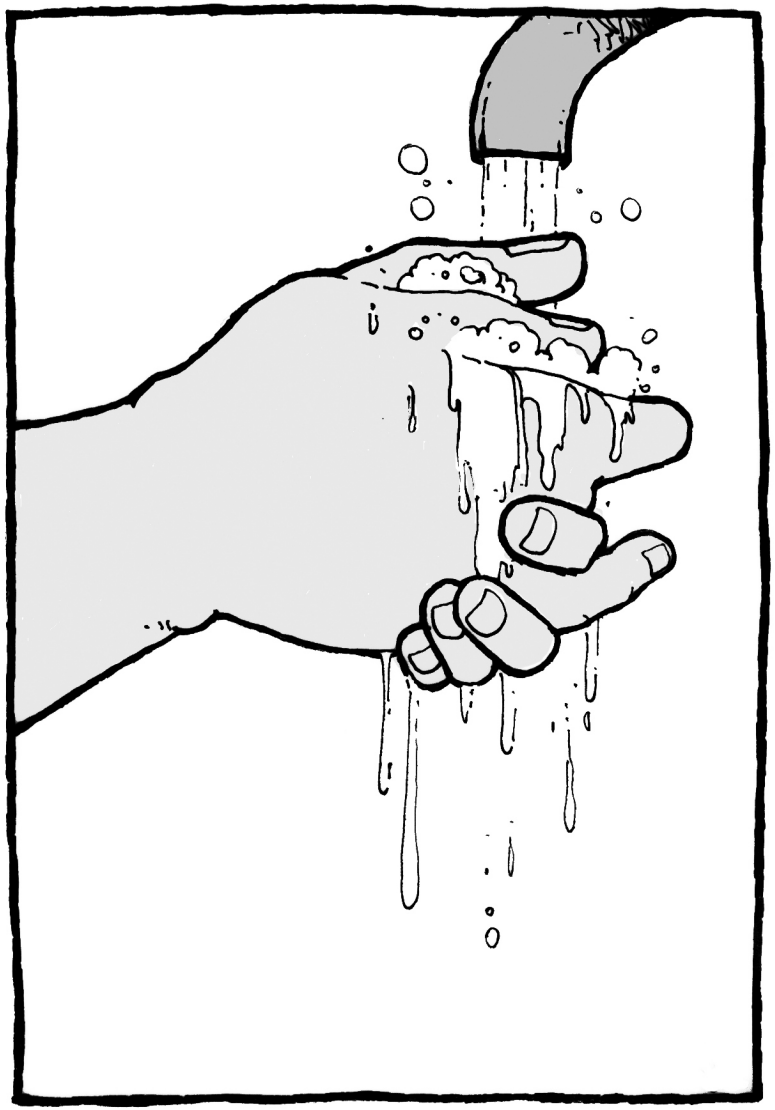

Lavar as mãos frequentemente