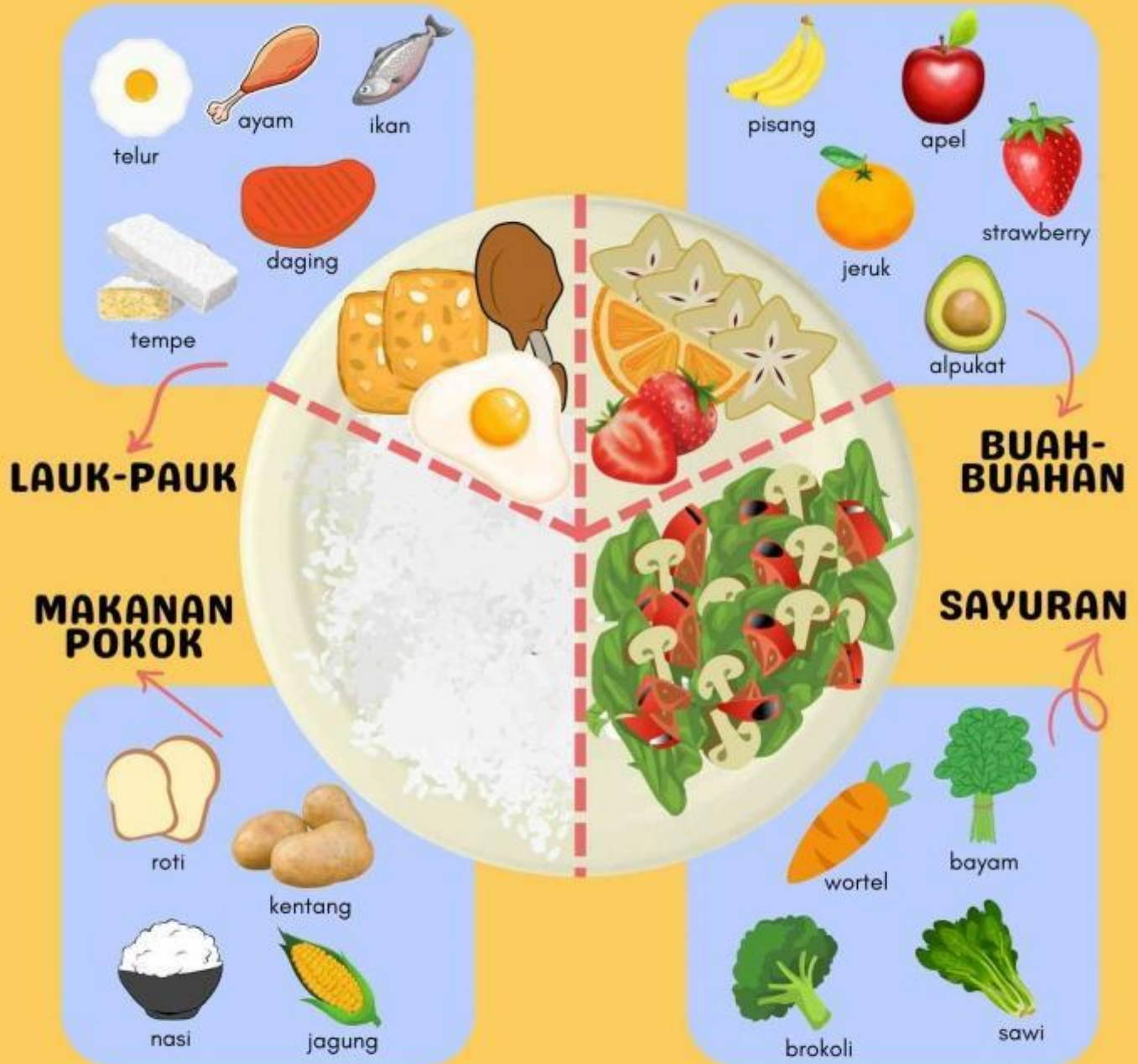


ISI PIRINGKU



cuci tangan
pakai sabun



minum air 8
gelas sehari



aktivitas fisik 30
menit per hari