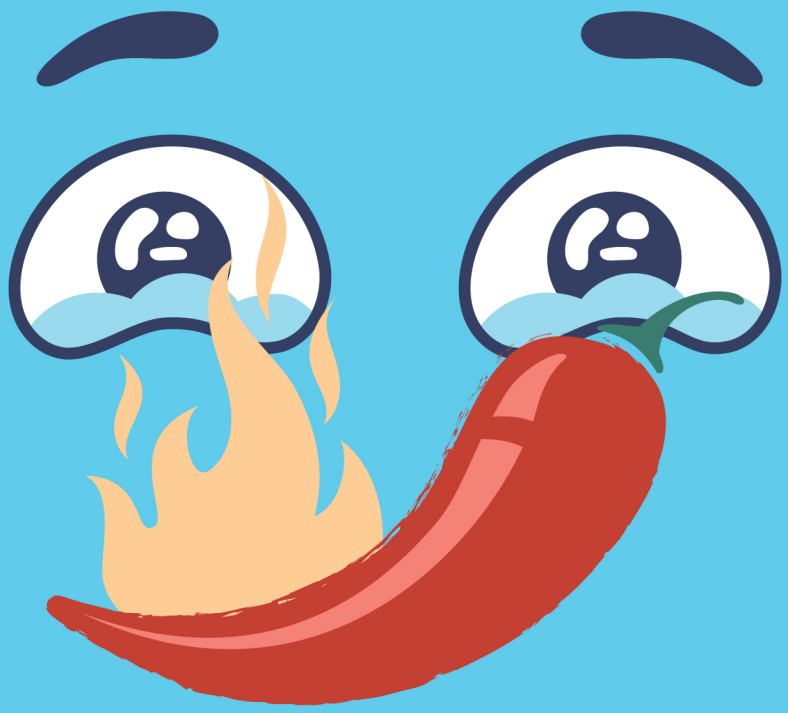Wash your hands like you just cut habaneros and have to take your contacts out!