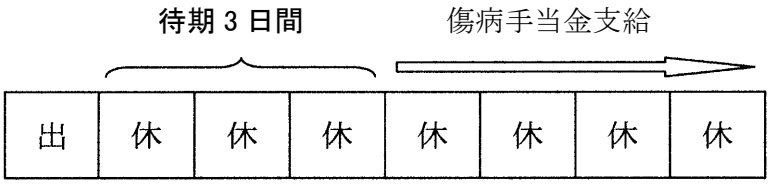待期 3 日間の例