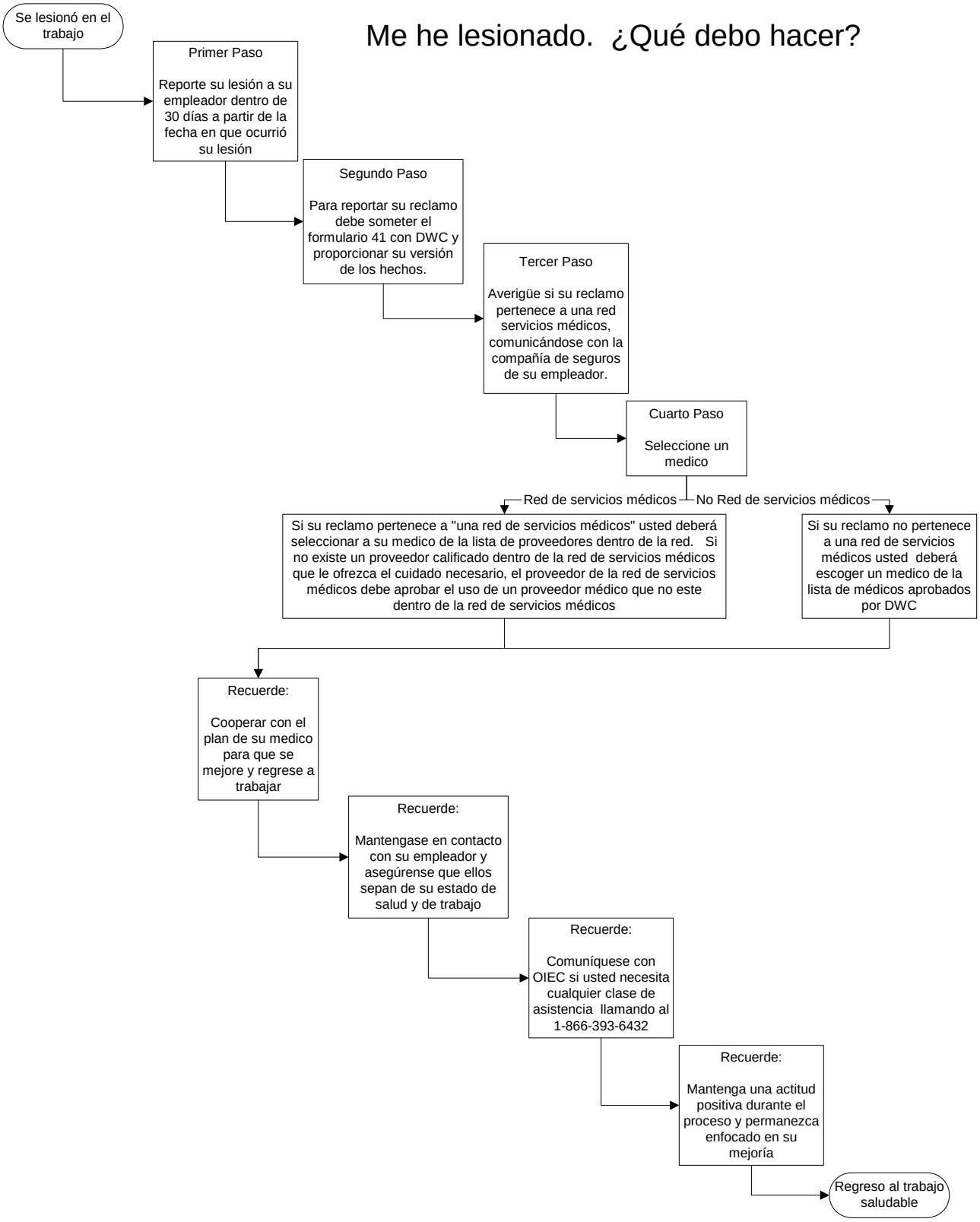Me he lesionado. ¿Qué debo hacer?