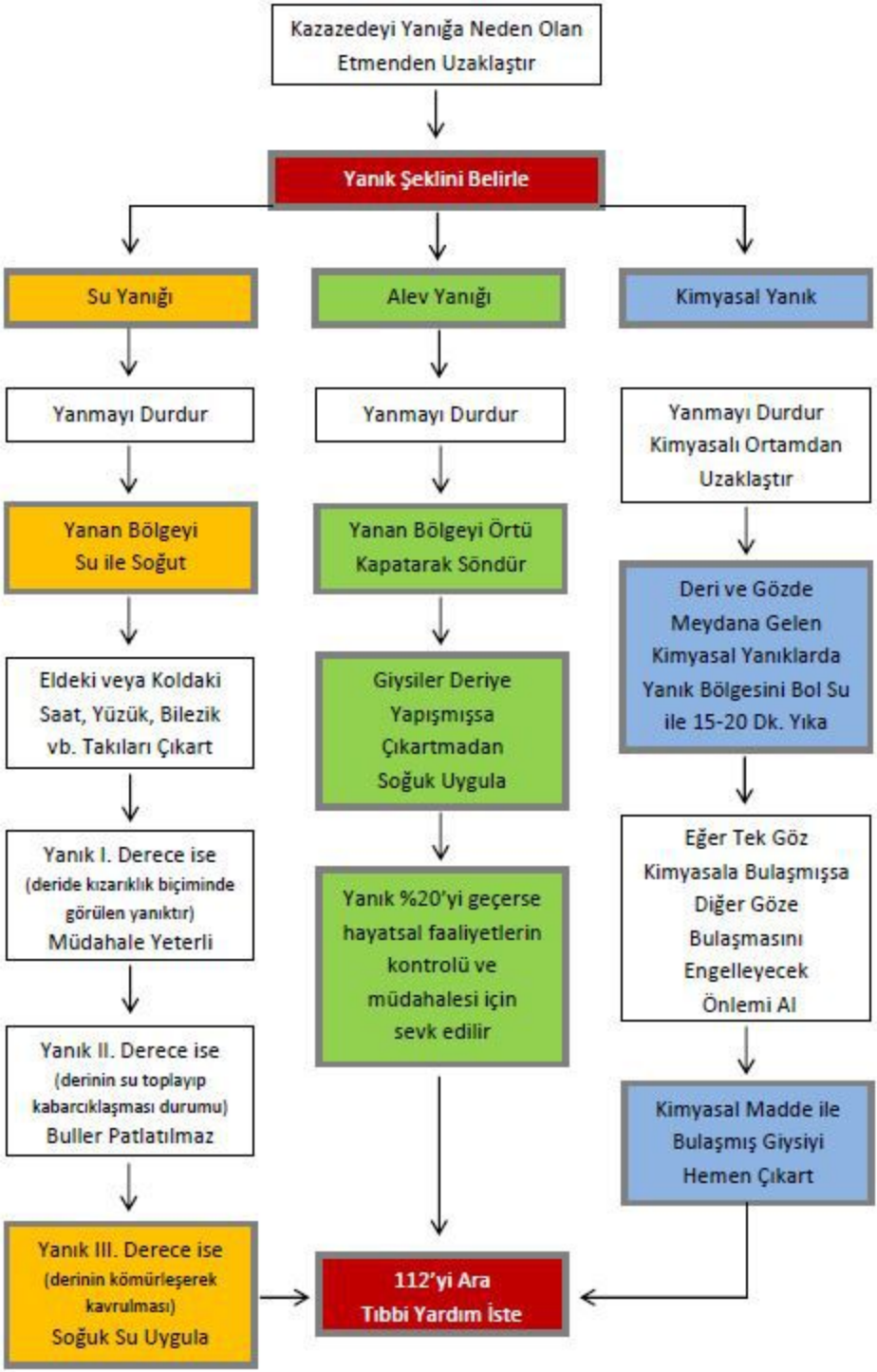YANIKLARDA İLK YARDIM