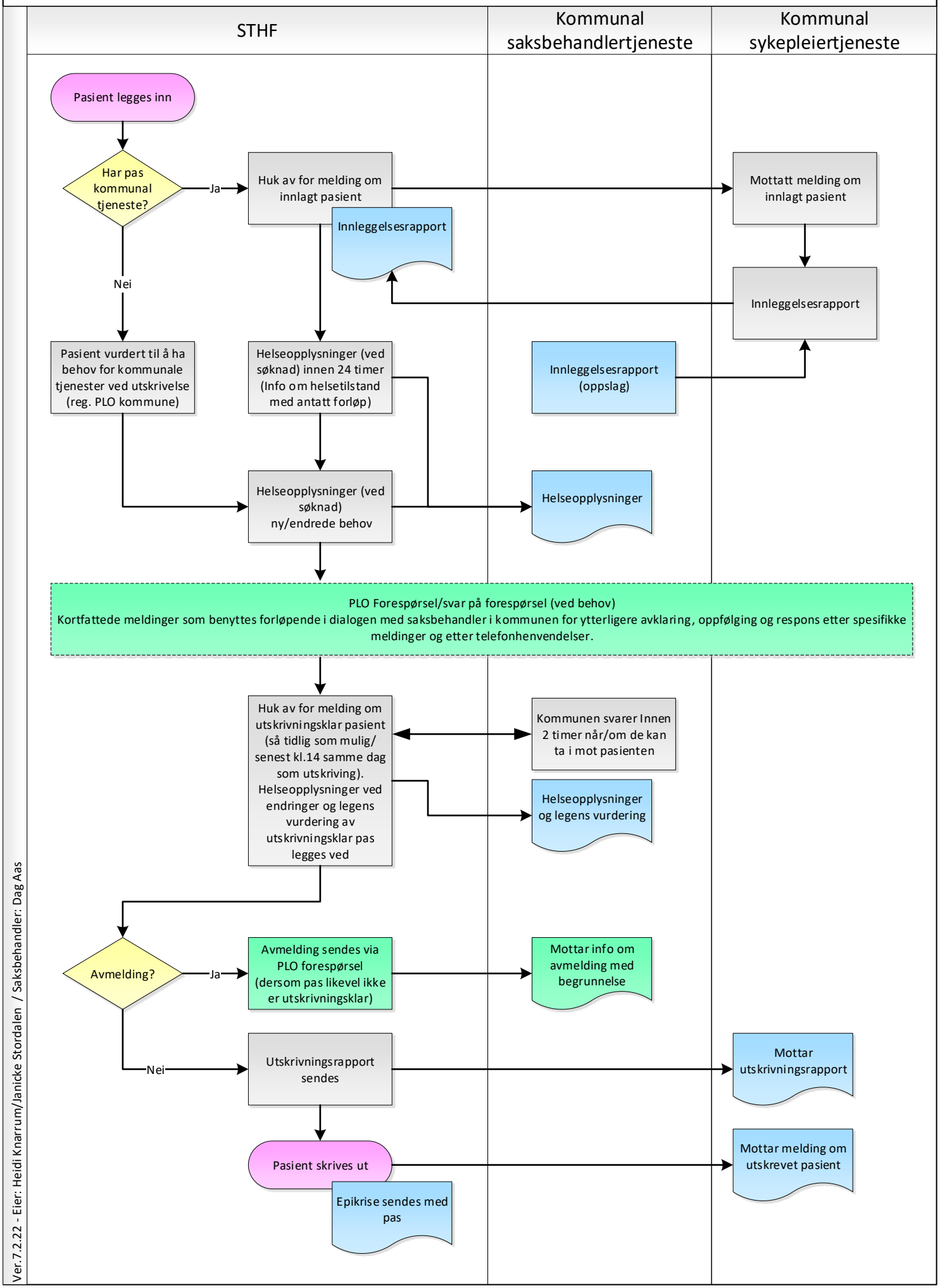PLO meldingsflyt