Countdown to clean hands.

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

1. Apply a palmful of Spectrum™ Clinical 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.

Defend against germs. Hold onto hydration.