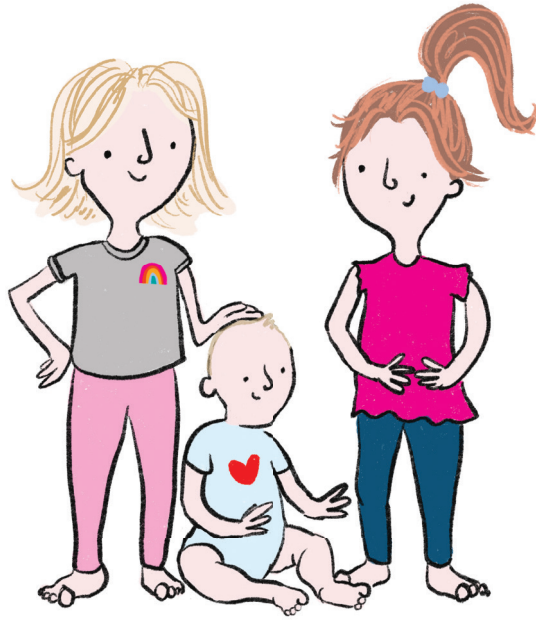




By Dan + Kathryn Allman  
Illustrated by Lisa Johnstone



**Find the rainbow  
on every page**

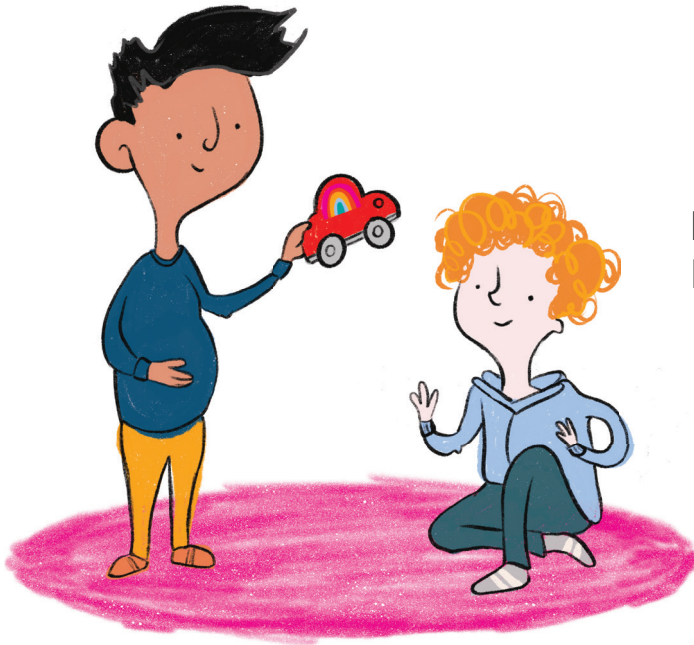


**For Ariel, Alex and Ember.**

In 2020 an awful virus crept across our planet.







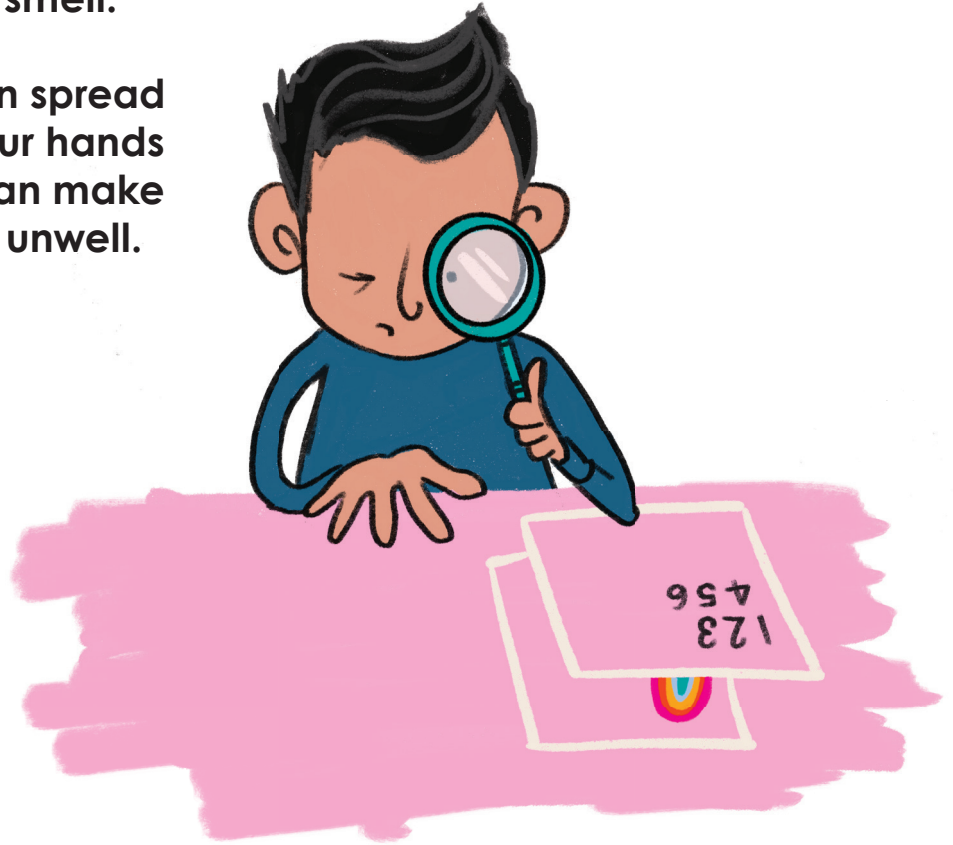
**It can pass from  
Ben to Henry,**

**and from Henry  
on to Janet.**



**You cannot see it  
with just your eyes,  
it doesn't make a  
noise or smell.**

**But it can spread  
on to your hands  
which can make  
you feel unwell.**





Even if it doesn't  
you could still carry it,  
and pass it on to someone else  
who's not as strong or fit.



The government on the tele  
give us ways to stay safe and sound.  
“Put plenty of soap on your hands  
and wash it round and round.”

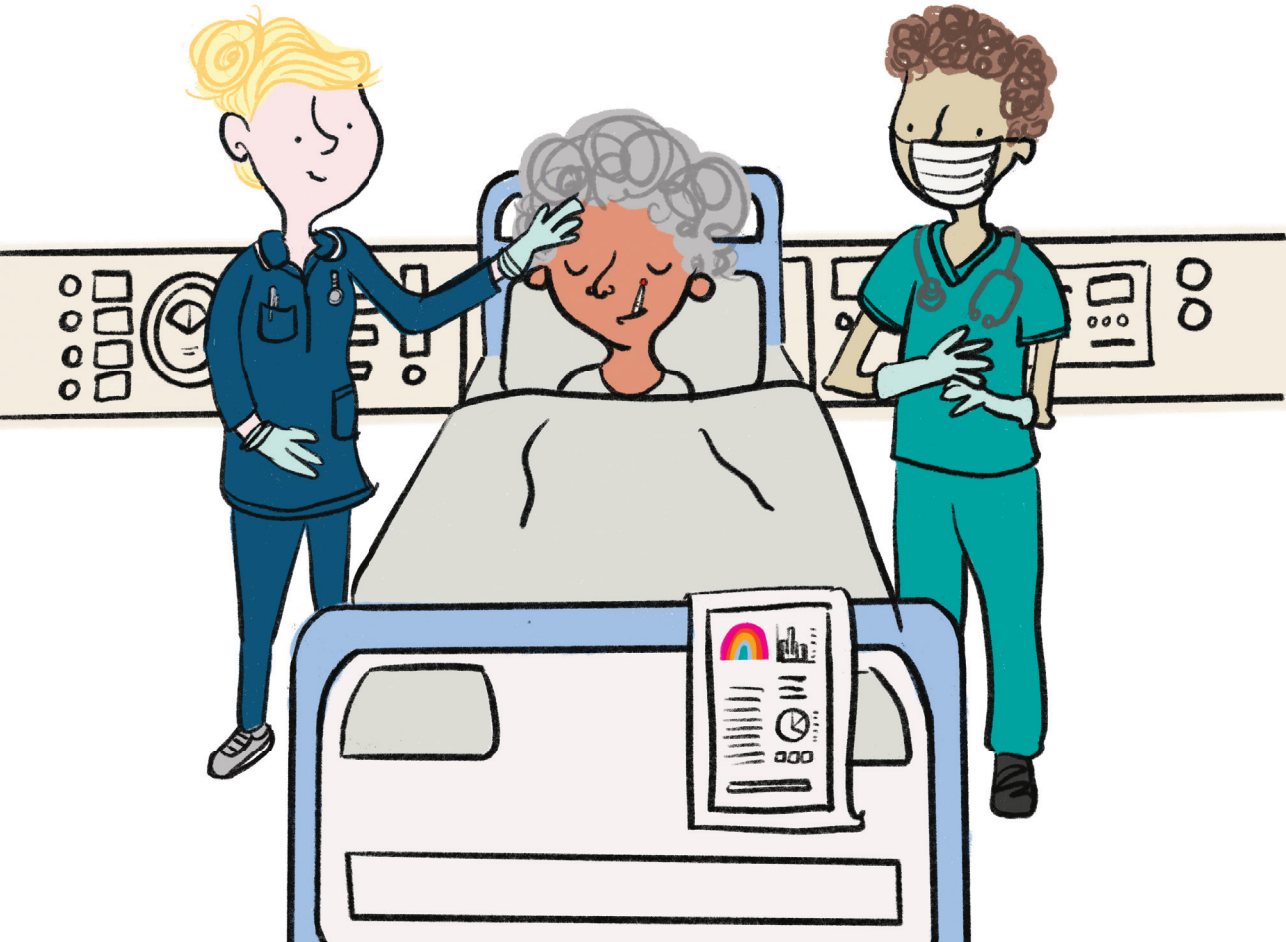
**“Stay inside  
your homes”  
is what we’ve all  
been asked to do.**

**To stop the  
virus spreading  
to best protect  
me and you.**





This will make the job for the doctors  
and nurses easier to do.  
All the sick people can be looked after  
and they won't need to queue.



This is why we clap for them  
from our homes each  
Thursday night.

For those out there  
doing their best  
to make sure  
we're all alright.



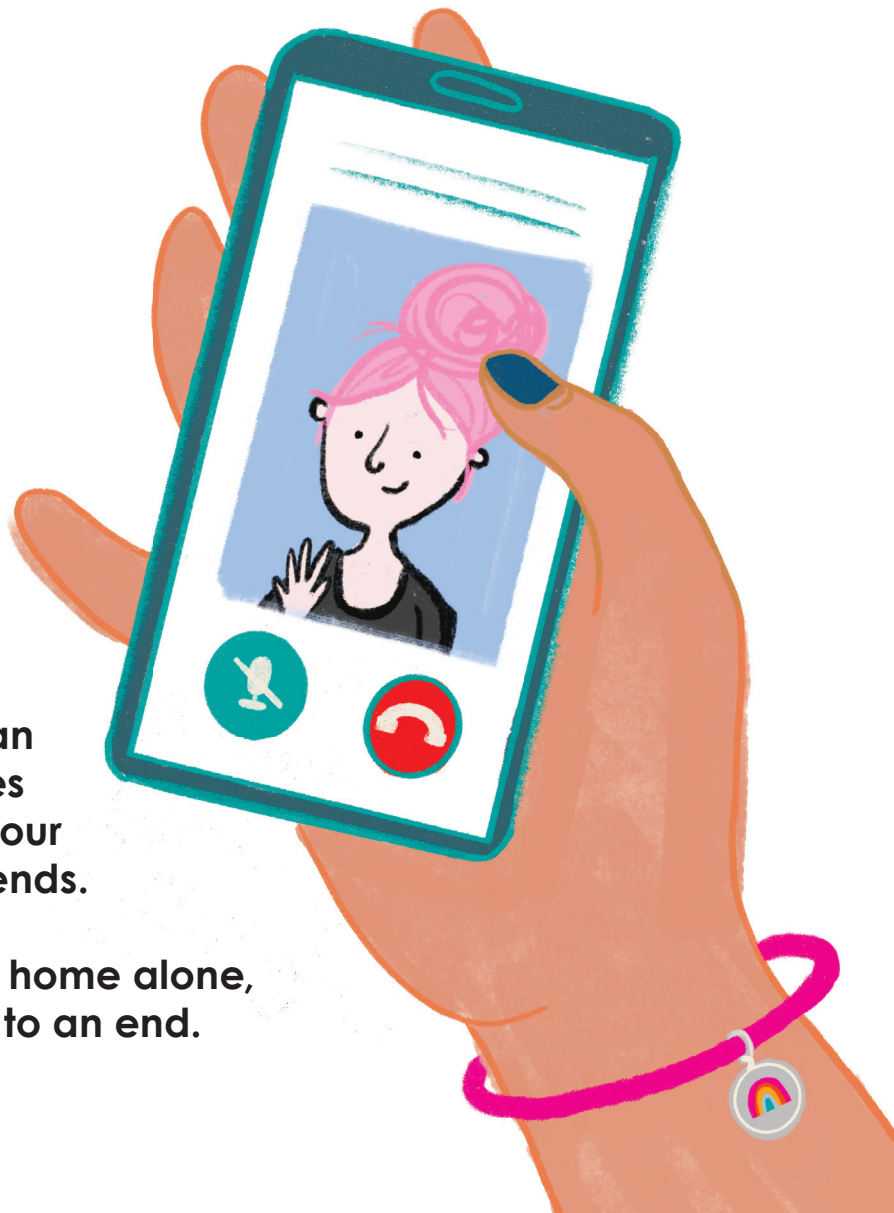
**We miss our hugs and cuddles  
and to feel that warm embrace.**

**We miss dancing, playing, laughing  
or even sitting in the same place.**



For now we can  
use our phones  
to speak with our  
family and friends.

You are never home alone,  
this will come to an end.





So don't you worry my darling,  
you just hold on tight.

It won't be long  
'til this is gone  
and we will reunite.







**By Dan & Kathryn Allman  
Illustrated by Lisa Johnstone**