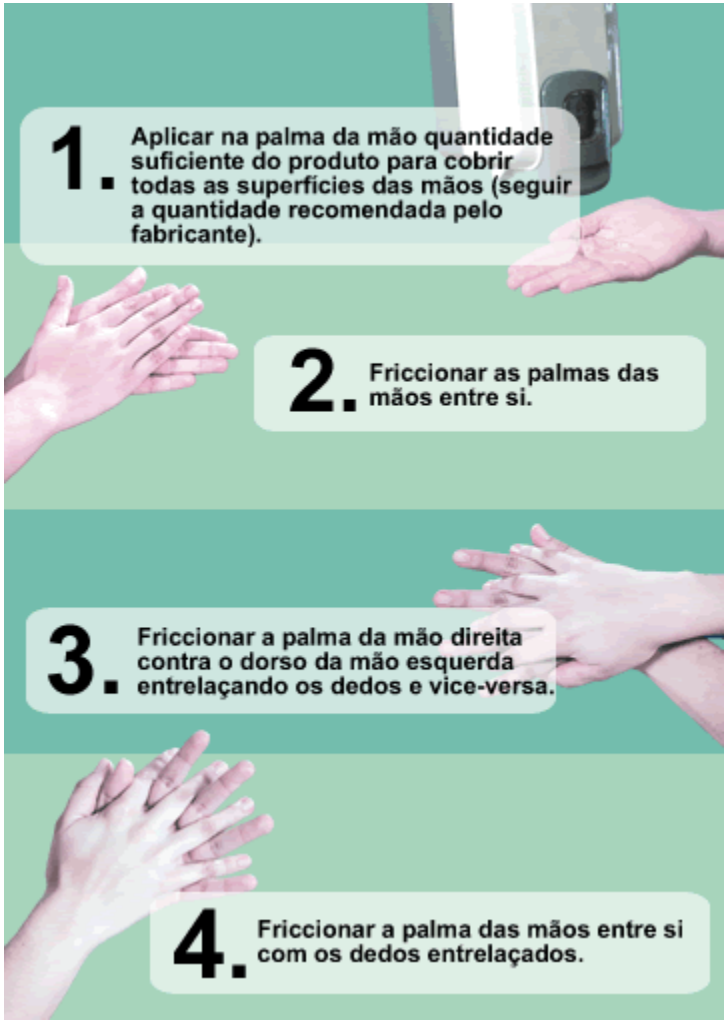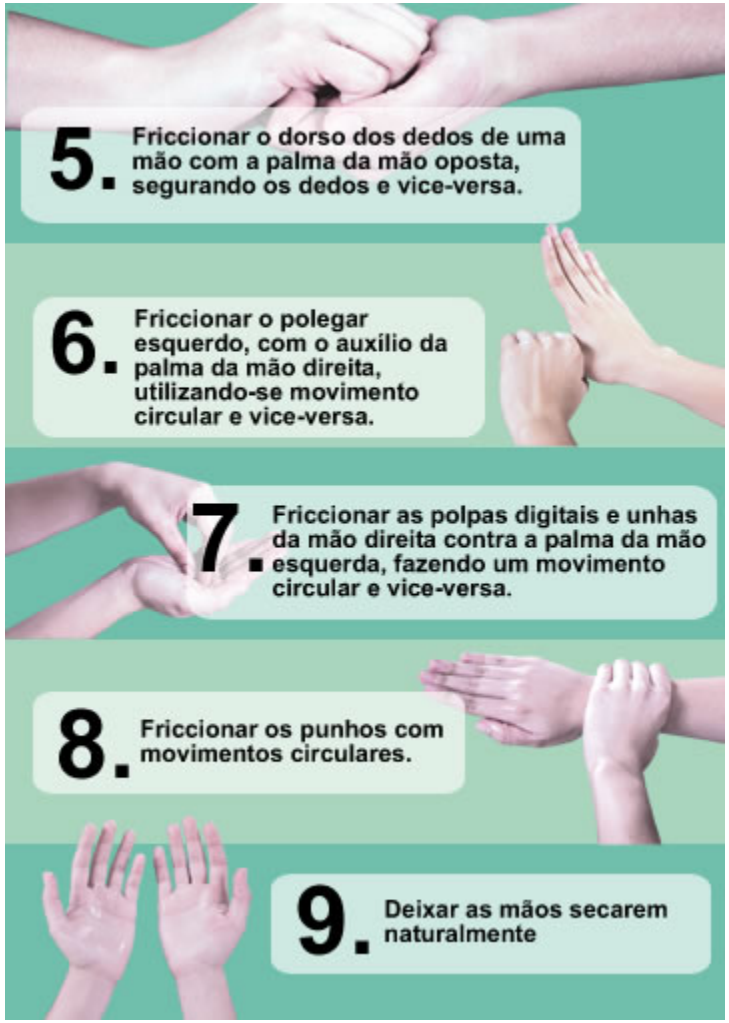Lavagem das Mãos