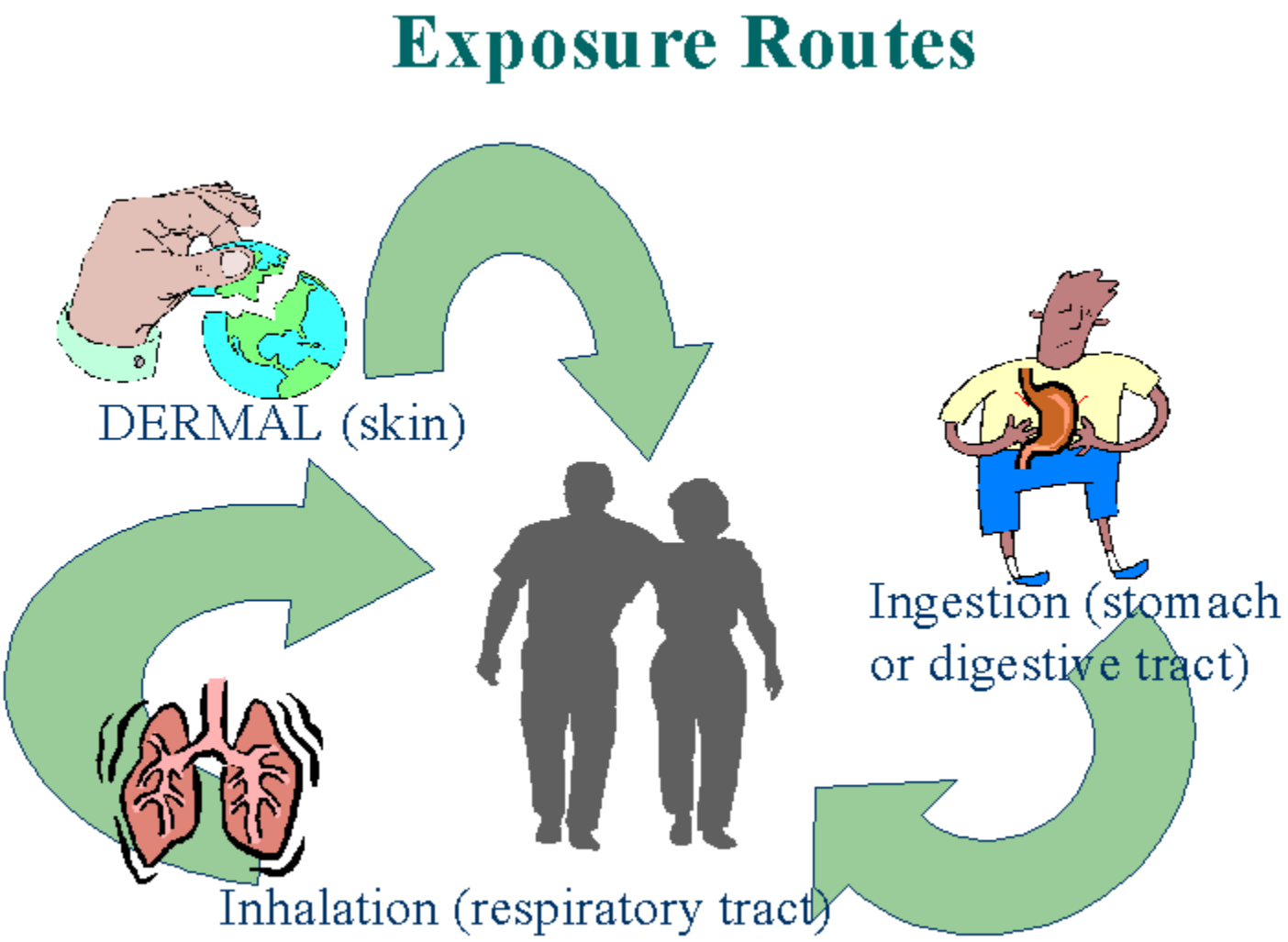Handout 1.1 - Routes of Exposure