



Prepare for the influenza season well in advance

Influenza vaccination available at your workplace

Seasonal influenza is a sudden and severe respiratory infection, and it is not the same as the “common cold.” The most effective way to protect yourself against influenza is vaccination. It has been proven to prevent infection and to shorten the duration of illness. By getting vaccinated, you protect yourself, your loved ones, and your work community against influenza.

Your employer offers you the opportunity to receive a influenza vaccination at your workplace. The vaccination is quick and easy to get during the workday – the visit takes only a few minutes.

Get vaccinated at your workplace:

If the workplace vaccination time does not suit you, you can also get the vaccine at any Terveystalo clinic. Book an appointment via the Terveystalo app, online at www.terveystalo.com/fi/palvelut/influenssarokote, or by phone* at

*) Calls cost 8.45 cents/call + 19.34 cents/minute