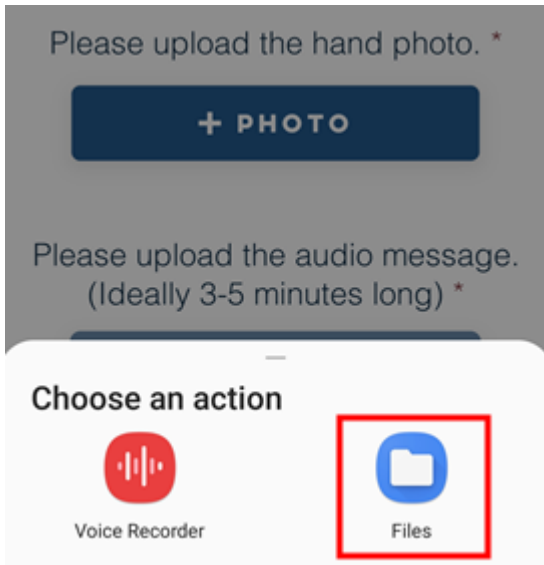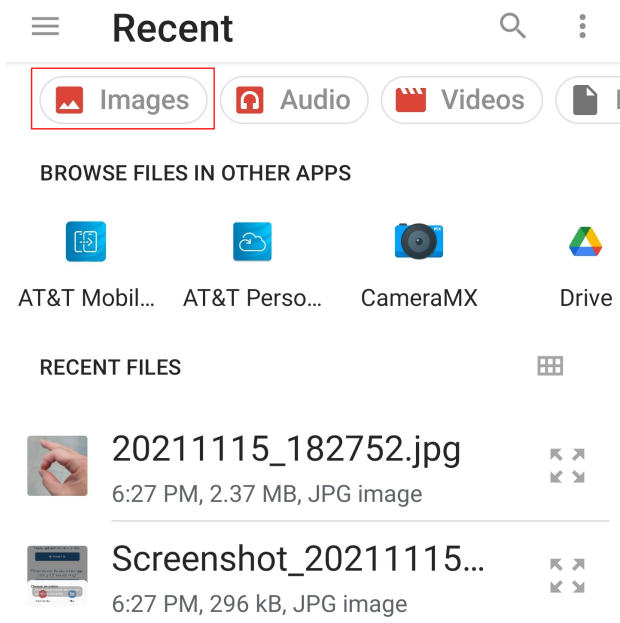# Dear Hands Android Upload Instructions

Photo Upload:

1. Take the photo on your camera app.

2. Press the button labeled "PHOTO".

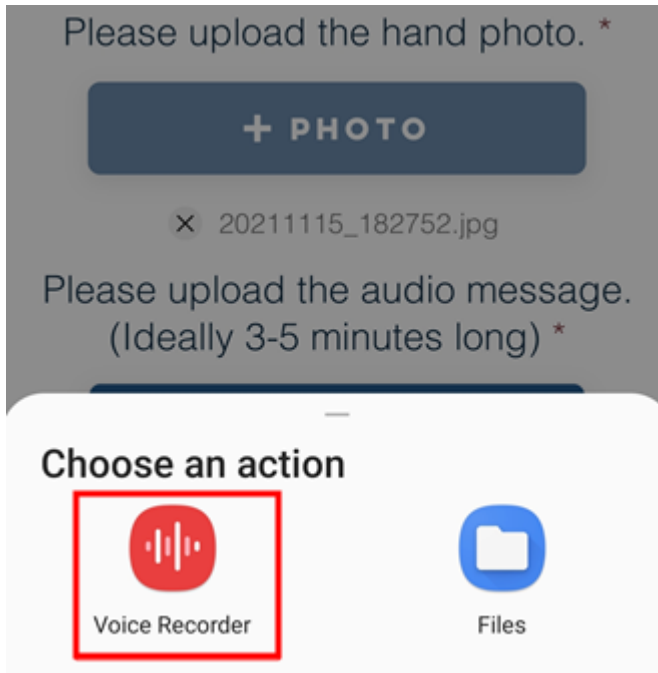3. Choose "Files" to upload a photo.

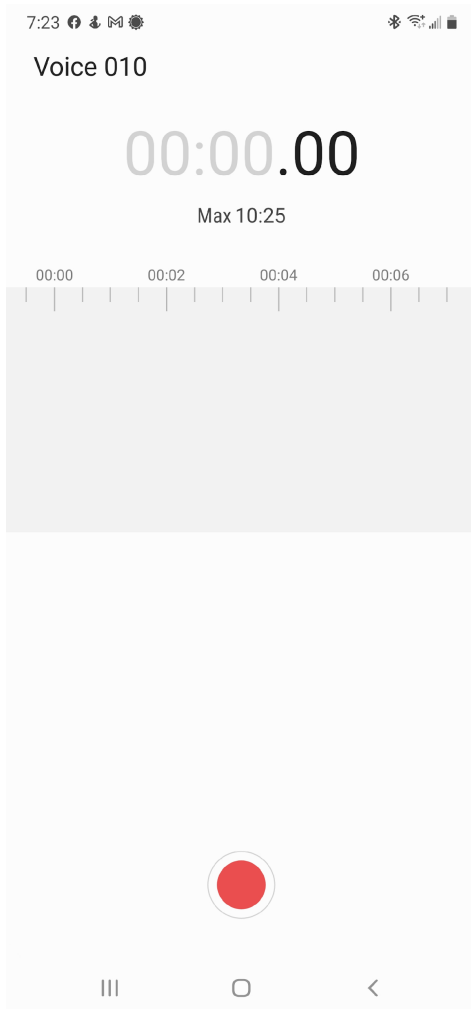4. Select a file you would like to upload.

Audio Upload:

   1. Press the button labeled "AUDIO".

   2. Choose "Voice Recorder" to start recording.

3. Press the red button to record your message. Please try to keep your message between 3-5 minutes long.

4. Once your recording is finished, press the "Done" button.