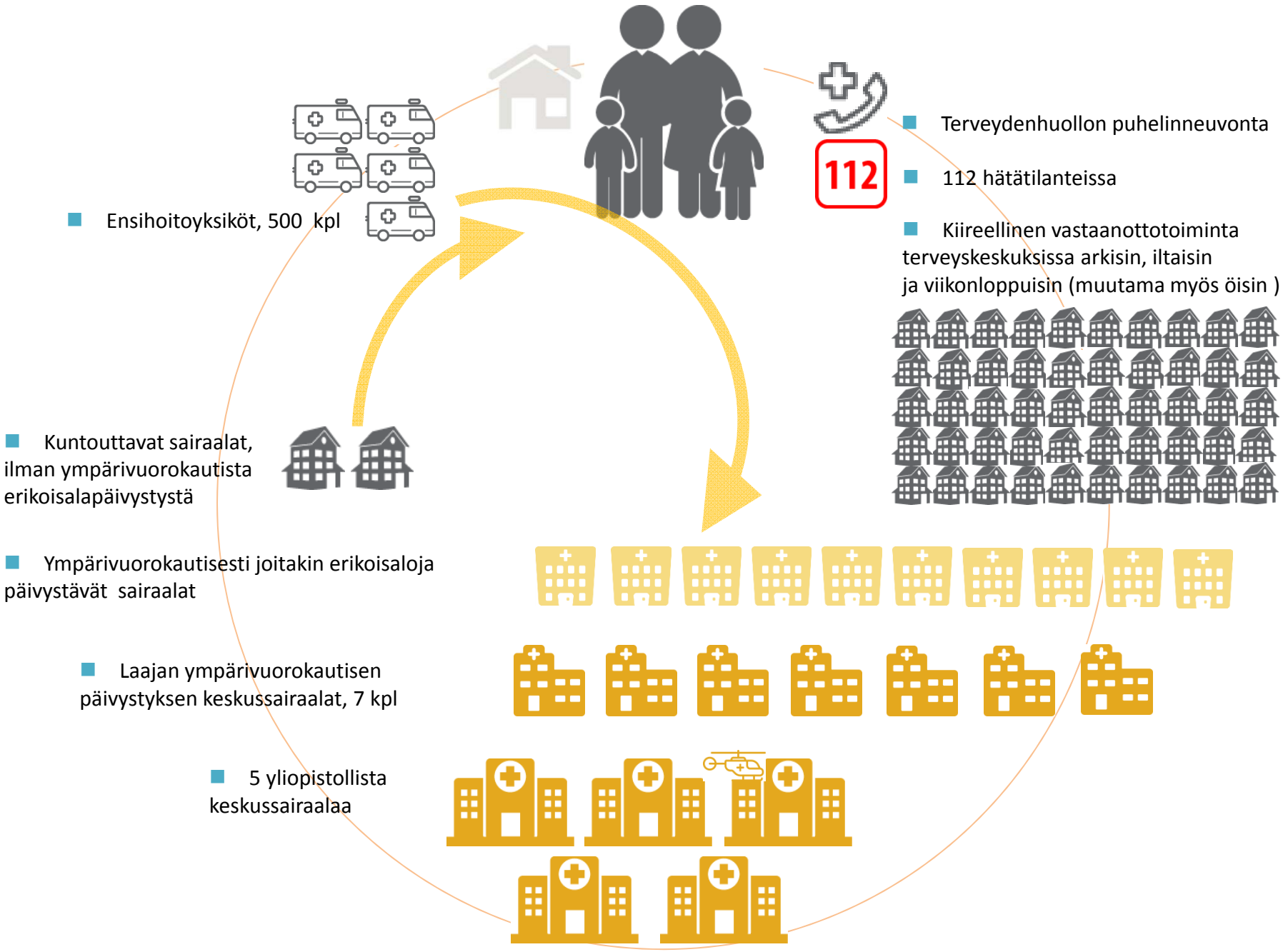Ympärivuorokautisen päivystyksen porrastus