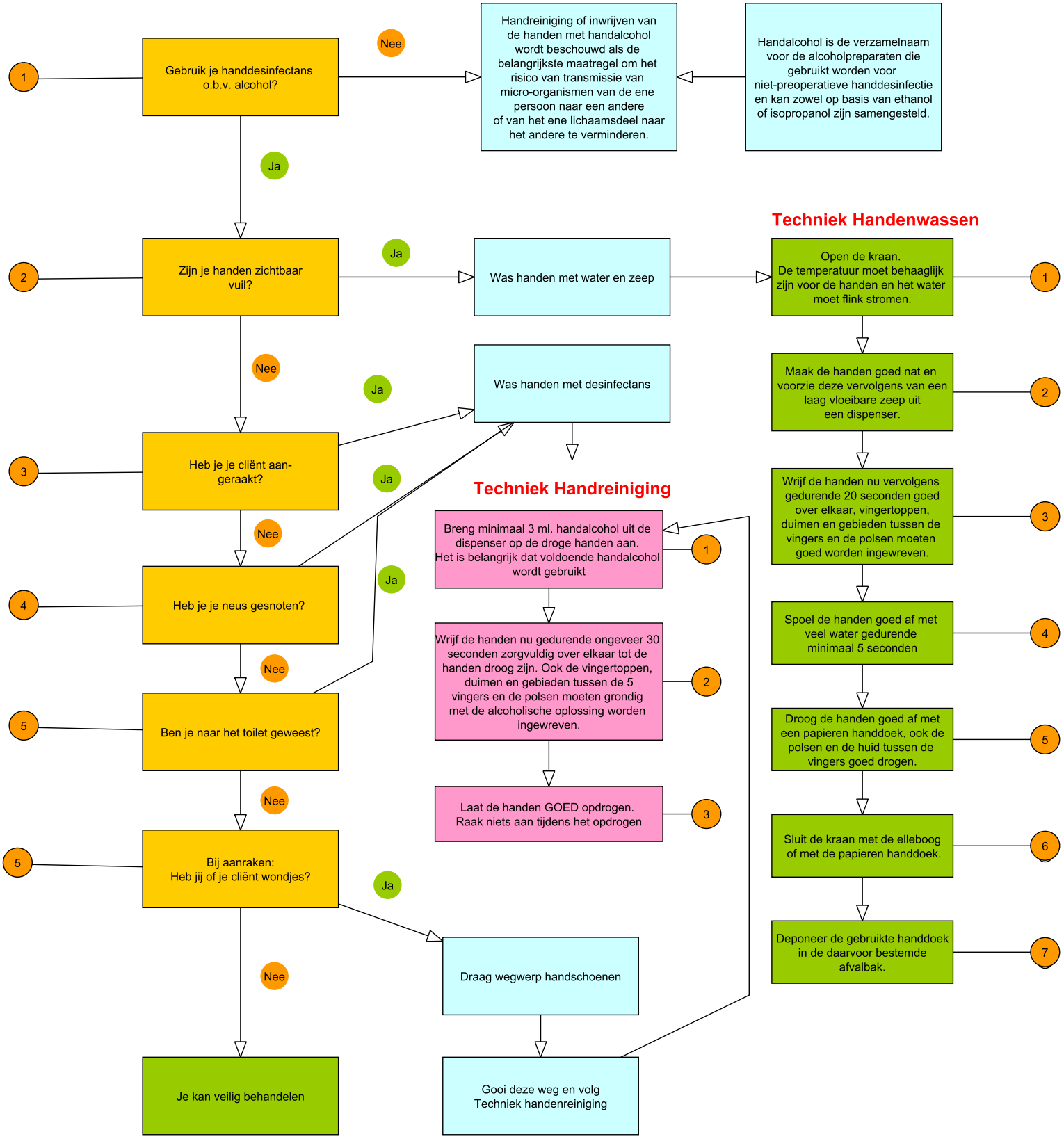Handhygiëne