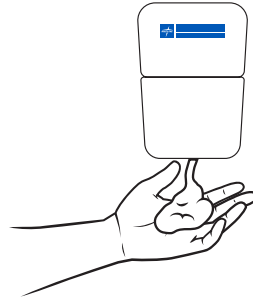


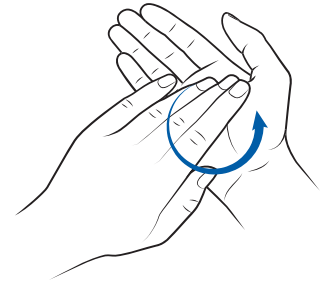
# Countdown to clean hands

Follow these **8 steps** for effective hand hygiene application, recommended by the World Health Organization.

## + 20 seconds on the clock—go



**1** Apply a palmful of **Spectrum™** hand sanitizer in a cupped hand.



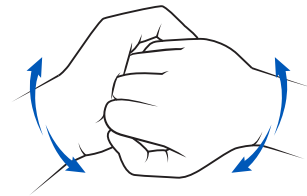
**2** Rub hands palm to palm.



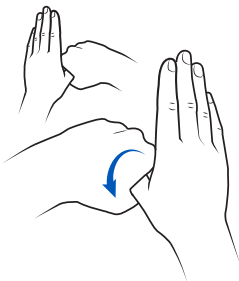
**3** Rub palm of one hand over back of opposite hand while interlacing fingers; switch hands and repeat.



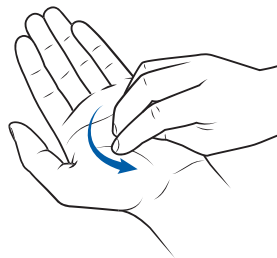
**4** Rub palm to palm with fingers interlaced.



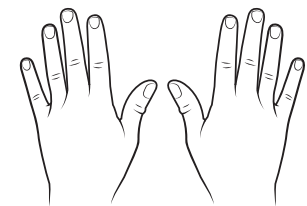
**5** Rub backs of fingers to opposing palms with fingers cupped.



**6** Cup entire thumb with opposing hand and rub in a rotational pattern. Switch hands and repeat.



**7** Rub fingertips of one hand rotationally in the palm of the other, switch hands and repeat.



**8** Once dry, your hands are ready.

 **SPECTRUM™**

Defend against germs,  
hold onto hydration.

