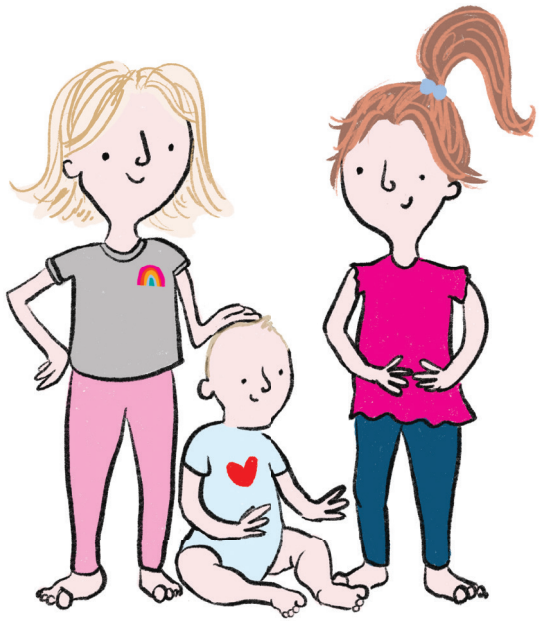
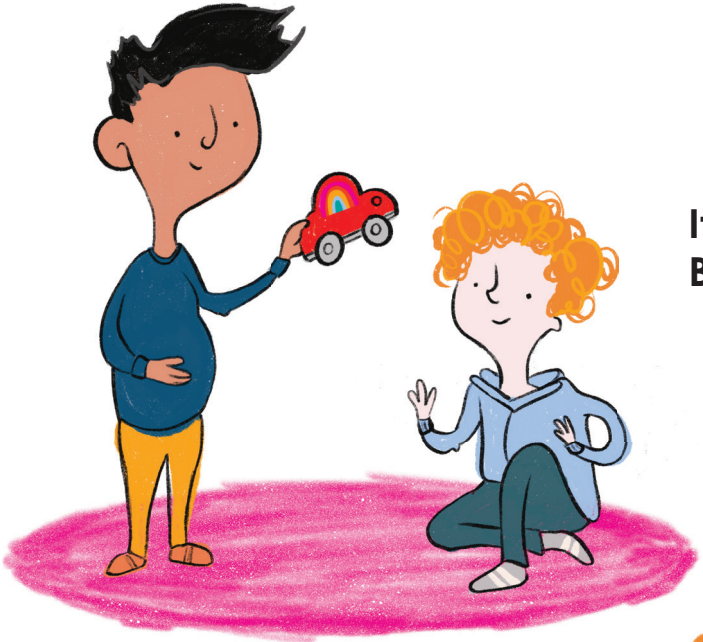
By Dan + Kathryn Allman
Illustrated by Lisa Johnstone

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.

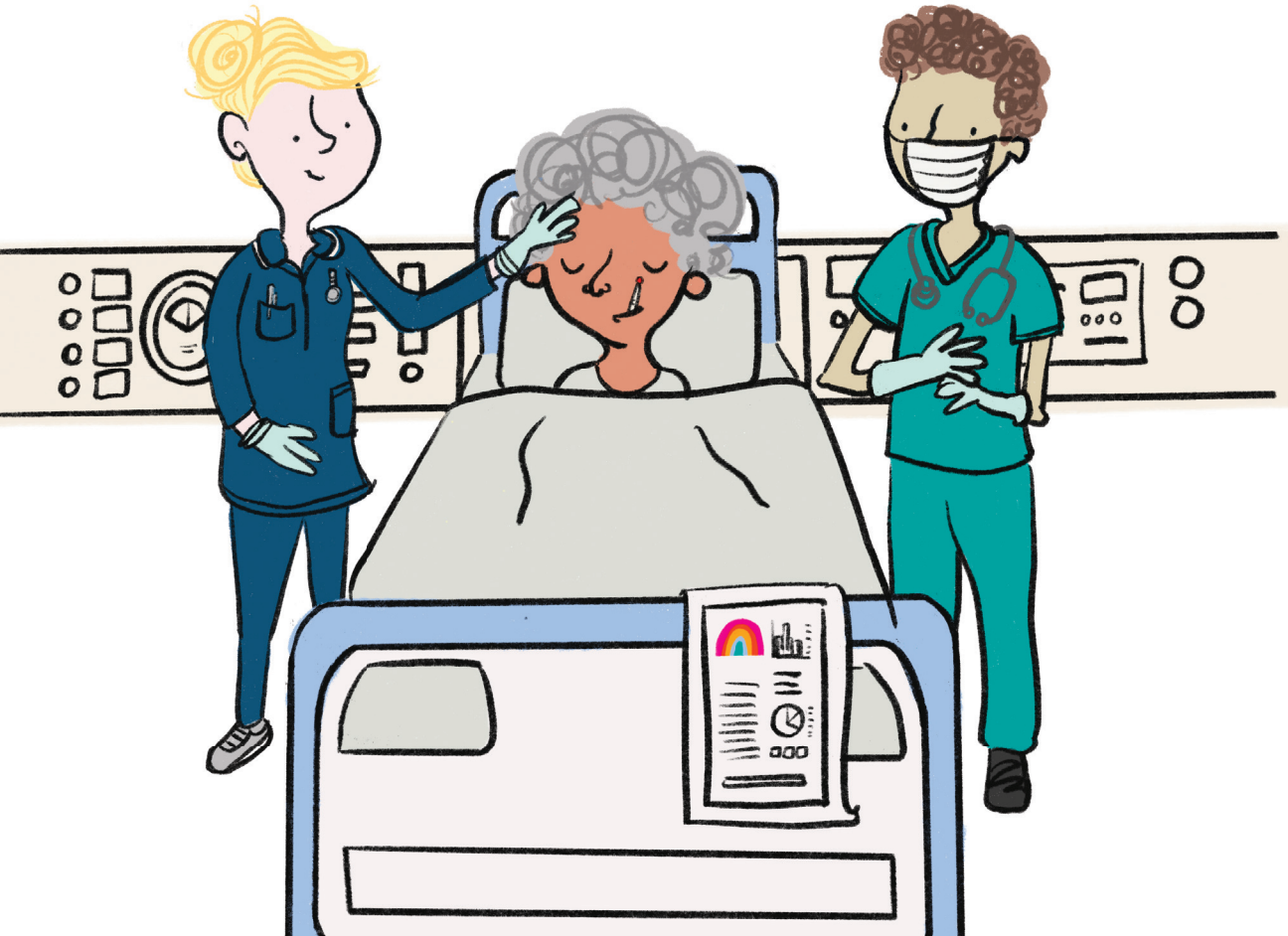
Even if it doesn't
you could still carry it,
and pass it on to someone else
who's not as strong or fit.

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.

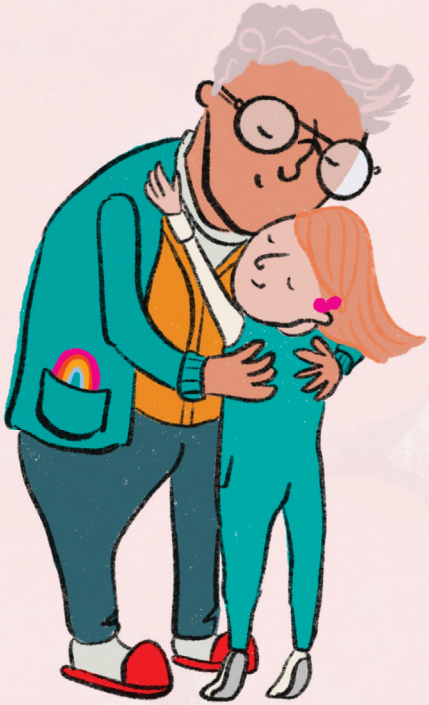


This is why we clap for them from our homes each Thursday night.

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

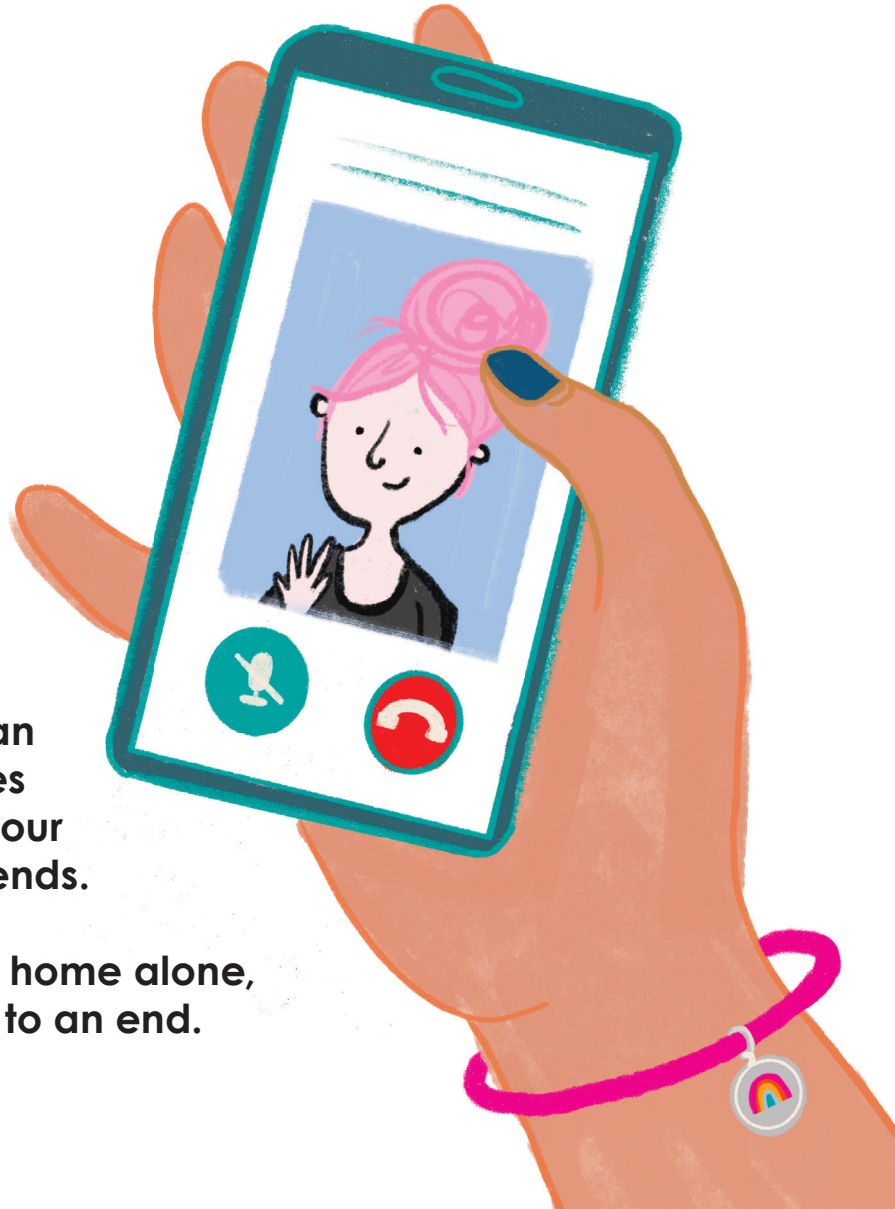
We miss our hugs and cuddles
and to feel that warm embrace.

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.

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