

USC Price

Sol Price School of Public Policy

*International Public Policy
and Management Program*



Words of Encouragement From IPPAM Alumni

2020 COVID-19 (Coronavirus)

USC Campus Closure

Safer at Home Policy

ZOOM Online Courses





No matter what.

Fight On.



Yasser Ali — USC Price IPPAM 14 Alumnus

Yasser Ali is a native from Cairo, Egypt. He is married and a father of four children. Before joining IPPAM, he was a secondary school teacher who taught English as a second language. During Yasser's study at USC IPPAM, he was elected the President of the IPPAM student senate. After completing his education, Yasser returned to Egypt and joined the private education sector where he managed schools, trained teachers, and formulated education policies in the industry. Currently, Yasser is a Vice Principal of an international school in Saudi Arabia.

Dear IPPAM 21 & 22 Students,

Hope all of you are doing great and healthy!

My name is Yasser Ali, IPPAM 14 from Egypt. I got the idea that we all IPPAMers around the globe and need to be together at this special time on our planet. A time that needs all the humans on earth to unite, love each other and stand side by side to be able to defeat the threat of our existence. In IPPAM, we have always been taught to be one family in time of need and adversity.

You may think you are cursed or unblessed because you are witnessing the lockdown of the whole world away from your homes, beloved families and countries. I can honestly tell you this is far away from the truth. On the contrary, I think you are blessed. God or fate, whatever you believe, has chosen you to be here at this time as He knows how strong you are! How solid is your will, how great are your efforts, and how deep is your patience. God knows, and you also know, you will make it, pass it and defeat all the obstacles that stand in between you and your academic goals.

What makes things ease and optimistic, luckily, you have great staff and great faculty in IPPAM. I can tell you from my experience that IPPAM staff whose main responsibilities are to take care of you and manage everything for your benefits are the best in the world in such difficult times. They are not ordinary staff; they are soldiers on the front fighting to assure that you will achieve your ambitions peacefully. They will never calm or stop until you end your masters with the best scores and get back to your families victoriously and safely. You got to be sure of that as it is guaranteed 100% in IPPAM.

You may consider me crazy if I tell you that all IPPAM classes would envy your class one day, as you will become the unforgettable class that has made it at the time of coronavirus. For the history of IPPAM, you will be the best and the immortal cohort. Therefore, I invite you to cheer, stay calm, be healthy, be safe and pursue your academic goals. Never let anything stop you, as you are unstoppable. We believe in you and trust your endurance to pass these bad times successfully.

We all are praying for God to keep you safe and healthy.

God bless you all

Yasser Ali



Dixon Zhang

— USC Price IPPAM 4 Alumnus

Dear IPPAM students,

It is alarming to see the number of the COVID-19 infected in the U.S. spike so quickly. I hope that you and your families are coping well and are staying healthy.

Most Chinese have gradually returned to normal life. Like most companies in China, we reopened for business one month ago. Before that, we and almost all Chinese people had been quarantined at home for more than a month. Although currently China continues to contend with an influx of imported cases of novel coronavirus as the pandemic rages beyond the country's borders, we have been through the hardest time.

I think the best practice to beat the virus is to stay at home and to avoid physical social gathering as the close contact is the main cause of contracting the disease. And the best “drugs” to treat COVID-19 are a good rest, proper exercise, relaxed mood, and strict control measures. I hope and I am confident that you will pull through the pandemic stronger and better.

If there is anything that I can do to help, please do not hesitate to let me know.

All the best,
Dixon Zhang
Chairman of Lianlian Group

** Please see footnote on page 2*



Tanya Wu

— USC Price IPPAM 14 Alumna

Dear IPPAM family,

My name is Tanya Wu. I am an IPPAM 14 graduate. I came to the U.S. from China in 2011 for the IPPAM graduate program, and now have lived in the U.S for almost a decade. I deeply cherish the 18 months in the IPPAM program during that season of my life. I consider LA as my hometown in the U.S since my husband and I got married in Palos Verdes last year and we now live in Dallas, Texas.

I am a reinsurance broker: I collaborate with insurance companies to devise strategies to transfer their risks to global reinsurance companies with the goal of protecting their capital. I work for Gallagher, an insurance brokerage firm with global footprints of 30,000 employees. Insurance/reinsurance industry is the cornerstone of a well-functioning society.

Though I am in the people facing job nature, I have now been working from home for two weeks due to COVID-19, and am now beginning to adapt to this new normal. I've recently seen a client pausing a video call to referee a fight with her kids.

How is COVID-19 impacting our industry? I want to share with you my perspective. We have received many requests from our clients in the past few weeks on whether their commercial property insurance will respond to business interruption loss on COVID-19. My understanding is that the standard property insurance policies are not likely to have a coverage for a business interruption claim due to a civil order. Even if civil order is a covered loss in some policies, these policies usually require a direct causal link between the insured property damage and the order leading to the interruption, and usually pollutants or contaminations are excluded in the policy as well.

We all know COVID-19 is a fluid situation, this is an issue I am following due to my profession and also of my policy analysis background, as unique situations sometimes result in unique court rulings and legislative changes. A growing number of politicians are now targeting insurance contracts to pick up the tab (<https://www.wsj.com/articles/politicians-target-insurance-contracts-11585350279>). We have seen a couple of states' legislatures are pushing bills to try and make coverage mandatory under Business Interruption. If these bills get passed and have insurance industry mandatorily pay these losses retroactively, the payout will be billions of dollars and will inevitably lead to some insurance companies go bankrupt and massive lay-offs in our industry will be a reality.

Am I worried about my job security? Instead of focusing on how my job outlook will be look in next 6 months, I am grateful that I have a job, and each day is an opportunity to serve my employer and my clients. I don't know about tomorrow, but I know who holds tomorrow.

How can I make better use of this particular season of my life with lots of uncertainties? My husband and I are both young and fit. We see there are needs in our neighborhood community for elderly neighbors to help them run errands and bring take-outs to drop at their front door. Without hours of commuting to work every week, I now have more precious time to read, meditate and even watch classic musicals online. Also, I try to intentionally pick the news source with objective perspectives (or less bias). In addition to read CNN and New York Times' articles on COVID-19 development, I periodically read the news from Science Magazine to learn the recent updates. I don't just take the news from one source, but seek many sources to get a more holistic view. Seeking various perspectives help me to develop a more balanced view.

Finally, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is an excellence, if there is anything worthy of praise, think about these things. There is uncertainty to all of us no matter where our life stage is, we will make it through to the other side together, and I hope one day when we look back to this experience, we will be proud to say-yes I do use the time in this season of our time wisely.

Fight on and stay healthy!
Tanya



Tuncay Serdaroğlu — USC Price IPPAM 20 Alumnus

Tuncay Serdaroğlu was born in İzmir, Turkey and completed his B.S. and M.S degrees in Economics Department from Middle East Technical University in Ankara. He has been working for T.R. Presidency Strategy and Budget Administration as a planning specialist in the Economic Modelling and Strategic Research Unit. His specialization is on macroeconomic management with a particular emphasis on structural policy issues.

His primary responsibilities are determined by the field of the department including preparations of annual programs and long-term development plans, conducting applied policy analyses to support the government with evidence-based policy recommendations as well as representing in related foreign missions. Also, he also had served as the special assistant for the Economic Research Department of Vakıfbank, one of the leading financial institutions in Turkey, for more than a year.

My Dear IPPAM Family,

Fight On from Turkey. I can sympathize you all as no one is being exempted from the drastic conditions that the pandemic is causing. It is so sad to hear that our colleagues are missing many valuable events, interactions and activities that characterize what IPPAM is. The main relief for us is that everyone is safe and sound. I was also glad that you maintain classes online, though nothing could compensate the classroom environment. Let's keep your morale high as our solidarity is the main strength to overcome all difficulties.

We have been working from home since two weeks ago as well. Everyone prefers to stay at home to reduce density nowadays. We don't know how far this epidemic will spread at the moment.

We will overcome this pandemic as soon as possible and altogether.

Warm Regards,
Tuncay



Franky He — USC Price IPPAM 11 Alumnus

Franky He is the Regional Head of Security, China & Asia Pacific for GlaxoSmithKline (GSK), CSI, GEC (Global Ethics & Compliance), based in Beijing.

Dear IPPAM Fellows,

Hopefully everything is well with you and your families under the present global COVID-19 pandemic crisis. Everyday I watch CNN news, and from which I know you are facing serious challenges in the USA, which really makes me worry about you.

Same as you, since the outbreak of Coronavirus in China, both my personal life and professional work have been impacted. I must work from home and could not arrange business travels. In the meantime, the CCM (Crisis and Continuity Management) is part of my responsibilities, and I work closely with GSK China by sitting in the IMT (Issue Management Team) to help the enterprise and staff to deal with the crisis, and support the GSK commercial offices in other countries/regions (e.g. Korea, Japan, Vietnam) as well.

Presently, the essential points that I want to share with you are health and wellbeing, social distancing and feeling good mentally.

Health and wellbeing: We must each prioritize staying safe and well ourselves and playing our part to contain the virus and reduce transmission.

Social distancing:

- A. To keep ourselves and others as safe as possible, **if you have symptoms or have been in contact with someone who has symptoms or confirmed as an infected person.**
- A. At GSK we're taking social distancing very seriously for our workers who are still coming in to the site. For example – in many sites we have introduced segregating shift patterns, and many sites are still closed to guarantee safety/security of staff.

Feeling good mentally: Uncertain times can cause stress and affect our mental health. Take a look at the World Health Organization's thoughts on mental health considerations to support people facing many different challenges during this pandemic.

If you do have to self-isolate, I have some available written tips from GSK for managing self-isolation, which I will share with you. But as it is an internal file with GSK logo, please do not share it with wider persons.

The morale of our staff: It is an honour for me to develop my career at GSK, a multinational pharmaceutical company with strong Corporate Social Responsibility (CSR). In this global crisis, our priorities are: Our People, Business Continuity and Solutions.

In dealing with COVID-19 in China, we donated money, PPE (physical protection equipment) to the Wuhan hospitals. In addition, some employees also voluntarily organized personal donation to hospitals via WeChat. Can you imagine the proposed donation was to collect RMB 200,000 in four days, but just within three hours, RMB 300,000+ was received! CSR motivated the morale of staff, and all of us feel proud of working for GSK.

These are challenging and unusual times for everyone and we're all adjusting to new ways of living and working. Thousands of our people are continuing to go to work in our factories and labs around the world to make sure we keep supplying our medicines, vaccines and products to patients and consumers. And they're working in very different ways in order to keep safe. Many others are now having to work remotely.

We're also focusing on business continuity so we can get our products to the people who need them. And of course, we have an important role in contributing to solutions, with our science and technology and other resources. Each of these allows us to deliver our special purpose: to help people do more, feel better, live longer.

You might be also very concerned about the following high-frequent asked questions, and I list the answers for you here for your reference:

1. How will I know if my symptoms are a normal cold or coronavirus?

The most common symptoms of COVID-19 (coronavirus) include fever, tiredness and dry cough. Some people may also have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms usually begin gradually and are new to the individual.

If you have a fever, cough and/or difficulty breathing, seek medical attention by contacting your usual attending doctor through non face to face contact routes.

In line with this guidance from the World Health Organisation (WHO) and Centers for Disease Control and Prevention (CDC), also follow the directions of your local health authority around limiting spread of the infection.

2. The most effective protective measures for people to remain social distancing and personal hygiene:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Cover your cough or sneeze with a tissue etc., then throw the tissue in the bin.
- Avoid touching your eyes, nose, and mouth.
- We are making sure that people who continue to attend sites have the conditions in place so that they can follow this guidance.
- We continue the use of personal protective equipment for the safe manufacturing and supply process of our medicines. Where local requirements demand the use of masks, the Country IMT will communicate this to relevant employees.

3. Is there a significant risk of travelling on a plane?

According to the WHO, research has shown that there is very little risk of any communicable disease being transmitted on boarding an aircraft. Transmission of infection may occur between passengers who are seated in the same area of an aircraft, usually as a result of the infected individual coughing or sneezing or by touch (direct contact or contact with the same parts of the aircraft cabin and furnishings that other passengers touch). This is consistent with other situations where people are close to each other, such as on a train or bus or in a theatre.

All the best to you and your family,

Franky He



Anderson Wang — USC Price IPPAM 11 Alumnus

Anderson Wang is a graduate of IPPAM 11 cohort and currently, he is the superintendent of Yuli Hospital, Ministry of Health & Welfare, which is the most prominent mental teaching hospital in Taiwan

Dear IPPAM Trojans,

It has been weeks since all of us have been trying to keep a balance in healthy life, e-learning , careers, friendship and family connections, feeling somewhat stressful under the potential threat of COVID-19. It is also a turning point for us to reschedule our life into a more creative style, and to cherish what we have in a simple way, while we are staying at home.

Besides medical measures and efforts, we try to protect ourselves and loved ones by wearing a mask and frequently wash our hands, and other necessary measures in Taiwan.

What keeps us safe is love and hope.

Love for our family and friends makes our staying home necessary and meaningful. Hope for better life in the near future makes our temporarily keeping social distance tolerable.

Fight On!

Anderson Wang



Fu Ning

— USC Price IPPAM 9 Alumna

Fu Ning graduated from IPPAM 9, Ph.D in policy analysis from the Pardee RAND Graduate School, an experienced health economist and policy analyst. In 2018, she joined the Shanghai University of Finance and Economics as an assistant research professor, where she researches on health policies and teaches International Economics and Analytic Software in Economics Analysis. Before Fu Ning moved back to China with her family, she worked in the U.S. as post-doc research associate at the Leonard Schaffer Center for Health Policy and Economics; senior economist consultant for the EconOne Research on a class litigation against Sutter Health, which was settled for over four billion dollars.

To My Beloved IPPAMers,

Once I finish writing this letter, I will pack up for tomorrow's flight back to Shanghai, starting a 14-day quarantine, while working from home. Although, my community has recently loosened the quarantine rule to residents returning to Shanghai from domestic regions except for Hubei province, the school would like us to stay home safe.

Fu Ning graduated from the IPPAM 9, Ph.D in policy analysis from the Pardee RAND Graduate School, an experienced health economist and policy analyst. In 2018, I joined the Shanghai University of Finance and Economics as an assistant research professor, where I research on health policies and teach International Economics and Analytic Software in Economics Analysis. Before I moved back to China with my family, I worked in the U.S. as post-doc research associate at the Leonard Schaffer Center for Health Policy and Economics; senior economist consultant for the EconOne Research on a class litigation against Sutter Health, which was settled for over four billion dollars.

You may be curious about what the current situation is like at universities in Shanghai. It is almost two and a half months since the COVID-19 outbreak got national attention on January 23rd. Our winter vacation started a little earlier than that. Lots of our colleagues and students had returned home for winter break and the Chinese New Year holiday. Our Spring semester was supposed to start late February, when the whole campus was still locked down, but our faculty and staff actually continued working from home and had several dry runs for online teaching, adjusting teaching contents to suite online courses, learning online communicating techniques and tools, and talking to students.

On March 2nd we formally started our Spring semester courses via several online meeting tools without returning to campus in general. Recent days, the school called professors back to Shanghai by the end of March, getting ready for welcoming the time coming soon in our hope, when our students returning to the campus. Through four weeks of online classes, I see my students are normal, well, working hard and even harder. I borrowed the study group philosophy from IPPAM and let my students formed groups of 4 or 5. Master program is short. Studying in group helps student to get connected, use time efficiently and exchange spirits, in particular, during such a special time when people are socially distanced.

Wuhan was shut down on January 23rd. Then, came the one of a kind Chinese New Year holiday I have never seen in my life. Closed shops, empty restaurants, cold and cheerless streets that you just started seeing in LA.

One advice I'd like to share with you is to use the quarantined time effectively and cheerfully, before you realized frustrations or lousy internet contents are exhausting and helpless. Emotions came along with the epidemic. We just went through all here. Photos of ICUs excited sympathy; message from the wounded family sunk hearts; rumors of all kinds irritated a temper. Then, next few days got touch-and-go. Perplexity of the unknown virus spreading confused us. The full horror hits us, reading the mounting number of the infected and death tolls everyday while swiping our smartphones the first thing in the morning. Uncertainties started taking its toll on our daily life, frustrations started and depressions appeared. While after all these emotions peaked around early February, and then dropped along with the numbers later on, lots of us found that they are not of any help, and they are tedious and exhausting, and they came and went. No matter what, we strive for a normal life. It is a perfect time for lots of interesting things that can be done during the slowed days. If nowhere to start, why not pick one recommended book by Bill Gates, or learn python/SAS/R, or improve English via classic movies or newspapers.

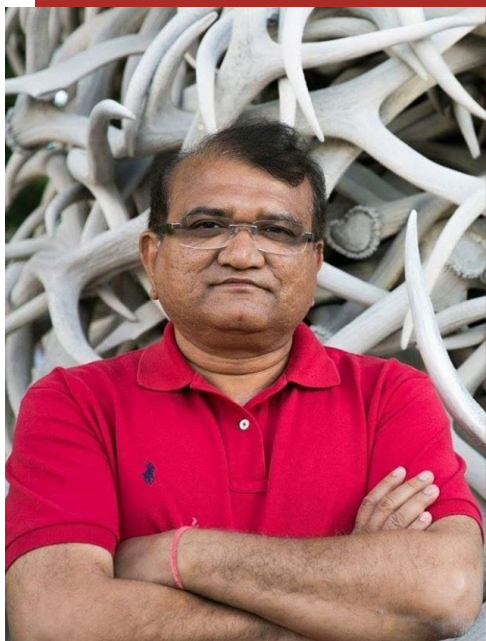
As a policy analyst, a graduate from IPPAM, I'd like to suggest our IPPAMers to learn and think of this social event and public health crisis using the knowledge we've learned from the classrooms, and our team working projects, rather than spending time worthlessly browsing smartphones. Something may come up and turn out to be a thesis or a brick that kick the door for your future job. Lots of NBER working papers, Bill Gates Foundation supported COVID research papers are very good read and data collecting sources. TV Shows or books about plague or epidemic outbreak, such as Hot Zone can help better understand what we are going through, and they are easy to watch or read.

While get down to think about the economic impacts of the COVID-19, we see numbers that look gloomy. It definitely will stress students who will be very soon on the job markets. If we evaluate the situation through an economic cycle perspective, leaning from the great depression, the 1980s Latin America debt crisis, the 1998 Asia financial crisis, and the 2008 U.S. Sub-Mortgage crisis, and learning the economic recovery and growth that followed, we will know that ups and downs are the norm in life. We are striving to tackle difficulties that are facing us, but don't forget to get ready and be equipped with skill sets for the opportunities that are coming soon with the booming in the near future.

About to finish the letter, a sentence from *Flipped* came into my mind "Life is too short, time is too precious, and the stakes are too high to dwell on what might have been." Very grateful to be a member of our IPPAM family, because we are cared and connected. Go IPPAMers! Fight on! For greener pastures!

Sincerely,

Ning Fu
3/30/2020 at Shantou, China



Amit Jian

— USC Price IPPAM 12 Alumnus

Amit Jain graduated from IPPAM 12-13 in 2011. Amit serves as the Director General of Income Tax (Investigation) responsible for investigations into tax evasion and money laundering activities in India. He also serves as an Indian Revenue Service (IRS) Officer of the 1985 Batch.

Dear IPPAMers,

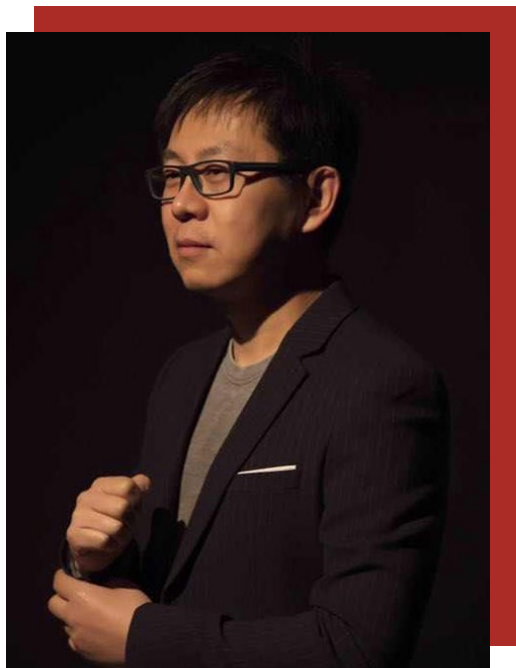
While the world is fighting Coronavirus “COVID-19” pandemic I feel concerned about your well-being, your safety and your health. It’s because IPPAM is an international community of students coming from different countries most of which I am sure are also hit by this pandemic. Besides all of you are in US which is currently experiencing the worst.

Los Angeles County saw 11 more coronavirus deaths in the past 24 hours, more than any other single day during the outbreak and that 65 county residents now have died from the disease. With 513 new cases of COVID-19 reported in L.A. County since Tuesday, bringing the total number to 3,618 — including more than 1,000 in the past 24 hours the situation is alarming and scary too.

During these difficult times it very important that you remain calm and composed. Observe all precautions and above all observe social distancing. I still remember that during my stay in USC, at the Sol Price School’s entrance gate there used to be kept a hand sanitizer on the stand and it was written in bold letters that washing hands with soap is still the best thing than using hand sanitizers. We used to pass by it without ever realizing how important could it be till we have been advised to wash hands with soap for at least 20 seconds every two hours kills this Coronavirus. What I mean to say is that by observing the set protocols and observing social distancing we can very well fight this outbreak and there is no cause to fear. The fatality rate is only about 3% and that too amongst the elderly people primarily with asthma or diabetes or other serious ailments. We need to face this crisis with courage and self-discipline without fearing. So please stay inside, don’t go to crowded places, utilize this time in your studies, try to read all the readings, make notes and take benefits of the course to the maximum.

My best wishes to all of you and I pray GOD that all of you, Joanna, Joyce, Ann and the entire IPPAM faculty and your families and your near and dear ones remain safe and healthy.

Fight On!!
Amit Jain



Yanning Li — USC Price IPPAM 13 Alumnus

Yanning is a movie director, producer, architect, and a long-term sponsor to the IPPAM Alumni Fellowship.

My Dear IPPAM Trojan Family,

Maybe you feel anxious during the pandemic, please be calm and look to the bright side. During this particular time, we can slow down and reflect on the fast-paced life, no matter in school and work, and prepare for the rest of your life. First, this is a good opportunity to stay with family members, parents, wife and children. We can talk to each other, resolve some family problems, and make the family more harmonious. Secondly, we can find out our weaknesses in work, then try to improve it, in order to make ourselves take more challenges in a better state. Thirdly, the pandemic has shown us that any country and organization will lay out a set of processing and management systems when faced with emergencies, because it is an urgent and unprecedented, it is inevitable that they are not perfect. This is forgivable because a normal person will be completely out of minds if he encounters something like that. Finally, let's learn how to discern between true and false; especially when fake news is flying all around. The mixed sources, profit-driven online news, and official statements with political intention have accelerated the spread of misinformation and hatred as well. Faced with such complication and chaos, we must have our own value, which is usually accumulated in daily life. Things happened these days also remind me of Wang Xiaobo's (a famous Chinese writer) words: "you are what you see, you are what you believe." If you think positively, then the world is beautiful. If you think the world is hell, and it will be dirty everywhere.

Be safe and healthy, Fight On!

Yanning Li

** Please see footnote on page 2*



Vince Okada — USC Price IPPAM 8 Alumnus

Dr. Vince M. OKADA-COELHO is an assistant professor at Hawai'i Pacific University School of Social Work. He completed his Ph.D. in social welfare from University of Hawai'i at Mānoa. He also holds a master's degree in International Public Policy and Management from the University of Southern California, a bachelor's degree in Commercial Recreation and Planning from Montclair State University in New Jersey, and a certificate in social change from Brown University and Institute for Humane Studies. Vince was a fellow of the East-West Center's Asia Pacific Leadership Program and an international program coordinator at the Paul S. Honda International Center of University of Hawai'i Kapi'olani Community College. He has a german shepherd dog, Hermes.

Dear current IPPAM students,

Aloha mai. My name is Vince Okada. I hope this letter finds the IPPAM family well. I graduated from IPPAM in 2006 (IPPAM 8).

I am originally from Tokyo, Japan, but I currently live in Honolulu, Hawai'i. I am an assistant professor of social work at Hawai'i Pacific University, and co-founder and vice-president of the nonprofit organization Lōkahi Foundation.

Hawai'i had its first COVID-19 coronavirus case confirmed on March 6. As of April 5, 371 positive cases have been confirmed statewide, and the number is growing every day. The economy of Hawai'i is heavily dependent on tourism, so we feel devastated. Normally, 25,000 to 40,000 people per day would arrive in Hawai'i. On March 26, the state governor mandated a 14-day quarantine for all incoming travelers to try to flatten the curve, protect local residents and prevent the situation from worsening. Many flights are currently cancelled, and we see almost no tourists here. As a result, there are many people who have lost their jobs. Last month, almost 25,000 people sought unemployment benefits. We fear for a long-term struggle for survival.

The state and city parks and most facilities remain closed, as do shopping malls and most hotels. As in other states, residents are only allowed to go outside for necessary activities such as grocery shopping, caring for family members, exercising and walking their pets. Hawai'i is unique in that people can go surfing and do other non-commercial ocean activities. However, as parks are closed, you can only get to the water by walking through them. We stay at home and manage the best that we can.

It is an overwhelming time everywhere in the world right now, but I also see lots of positive things. I would like to end this letter by sharing with you an Hawaiian concept, kapu aloha, which I learned of some years ago. There are things you cannot control. Instead of feeling anger, frustration and stress, we could use our energies to focus on ourselves – something we can control, even though it may be difficult or take practice to do so. In the community here in Hawai'i, I see community members showing love and strength in order to care for themselves but also for others. Current IPPAM students, the semester is almost over. This must be a very difficult time for you to continue studying and possibly living far from your families, but we are living through history right now. Focus on your well being first, but if you have even a little space to care for others, please reach out to those who need help the most, locally and globally. The government is doing the best that it can, but we as community members can also fill the gap to make sure our society is doing alright. IPPAM students should take initiatives as well with the Trojan spirit.

Please take good care of yourself first, stay safe and healthy. Once things are settled, please come visit Hawai'i. Tom and I are waiting for your visit in the near future.

Me ke aloha,



Vince M. Okada, Ph.D., MPPM

vokadacoelho@hpu.edu



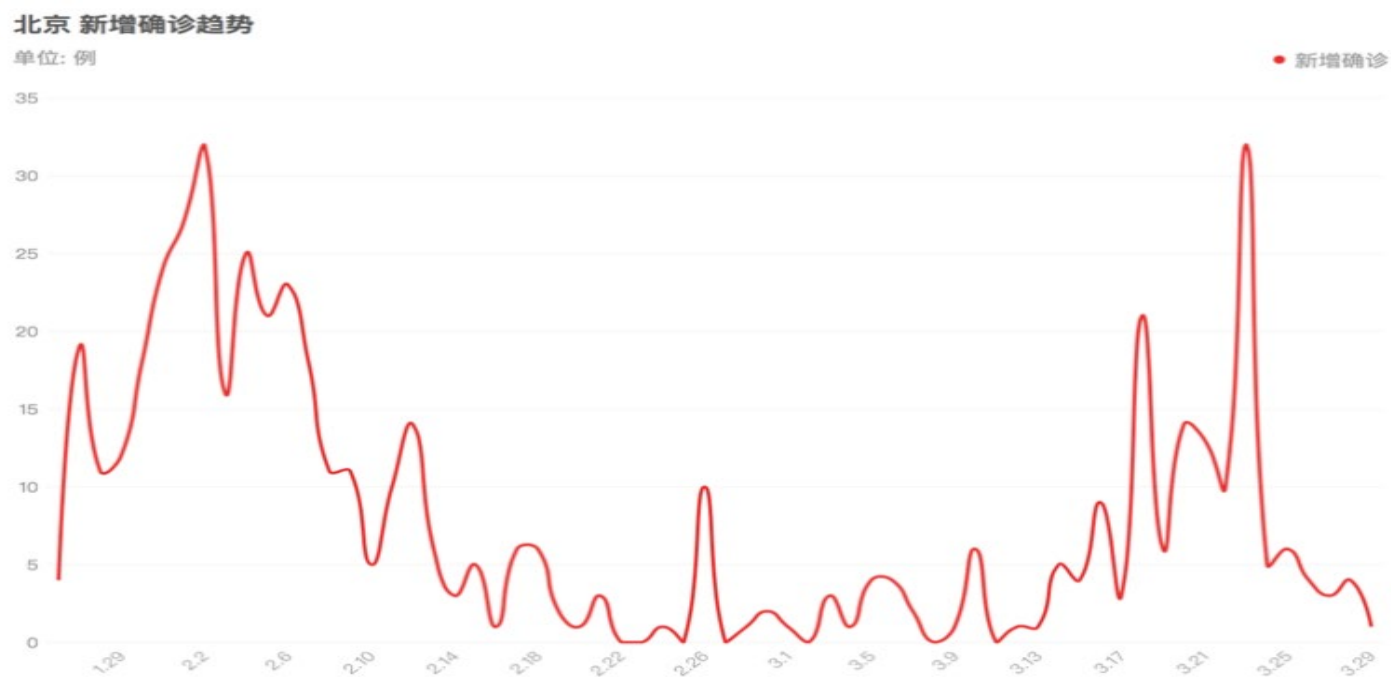
Celine Chao Feng

— USC Price IPPAM 20 Alumna

Chao Feng was working as a new anchor at

Dear IPPAMers,

My name is Chao Feng, a graduate of IPPAM 20 currently lives in Beijing. My city has confirmed 577 cumulative cases of COVID-19 as of March 30th. From the graph of daily new diagnosed number of Beijing (below), you could imagine that what we have experienced during the past two months. Now I would like to share what I saw, I felt, I thought, and I did.



The First Phase – Frustration and Anxiety

Let us go back to the end of January when things were not so severe then. As I planned earlier, my family was supposed to go to Singapore to celebrate Chinese New Year. But when we were back to Beijing on January 27th, the number of confirmed cases were already rocketing.

I was very scared and regretted that we did not wear masks at Sentosa island, which is a popular tourist attraction. Due to the emotion, I had a suspicion that I was infected by coronavirus, so I spent a lot of time online to search for the outbreak news. But it doesn't relieve my tension. Instead, the rising mortality and also the rumors made me more upset. You may not believe but I even start to draw up my will in case I die.

After several days of frustration and anxiety, I decided to end up the meaningless worries and tried to distract my attention to something else. I forced myself to calm down and to come up with a strategy. Thanks to the skills I learned from IPPAM, I analyzed the situation thoughtfully. At last, I concluded that I need self-isolation and scheduled my time properly.

Safer at Home - Be a cutie pie at home 😊

It's harder to implement self-isolation than I expected. Imagine that I have stayed at home for a while after the trip of Singapore. I was desperate to roam and bought some stuff. Fortunately, I have overcome impulsiveness again and determined not to hang out as long as there is a grain of rice at home (exaggerated😊). Here is one of the explanations I think it's worthy to take a look.

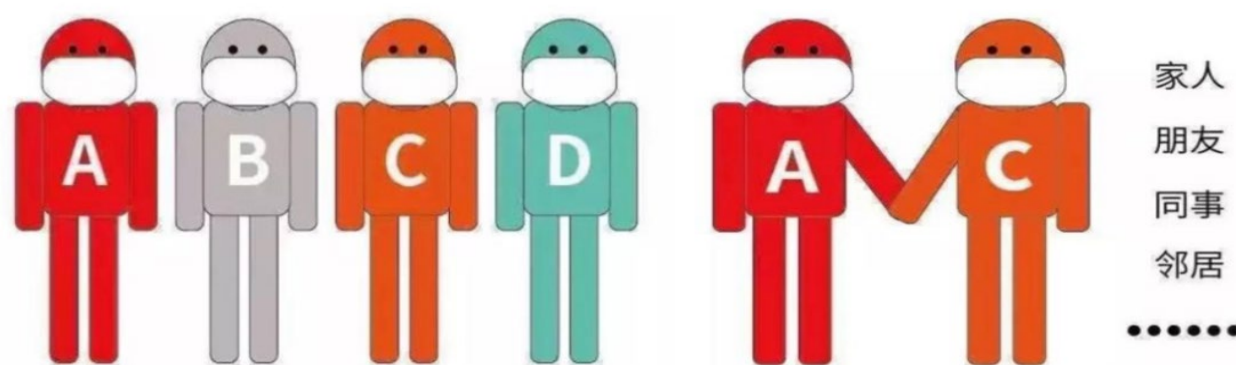
Let us put people into four categories.

Group A: The infected people (they may or may not know).

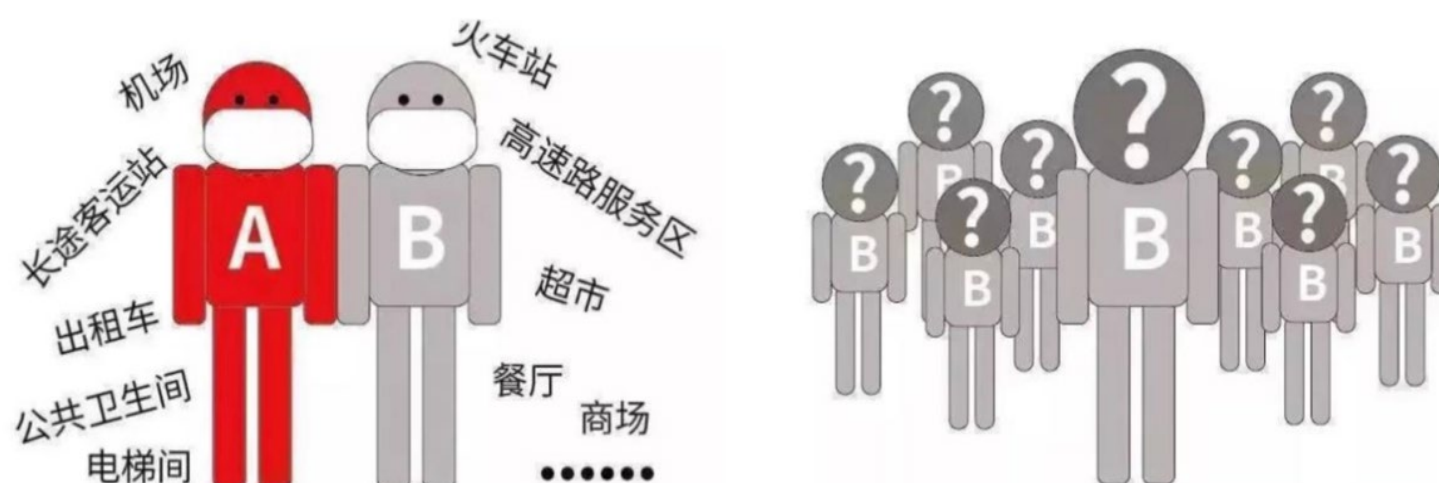
Group C: Family members or other close contacts (friends, colleagues or neighbors) of Group A

Group D: People who stay at home for more than 14 days

Group B: Random people who may get infected by Group A in public (airport, restaurant, restroom, stores, elevator room etc), but they don't even know that.



With more symptoms and testing tools, Group A and Group C could be identified. Group D is relatively safe. So the real hazard is Group B because no one knows the existence of them. As the incubation period may last up to 14 days, Group B doesn't realize that they are virus carriers. And more "B"s appear through this way.



Obviously, most of us are not A and not C. What we could choose is to become either B or D. What Chinese struggled to do is maximize Group D until the previous “B”s have symptoms and turn to A after 14 days. And it works.

In short, the transmission line will be cut off ONLY if there is no one in Group B. That is the reason why I persist in being a cutie pie and stay at home.

Another interesting mentality to do this is that to cherish the opportunity that you could literally save the world by just doing nothing. 😊

OK, back to my self-isolation time. Considering it may last quite long (I expected for two 14-day periods, which is almost a month), I stocked up from some online groceries for survival. I brought quick-frozen food and vegetables that are not perishable (cabbages, sweet potatoes etc).

I felt that the most challenging thing is to deal with time. I saw some of my friends put efforts on their cooking skills and improved a lot. It is a good idea!

For me, I did a lot of cleaning work. I cleaned up my entire apartment and simplified life by abandon meaningless stuffs. I sold some of them through Chinese e-Bay. 【killed three days】

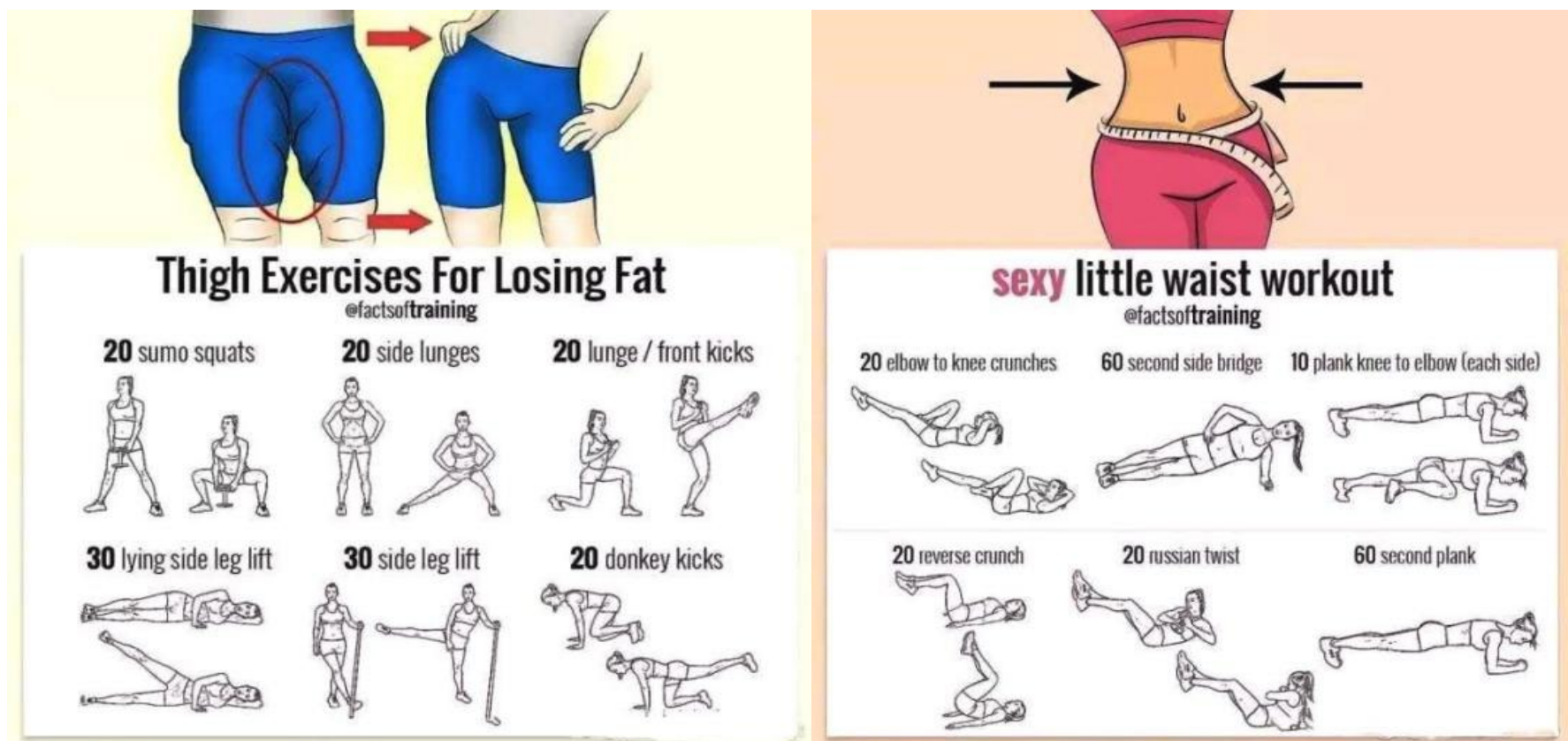
I watched TV drama. 【killed two days】

From my perspective, we'd better do something to forget the reality (as it is so cruel). So I poured myself into the novel named “Romance of the Three Kingdoms” . 【killed five days】

Also, do something that make yourself happy and relax. You can practice calligraphy or work on a coloring book. More and more stressed-out people benefit from the quiet zen that a coloring book can bring. You'll feel a great sense of achievement after finishing each page. 【killed three days】



By the way, don't forget to do some indoor exercise. Please learn from my lesson: do not eat too much and do exercise at home. We don't want to have a second fight for weight gain after the war with the coronavirus, right? 【killed two days in total】



As we can't go to the office, we worked through conferencing calls in February. And my son studied through online education. I find that the photo below is so true!!

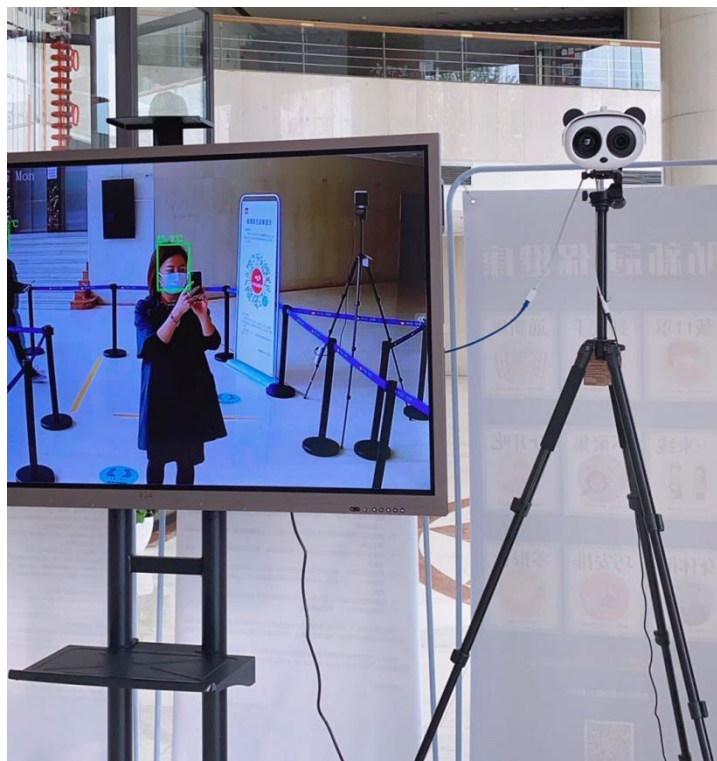


Work Resumption

At the moment, Beijing is on the way to get back to normal. Most of the companies and some of the commercial businesses have resumed. Let's take a look on how I start a working day.

To enter an office, the staffs are supposed to go through a very strict process.

The first one is body temperature testing. From this photo, you could see that the screen shows the real-time body temperature of each one while people walking in the lobby.



Next, scanning the QR code. Since February, Beijing rolled out color-coded QR code system for coronavirus tracking. The QR-based health code system assigns each user one of three colors — green, yellow or red according to the health and travel information applicants provide.

Only those with green codes are able to move around the city freely. Those with yellow and red codes, however, must be under quarantine for 14 days and report their health information every day -- or be sent to the hospital if necessary.



At last, I would like to share some tips during this suffering time.

1. I take a shower almost every day as experts says it benefit the immunity.
1. Sleep as much as you can. It does not only improves your immunity but a good way to kill time.
1. Sanitize your hands a lot. It is better to spay 75% alcohol after washing them.
1. Order food online. I recommend the way to get stuffs through what is called "contactless distribution". It means that you could get the parcels from the front desks, lockers or specific places after distribution without contacting the deliveryman.

5. Wear a mask or at least cover your mouth with a scarf if you have to go outside or contact with someone. It is an effective and precise tool to help control the virus from spreading.
6. To avoid touching buttons, I took this pen with me everywhere. Isn't it a good idea?



7. Utilize the resources of google, YouTube and even "duonao" (a website to watch latest movies for free). I really miss the time I could use them.
8. Think positively. The recent goods are:
 - **Navy's hospital ship arrives in LA to ease the pressure of health care**
 - **LA Coronavirus Testing capacity Starts To Ramp Up**
 - **The virus tends to be inactive under UV. The sunlight of California could protect us to some extent.**
9. Do others a favor if you can. Helping others is helping ourselves.
10. SAVE MONEY!

2020 is designated to be an unique year! Each one of us is the soldier in fighting this invisible enemy! Be strong! Fight on until we win!

Viruses have never overcome human in history. In the darkness, humanity and kindness are the key to containing the virus as well as the hope to light up the road!

My Fellow IPPAM Family, stay well and Fight On!

Since March 18, our university has transferred all class activities online for the spring semester and the summer sessions. Other universities and K-12 schools in the state have done likewise. I am teaching three classes this semester, one of which was already online and so did not require a great deal of change. For the other two classes, however, I spent a large amount of time preparing them for online teaching. I was previously using online platforms anyway for teaching purposes (class handouts, information, discussions, assignment submissions), so the issue for me was just one of extra preparation time. However, some faculty colleagues have less experience with online platforms, and I see them struggling to learn the new teaching format. I already had an overwhelming workload, but I feel like I now have more since working from home. I sit in front of the computer for more than ten hours per day, setting up online classes and communicating with the school, colleagues and students.

However, I worry most for the students. The semester is almost over, some students are graduating, and I feel that they really need our support to stay focused and motivated to complete the semester. Some of my students are really struggling. They cannot continue their practicum and research. Many students have lost their jobs and have had to return home. Others have had roommates who have left, and have struggled to find new roommates in order to pay their full rents. Some good students have changed their learning behavior and others have suddenly disappeared. There are students who constantly call and email me to say that they are overwhelmed, scared and have a hard time focusing. School work is not their priority anymore. Our university and college have made much effort to support students during this unstable situation by, for example, providing wellness programs and counseling services online. The university has also told faculty to show extra compassion, flexibility and understanding to students during this difficult time. I try to be more flexible and creative with class-content delivery and assignments. I also communicate with each student, especially those who have suddenly stopped submitting assignments or started missing classes.

In the last few weeks, I have seen positive changes. I have also seen resilience from students and the community. Hawai'i is a relatively small place, so I feel like our community has become even more closely knit. If the government does not take initiatives, businesses and the community do so. There is a movement to support local business. A local bank offered to pay half of the takeout costs of local owned restaurants. Local people have started buying vegetables from local farmers online. Supermarkets have set opening hours specifically for kupuna (elders). Many students have volunteered to deliver groceries and takeout food to the doors of kupuna residents. Many educators and parents have created and shared learning materials. Universities and schools have lent learning and health equipment to the community.



Eric Hsieh — USC Price IPPAM 10 Alumnus

Eric Hsieh is a graduate of IPPAM 10 cohort and currently, he is the Chief Executive Officer at Kuo General Hospital in Tainan, Taiwan

Dear IPPAMers,

As you know in the last few months the Coronavirus has impacted our life. Things that we used to do are no longer the same. Family and friends are now separated from us. It's truly a challenging time for every one of us.

I am here to encourage you to “be cautious but not panic” through the sheltering time. If you are now at home and reading this message, you are actually helping a lot of medical staffs in all the hospitals across the world. The logic of preventing covid-19 is not that difficult, but definitely need your collaborations as a strong team. You all are making the bright decision already by not traveling.

Here are few more tips that you can help to stop Coronavirus.

1. Stay home if possible.
2. Wear a mask if you go outside and wash hands more often.
3. Less contact with others will have a lower chance to get infected by Coronavirus.
4. Lower chance get infected means “quicker time to stop the Coronavirus spread”.

No one could fight this battle alone. Please being confident of this, with all your collaborations and efforts to accomplish the same goal things will soon turn out better.

“United we are strong and united we will win.”

Fight on my Trojans and stay healthy,

Eric Hsieh