediately.
11. Prepare emergency supplies for the family in case there is any quarantine for a certain period, such as drinking water, dry food and food for cooking. Be mindful of where supplies are stored.
12. Prepare a contact list of names, addresses, phone numbers and e-mail addresses of relative and friends, neighborhood committees, hospitals, police stations and psychological hotlines. Make a copy in my bag or wallet. This information can be useful in case of emergency.

## **EXPRESSING YOUR APPRECIATION FOR HELP FROM OTHERS**

1. You might want to write personal thank you notes to medical personnel for their heroic work to fight against the epidemic. Teachers can help you send these.
2. You and other children might want to write your own letter to the people who lead in the fight against the epidemic, as well as those who contributed to the fight. This could be a school project. Ask your teacher or another grown up for help to send your expressions of appreciation. You might want to send drawings too.
3. You can write a thank you note or a drawing to someone who helped you personally during the epidemic or to people who are helping you now.

## **MY IDEAS ABOUT OTHER THINGS I CAN DO:**

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## **LEARNING NEW THINGS AND THINKING ABOUT THE FUTURE**

You can learn about jobs and training to help plan your future. Teachers and other grownups can answer your questions about how to learn what jobs will be especially needed and useful when you are grown up.

How many ways can you think of to learn more about the job you would like to have when you grow up?

1. 

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2. 

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3. 

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## **ACTIONS MIDDLE AND HIGH SCHOOL STUDENTS CAN TAKE TO BE HELPFUL AND GROW STRONGER**

**Besides working on this book, there are other things you can do about your epidemic thoughts and feelings. You have already learned many of these things from your parents and teachers. Here are reminders and helpful ideas:**

1. You can use a library to learn more about epidemics, infectious diseases, epidemiology and medical treatment. Learn about related sciences and what universities teach such sciences.
2. You and your family could make a list of supplies you might need if another epidemic and quarantine happens. You could help collect these things in one place. Separate what you will need to take with you if you have to leave home in a hurry. Does a member of your family need medicine, like insulin or heart pills? Portable oxygen? A wheelchair? Copies of medical records? Your pets may need portable cages and supplies. A backpack and luggage on wheels would be useful for carrying food and water. A wagon would be helpful.
3. You and your family could plan and practice how to protect yourself, how to adjust your daily life and your mood, and how to spend time in a better way during an epidemic and quarantine.
4. If you are old enough and it is safe enough, you might be able to volunteer to help at a school or relief agency. By helping others we can feel better.
5. With permission, you could paint an epidemic story mural.
6. You can write down your thoughts and suggestions on how to protect your city, your community, your home from discrimination or prejudice.

## OPTIONAL QUIZ ABOUT EPIDEMICS

**Circle the correct answers:**

1. How does World Health Organization name the disease caused by the novel corona virus?

- A. SARS-CoV-2
- B. NCP
- C. COVID-19
- D. 2019-nCoV

2. Which of the following can kill 2019-nCoV?

- A. At 56 °C for 30 minutes
- B. At 26 °C for 20 minutes
- C. At 16 °C for 10 minutes
- D. At 0 °C for 5 minutes

3. What is incorrect about the droplet spread?

- A. It is possible to access susceptible mucosal surfaces from a distance
- B. The particles are large and do not stay in the air for long time
- C. Talking, coughing and sneezing can cause droplet spread
- D. Medical masks cannot prevent the spread of droplets

4. What is not true about the coughing and sneezing?

- A. Cover your nose and mouth with a tissue or elbow when sneezing
- B. Cover the nose and mouth with both hands when coughing and sneezing
- C. Put tissue paper you sneeze onto in a covered dustbin
- D. Wash hands thoroughly after sneezing or coughing

5. What is not true about diet?

- A. Drink more water to keep you hydrated
- B. Eat plenty of fresh fruits and vegetables
- C. Make sure meat is fully cooked
- D. Eat more wild animals

6. What is not true about specific measures to prevent NCP at home?

- A. Do appropriate exercises, sleep early and enhance immunity
- B. Ensure indoor ventilation and hygiene

- C. Put vinegar on the radiator to sterilize the air
  - D. Stick to a safe diet and make sure meat and eggs are fully cooked
7. What is incorrect about entering home from the outside?
- A. Take off your clothes and change into household clothing
  - B. Remove your face mask, throw it into the trash can instead of placing it randomly
  - C. Wash your hands after you take off your clothes and face mask
  - D. Close the windows to keep out of air from the outside
8. With regard to long distance travel, which of the following is incorrect?
- A. Try not to eat or drink to avoid taking your mask off
  - B. Do not touch the outer surface of your mask when taking off the mask
  - C. Put a used mask directly into your bag or pocket
  - D. Wash hands frequently and avoid touching anything to keep hands clean
9. What is the right thing to do about enhancing your immune system?
- A. Overeating
  - B. Moderate exercise
  - C. Smoking and drinking
  - D. Staying up late
10. Regarding the prevention of NCP, which one is an effective measure?
- A. Rinse the mouth with light salt water
  - B. Do sauna
  - C. Drink alcohol
  - D. Wear a mask
11. What if you suspect you are infected?
- A. Continue to work or go to school
  - B. Flee to other "virus-free" areas
  - C. Wear a mask and go to the nearest designated hospital
  - D. Bear with it to let it pass

**Answers to the Quiz About Epidemic:**

1.C 2.A 3.D 4.B 5.D 6.C 7.D 8.C 9.B 10.D 11.C



### MEDICAL INFORMATION

This information should be written here by my Parent or another Adult, if they can.

The child's blood type is: \_\_\_\_\_

Special medical needs are: \_\_\_\_\_

History of allergies: \_\_\_\_\_

Medications the child regularly takes are: (give the dose of each medicine if known,  
and how many times a day) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Immunization Record, if available. Paste a copy or write it in this space:

## **WHEN WOULD CHILDREN NEED MORE HELP:**

### **MENTAL HEALTH CHECKLIST**

#### **SCORING INSTRUCTIONS**

This checklist should be done by an adult with the help of the child in question, even though the child is old enough to do it by himself/herself. Add the pluses and minuses for all questions. If the child has lost one or more parents by death, or has his own health seriously harmed, or if the child is suicidal or the total score is more than 100, we suggest professional mental health consultation. Take this entire book or a photocopy of it with the child and you to the mental health consultation.

Children who were already mentally ill, had developmental disorders such as autism, or were in psychiatric treatment for any reason before the epidemic are usually more likely to be disturbed than other children. They are more vulnerable to trauma than emotionally healthy and normally developing children. We suggest their treatment be resumed as promptly as social conditions permit.

#### **WHEN SHOULD THIS CHECKLIST BE USED**

Before using this checklist, the child in question should be able to do one coloring or writing activity in this work book. This check list is divided in two parts:

1. The first part is about known mental health risk factors and should be filled out as soon as possible.
2. The second part is about symptom factors and usually should not be filled out until a month after the outbreak.

#### **NOTES ABOUT COMPLETING THE CHECKLIST**

1. Answer these questions for only one person per checklist. (Copy the blank checklist as you may need another Mental Health Checklist for someone else.)
2. Always ask the child for his or her answer to each question.
3. An adult should answer the Checklist questions if the child is under age eleven.
4. If the answer is YES, Circle YES and the numbers to the right of each answer.

THIS CHECKLIST IS FOR \_\_\_\_\_  
(NAME )

PERSON FILLING OUT THE ANSWERS \_\_\_\_\_

RELATIONSHIP TO THE CHILD \_\_\_\_\_

(Write "SELF" here, if you are completing this checklist for yourself.)

TODAY'S DATE \_\_\_\_\_

THIS CHECKLIST IS ABOUT THE CHILD'S REACTIONS TO A STRESSFUL EVENT:

The Epidemic of 2020

1. If there has been more than one major stress within a year before this latest stress, circle all that apply in the child's family:  
death molestation rape domestic violence major accident jailing major physical illness
- Score +5 for each circled item except for death of a parent, which is scored as +15  
Please give appropriate detail here if any of the above events were circled:
- \_\_\_\_\_

2. Is there a network of previously well known, supportive, caring persons, who continue to relate daily after the trauma? If YES, -10
3. Has the person had to move out of his/her house because of the epidemic? If YES, + 5
4. Was there reliable housing again within one month of the move, with a household member living in the same building as this person? If YES, -10
5. Has the child been sick or anyone in the child's immediate family been sick or died in the epidemic? If YES, + 15
6. Is the child the sole survivor of his or her family? If YES, +35
7. Is the child one of very few child survivors of a community's children? If YES, +15
8. Did the child attend a school where other children died? If YES, +15
9. Did anyone die in neighborhood where the child lives? If YES, +15
10. Has the child seen multiple dead bodies as part of the epidemic? If YES, +15

HAS THE CHILD SHOWN OR EXPERIENCED ANY OF THE FOLLOWING  
NEW BEHAVIORS FOR MORE THAN FOUR WEEKS SINCE THE EPIDEMIC?

11. Is the child showing severe defiance, delinquent or criminal behavior since the epidemic? If YES, + 5
12. Nightly states of terror? If YES, + 5
13. Waking from dreams confused or in a sweat? If YES, +5

14. **New difficulty concentrating?** If YES, + 5
15. **New extreme irritability?** If YES, + 5
16. **New loss of previous achievements in toilet training or speech, or return of thumb sucking or return of needing to sleep with a grownup?** If YES, +5
17. **New onset of stuttering or lisping?** If YES, + 5
18. **New, persistent severe anxiety or phobias?** If YES, +5
19. **New obstinacy?** If YES, + 5
20. **New or exaggerated fears?** If YES, + 5
21. **New rituals or compulsions?** If YES, + 5
22. **New severe clinging to adults?** If YES, +5
23. **New inability to fall asleep or stay asleep?** If YES, +5
24. **New startling or jumping at any loud noise or reminder of the stressful event?** If YES, + 5
25. **New loss of ambition for the future?** If YES, +5
26. **New loss of pleasure in usual activities?** If YES, +5
27. **New loss of curiosity** If YES, + 5
28. **New persistent sadness or crying?** If YES, + 5
29. **New persistent headaches or stomach aches?** If YES, + 5
30. **New hypochondria (excessive worries about his or her body) ?** If YES, +5
31. **Is the child newly and unusually occupied with thoughts of death?** If YES, +20
32. **Is the child newly and unusually accident-prone?** If YES, +15
33. **Is the child newly expressing thoughts of wanting to hurt himself/herself, or die?** If YES, +35
34. **Is the child newly expressing thoughts of wanting to kill himself/herself?** If YES, +35

## WHO WROTE THIS BOOK?

**Gilbert Kliman, M.D.**, is Director of The Children's Psychological Health Center in San Francisco, California. He has over 50 years of experience in psychological disaster response. He is the founder and former director of the nation's largest situational crisis facility, the non-profit Center for Preventive Psychiatry in White Plains, New York. He and that Center's staff have helped many thousands of severely stressed persons following deaths, injuries, and violent experiences including aircraft accidents, floods and tornadoes, urban crimes and homelessness. He is author of Psychological Emergencies of Childhood, which pioneered the concept of "psychological immunization" by small doses of communication. Recipient of over 40 service and research grants and Editor of The Journal of Preventive Psychiatry, in addition to over 70 scientific articles, Dr. Kliman wrote Responsible Parenthood with Albert Rosenfeld. That book won an international literary prize for "world's best book concerning the well-being and nurture of children." He is the inventor of Reflective Network Therapy for children in classroom groups, and the creator of manuals for carrying out that therapy and its short form called The Guided Activity Workbook Method. He recently won the Dean Brockman Award for his Unifying New Theory of PTSD, the Anna Freud Award for his preschool research and service, and the Humanitarian Award of the American Psychoanalytic Association. See [www.childrenspsychologicalhealthcenter.org](http://www.childrenspsychologicalhealthcenter.org) for a fuller description of his work and that of the agency he directs.

**Anne Kuniyuki Oklan, R.N.**, the first illustrator of much of the original My Earthquake Story workbook, is a nurse as well as a parent-child and family therapist and psychological Coach. Along with Edward Oklan, M.D., she co-founded and co-directed PREGNANCY TO PARENTHOOD and served as its Infant Developmental Specialist. She and Edward Oklan are the parents of three children.

**Edward Oklan, M.D., M.P.H.**, A child and family psychiatrist and Assistant Clinical Professor of Psychiatry at the University of California, San Francisco, Dr. Oklan founded the PREGNANCY TO PARENTHOOD FAMILY CENTER, a model non-profit program offering preventive mental health services to childbearing families and young children under stress. He specializes in work with children, adults and families who have experienced severe psychological trauma.

**Harriet L. Wolfe, M.D.** Dr. Wolfe was recently President of The San Francisco Center for Psychoanalysis, formerly Director of Education for the Department of Psychiatry at San Francisco General Hospital, and Associate Clinical Professor of Psychiatry at the University of California, San Francisco. She was principal investigator on a Center for Disease Control project on psychological adaptation of physical trauma, and practices individual and family therapy in San Francisco. She practices psychoanalysis and couples therapy.

**What agencies collaborated to help make this guided activity book available to Chinese children?**

1. The Children's Psychological Health Center, Inc.,  
([www.childrenspsychologicalhealthcenter.org](http://www.childrenspsychologicalhealthcenter.org)), San Francisco,  
California

Gilbert Kliman, MD, Medical Director (see above)

2. China American Psychoanalytic Alliance (CAPA)  
([www.capachina.org](http://www.capachina.org); [www.capachina.org.cn](http://www.capachina.org.cn))

Elise Snyder, M.D., President: Clinical Associate Professor of Psychiatry at Yale School of Medicine. In 2012 she received the American Society of Psychoanalytic Physicians: Sigmund Freud Award and also the 2012 American Academy of Psychoanalysis and Psychodynamic Psychotherapy Presidential Award.

You Chen, M.D.: Psychiatrist, psychotherapist, Director of Community Mental Health Department, Shanghai Yangpu Mental Health Center, CAPA Basic Program graduate

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Alice Wu: Counselor in Zhoushan, CAPA Supervision Program

Guoyu Jade Yu: Counselor in Shenzhen, CAPA Advanced Program graduate

He Zhang: Editor of “My Earthquake Story” (Wenchuan Version), SDX Joint Publishing Company

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## OTHER PUBLICATIONS

The Children's Psychological Health Center publishes other Guided Activity Workbooks similar to *My Epidemic Story*. Other publications include *My Earthquake Story*, *My Sichuan Earthquake Story*, *My Story About Being Homeless*, *My Story About My Shelter Home*, *My Fire Story*, *My Tornado Story*, *Tormenta del Stan*, and *My Personal Story about Hurricanes Katrina and Rita*. This is a series of trauma related, guided activity workbooks for children, families and teachers coping with severe stress. Licenses for mass copying are available to governments and nonprofits.

See the **Disaster Relief** section of our agency's website to learn more.  
**Tax deductible contributions welcomed and needed.**