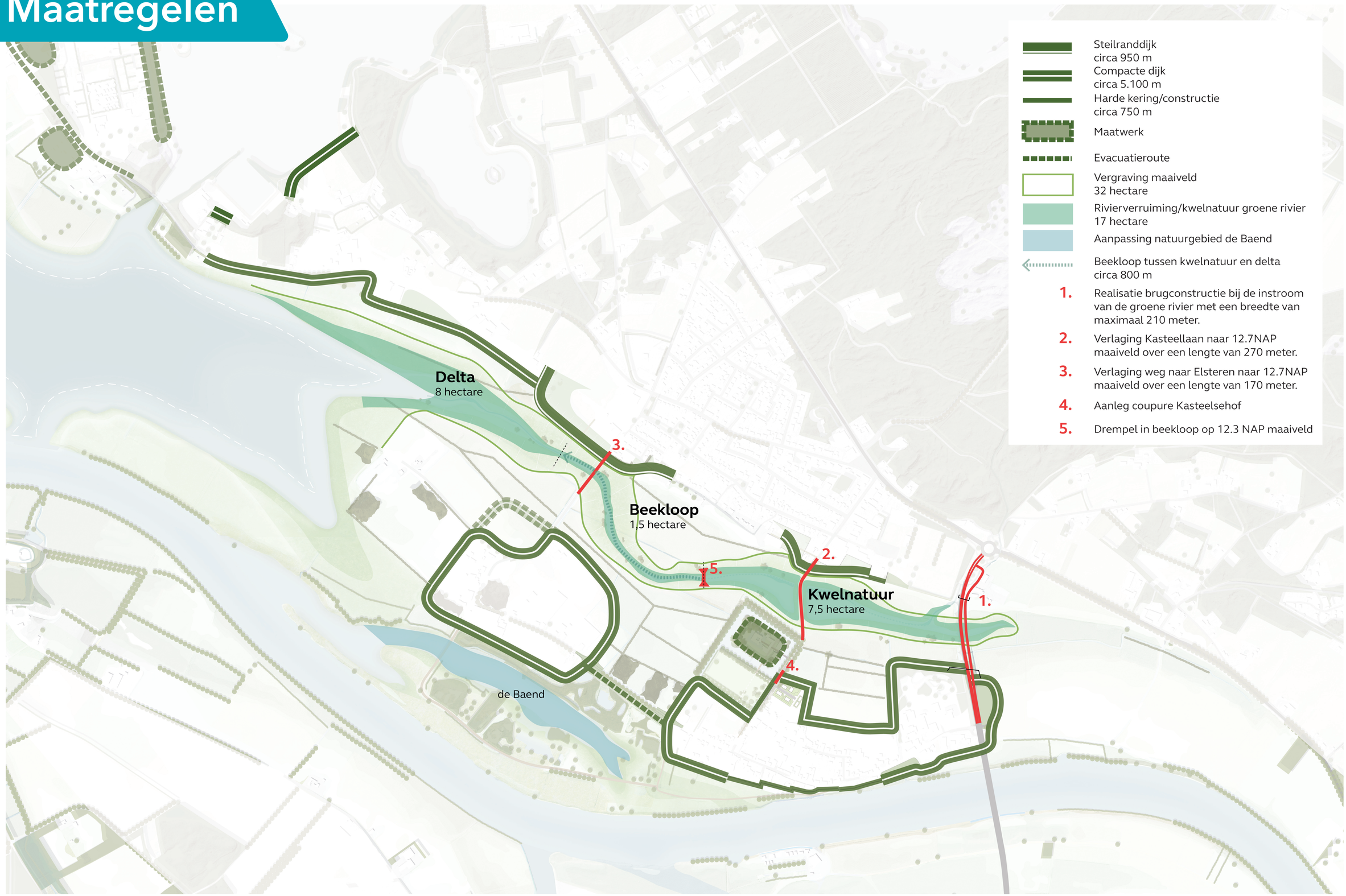Maatregelen