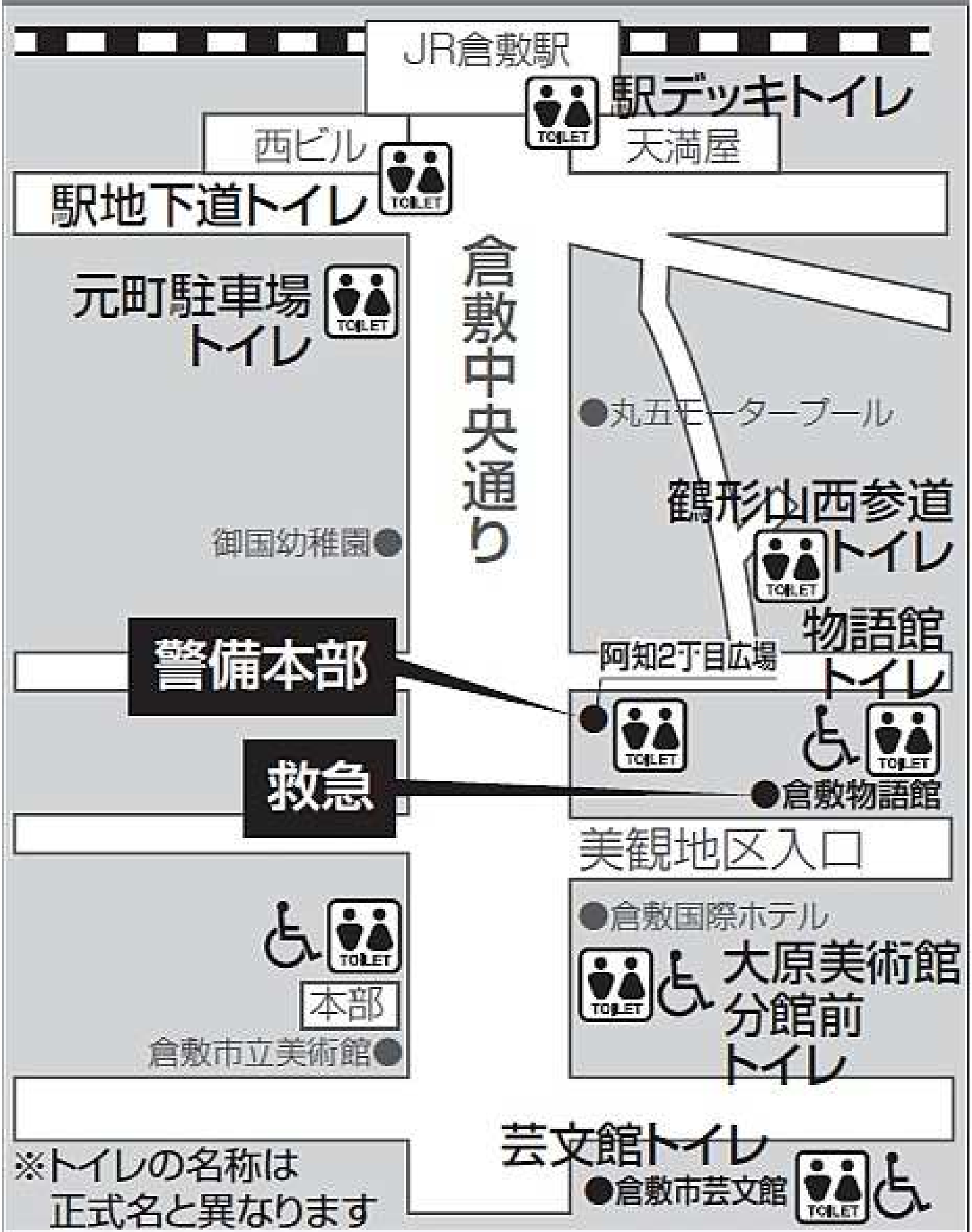トイレ・救急のごあんない