

A woman with long blonde hair and bangs, wearing a white short-sleeved button-down shirt, is sitting at a desk. She has a small white bandage on her left upper arm. She is smiling and looking towards a man on her left. The man is bald with a grey beard and glasses, wearing a light-colored striped shirt. They are in an office setting with papers and a laptop on the desk. The background is a plain white wall.

# Prepare for the influenza season well beforehand

Influenza vaccination provides the most effective protection against influenza. Protect yourself, your loved ones and your work community – get vaccinated now!

**Terveystalo**  
MEANINGFUL MATTERS