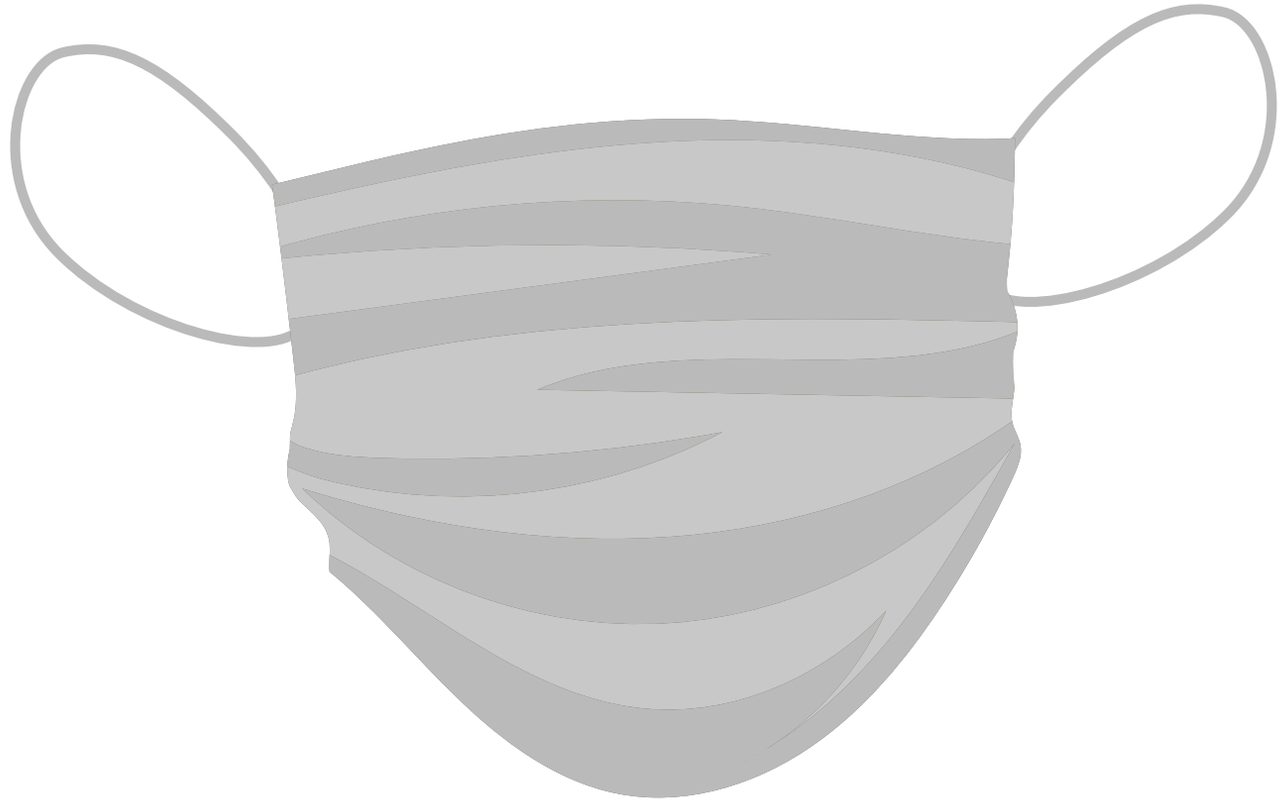AB HIER BITTE MUND-NASEN-MASKE TRAGEN!