

**FOR IMMEDIATE RELEASE**

February 25, 2025

2:02 PM

CONTACT PERSON

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Health Director

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Influenza Deaths in the District

KEARNEY – The Two Rivers Public Health Department is announcing the confirmation of an adult influenza death within the Two Rivers District – Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, Phelps counties. DHHS has reported 2 adult influenza related death in the TRPHD district (Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, & Phelps counties) this Flu season as of February 25th, 2025.

Even though Influenza A incidence continue to drop, the number of positive Influenza A cases is still over 150% of the previous year's rates. The best way to prevent influenza is to get vaccinated. TRPHD offers Influenza Vaccinations at all clinics. To schedule your Flu shot today 888-669-7154.

WHEN TO SEE A DOCTOR – Most people who get the flu can treat themselves at home and often don't need to see a healthcare professional. If you have emergency symptoms of the flu, get medical care right away.

- Difficulty breathing or shortness of breath
- Chest pain
- Ongoing dizziness
- Seizures
- Worsening of existing medical conditions
- Severe weakness or muscle pain
- Gray or blue, lips or nail beds
- Dehydration

ABOUT TWO RIVERS PUBLIC HEALTH DEPARTMENT

Two Rivers Public Health Department engages collaborative partners, community leaders and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district. Follow TRPHD on Facebook and Twitter @2RPHD