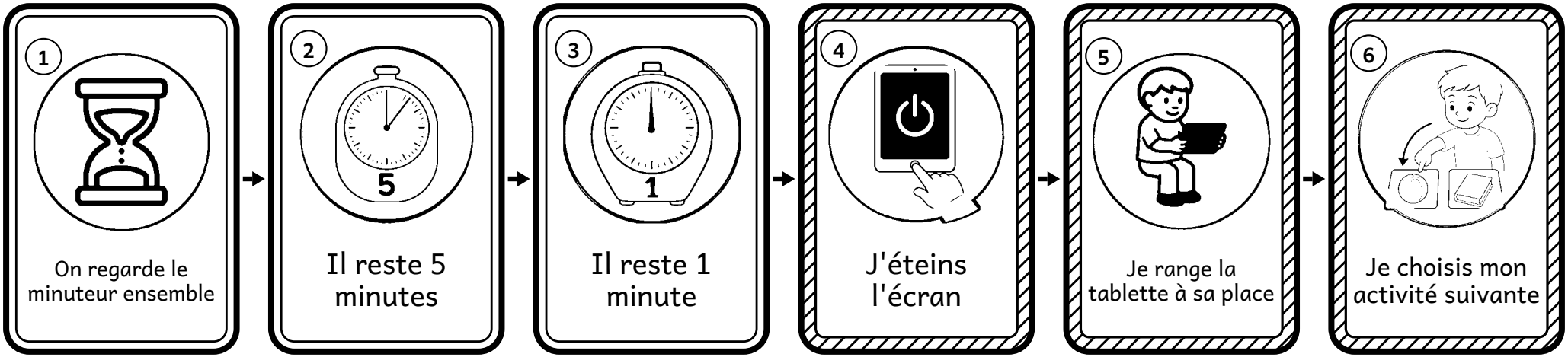J'arrête mon écran