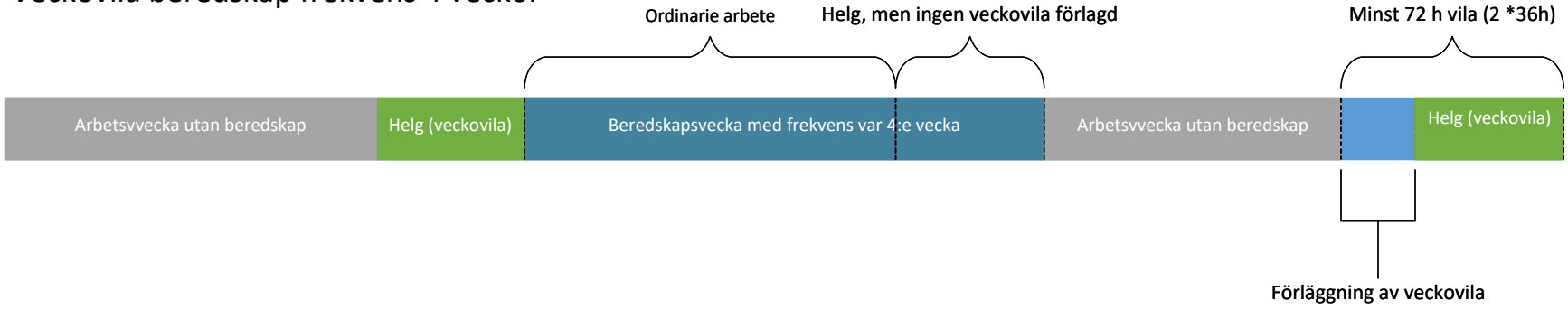Veckovila beredskap frekvens 4 veckor