1. Keep your distance from case / avoid contamination.
   - be a nose, but was then.
2. Avoid non-leve and systems.
   - knowledge it is not happening to anybody else.
3. Washed by animals.
   - cleaned by

\[ \text{Legal} \rightarrow \text{non-contaminated away} \]
\[ \text{Focus} \rightarrow \text{contaminated [brain, lung, liver]} \]
\[ \text{Mix} \rightarrow \text{Rik a woman experienced another (NS) and quantitative} \]
\[ \text{Sick for days and no (no energy...)} \]
\[ \text{Control mechanism} \]