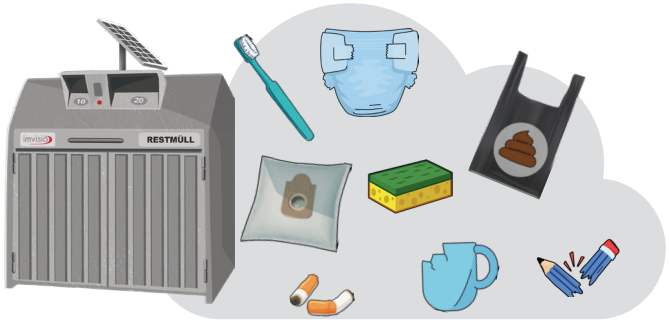تعليمات فصل القمامة