According to Waterloo's SEIR model, the peak number of cases in the Wuhan area should be about 140,000 by the end of March, 2020. However, data shows a much smaller number of cases. This could be due to very successful efforts to control spreading (i.e. reduction of "Rzero", effective policy)

The most important parameter is Rzero, which is the average number of people infected by a single infectious person. Rzero greater than 1, means that infection will spread until herd immunity reached. Rzero less than 1, means that infection will die out, without infecting a large proportion of susceptible population.

I suppose that social distancing is relaxed beginning at 120 days. A gradual lifting of mitigation occurs between 120 days and 240 days, so that at 240 days, Rzero is now 1.75. This causes a second wave of infection, so that once again, social distancing is imposed, at day 240, with Rzero returning to 0.5 at day 360. The second wave actually peaks higher than the first wave.

Learning link: http://www.arts.uwaterloo.ca/~pchausse/seir