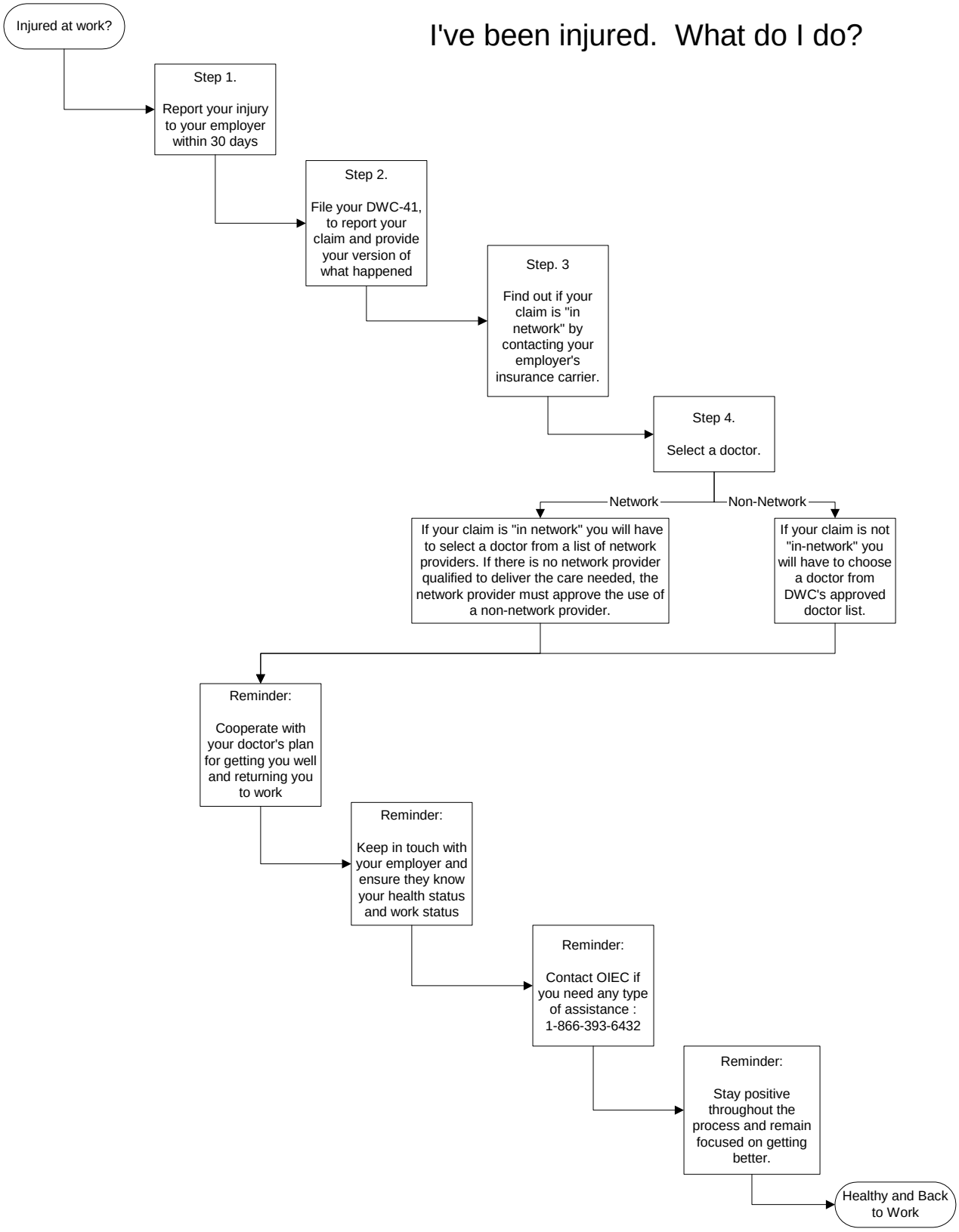I've been injured. What do I do?