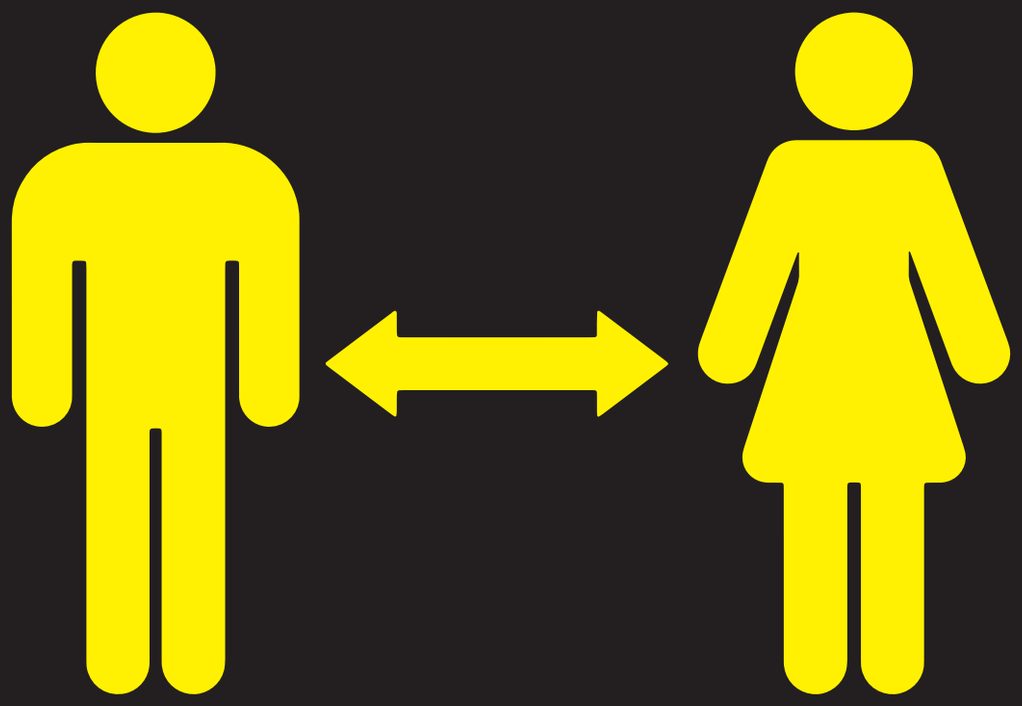HÅLL AVSTÅND