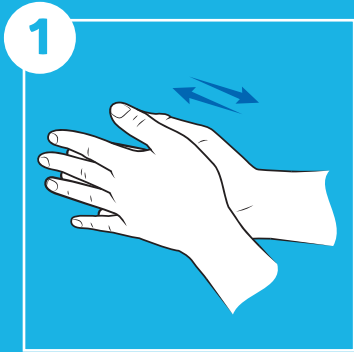
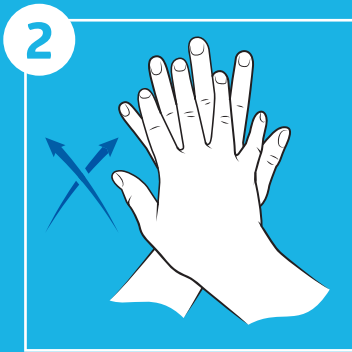


# Countdown to clean hands

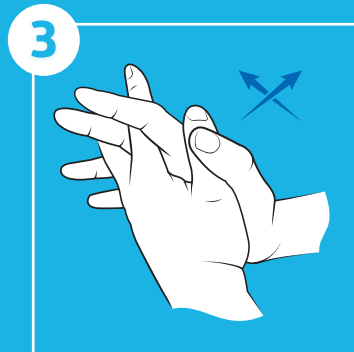
with hand sanitizer



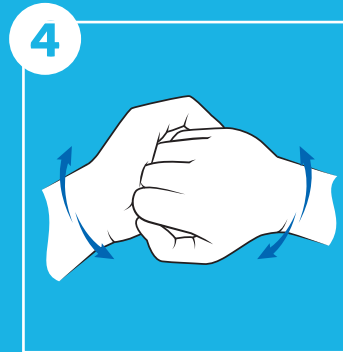
Take a palmful of Spectrum hand sanitizer.  
**Rub hands palm to palm.**



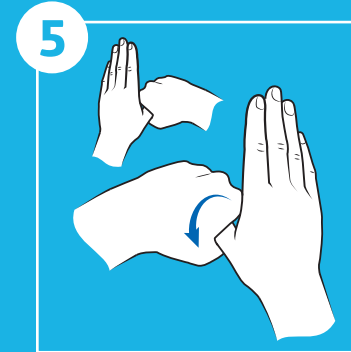
**Rub palm of one hand over back of opposing hand—**then switch hands.



**Rub palm to palm with fingers interlaced.**



**Rub backs of fingers to opposing palms with fingers interlocked—**then switch hands. Once hands are dry, they're clean and safe.



**Spread sanitizer from palm to thumbs.**



**Rub fingertips in cupped hand—**then switch hands.

**All it takes is  
20 seconds.**

**Go.**

