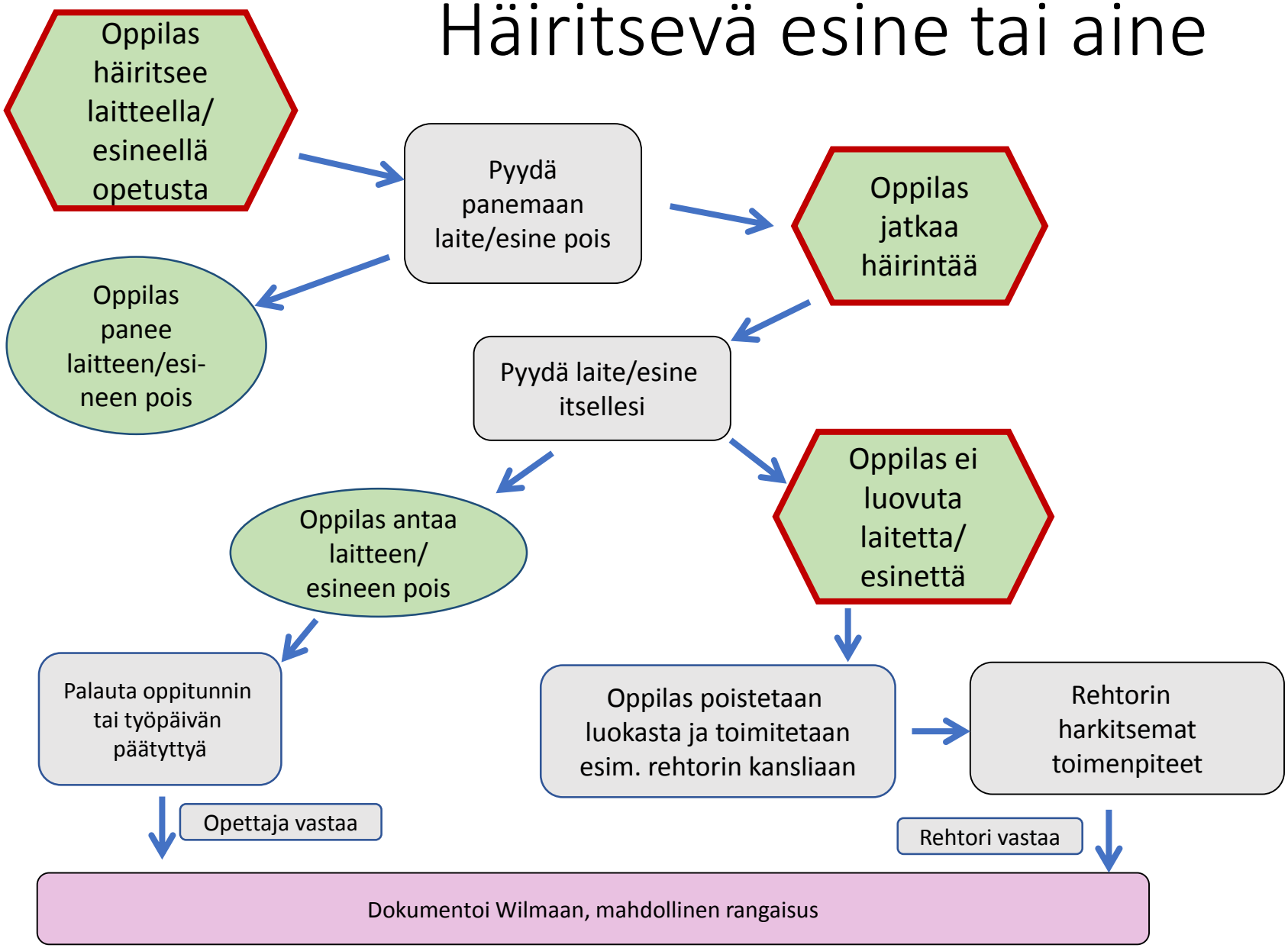Häiritsevä esine tai aine