

About Us

The Two Rivers Public Health Department (TRPHD) serves a population of 97,423 across seven counties in South-Central Nebraska, spanning 4,663 square miles. TRPHD is the 4th largest health district in Nebraska, its population mostly clustered around the I-80 corridor. Over 3/4th of residents live in Buffalo & Dawson, 10% in Phelps, and 15% in Kearney, Harlan, Franklin and Gosper Counties in decreasing order. The largest cities are Holdrege (pop. 5,515), Lexington (pop. 10,348) and Kearney (pop. 33,790); over half of the residents of TRPHD live in these three cities, over a third in Kearney city alone. Currently, there are seven health systems reporting Influenza (Flu) and Influenza-like Illness (ILI) surveillance data across the district: three in Buffalo and Dawson, two in Phelps, one each in Franklin, Harlan, and Kearney, and none Gosper Counties.

TRPHD engages collaborative partners, community leaders, and the public to promote healthy and safe communities for all who live within the district. TRPHD envisions a health district where all are able to safely and actively live, learn, work, and play in their communities. TRPHD facilitates collaborative, partnerships, and unique approaches that educate, empower, and engage local community partners, health providers, political decision-makers, community leadership, and the public.

Report Summary

- Rates of Influenza A, RSV, and COVID continued to drop or remain stable across TRPHD.
- Influenza B incidence rose slightly, even as hospital admissions for Influenza-like-Illnesses remained steady.
- Overall, respiratory disease incidence in TRPHD has dropped across all 7 counties, showing a secular decline across the region.

Data Insights

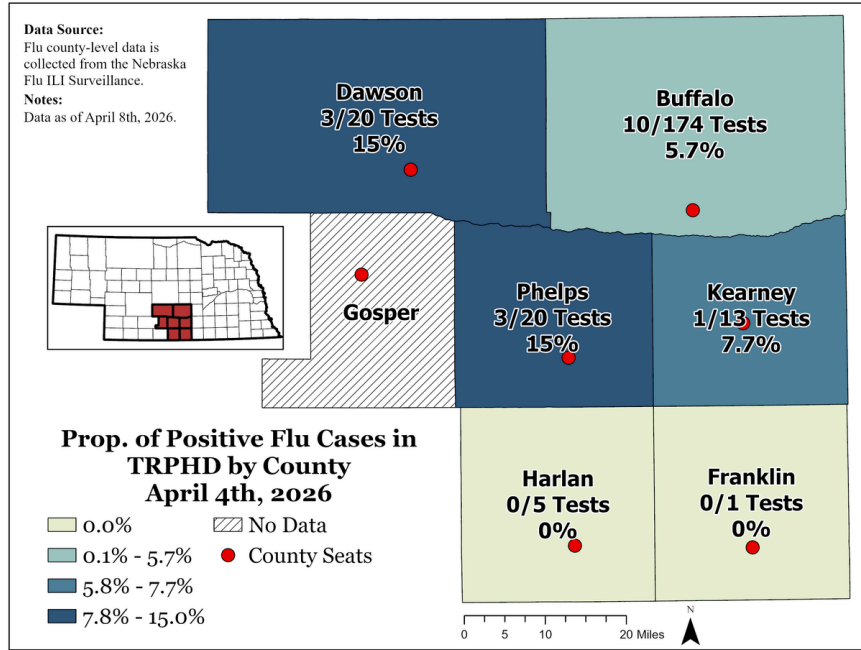
- Overall Respiratory Disease Positivity Rate is calculated by the following equation:
 - We applied a 3% overlap adjustment between Flu A and Flu B positive tests to account for the likelihood that a small percentage of individuals tested positive for both.

$$PR = \frac{((PosFluA + PosFluB - 0.03 \times (TotalFluTests)) + PosRSV + PosCOVID)}{(TotalFluTests + TotalRSVTests + TotalCOVIDTests)}$$

- Flu and RSV county data is collected from Nebraska Flu ILI Surveillance.
- COVID-19 county data is collected from the National Electronic Disease Surveillance System (NEDSS).
- Weekly Case counts of any infection exceeding 150% of the corresponding week in the previous year will trigger an alert for heightened incidence across the district.

TRPHD Flu Cases

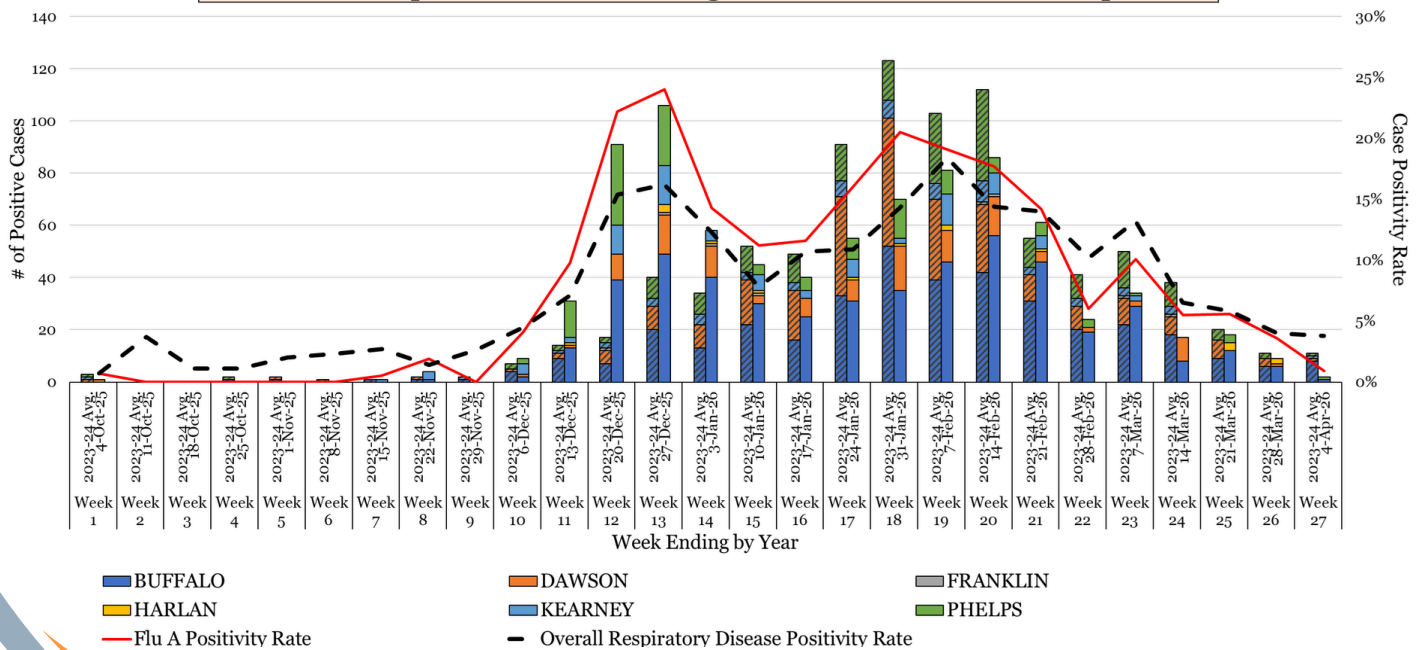
April 4, 2026



Influenza

- Flu A rates continue to drop across TRPHD for the 5th consecutive week; incidence rates have been below the historic average since January.
- There has been a brief uptick in Flu B cases across TRPHD in the past week, in keeping with the long-term trend since early February.

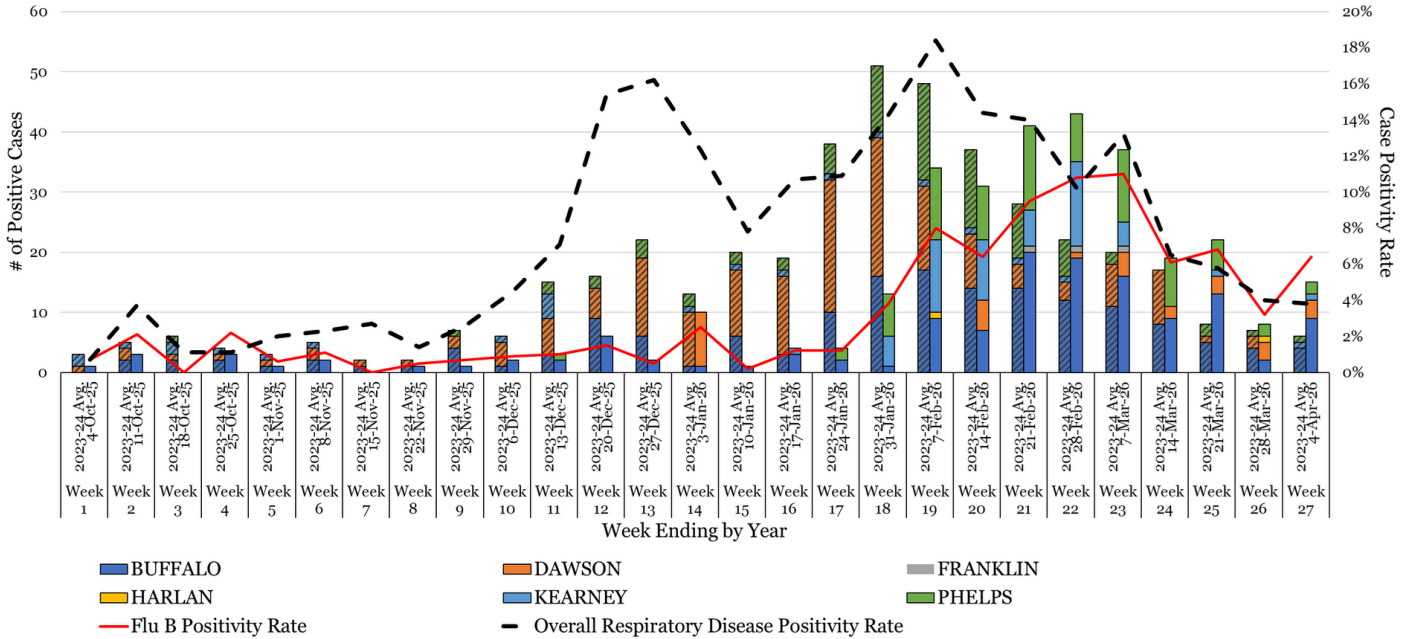
Incidence of Flu A in TRPHD by Week
 October 4th - April 4th (2-Year Average [2023-2024] vs 2025 Comparison)



TRPHD Flu Cases

April 4, 2026

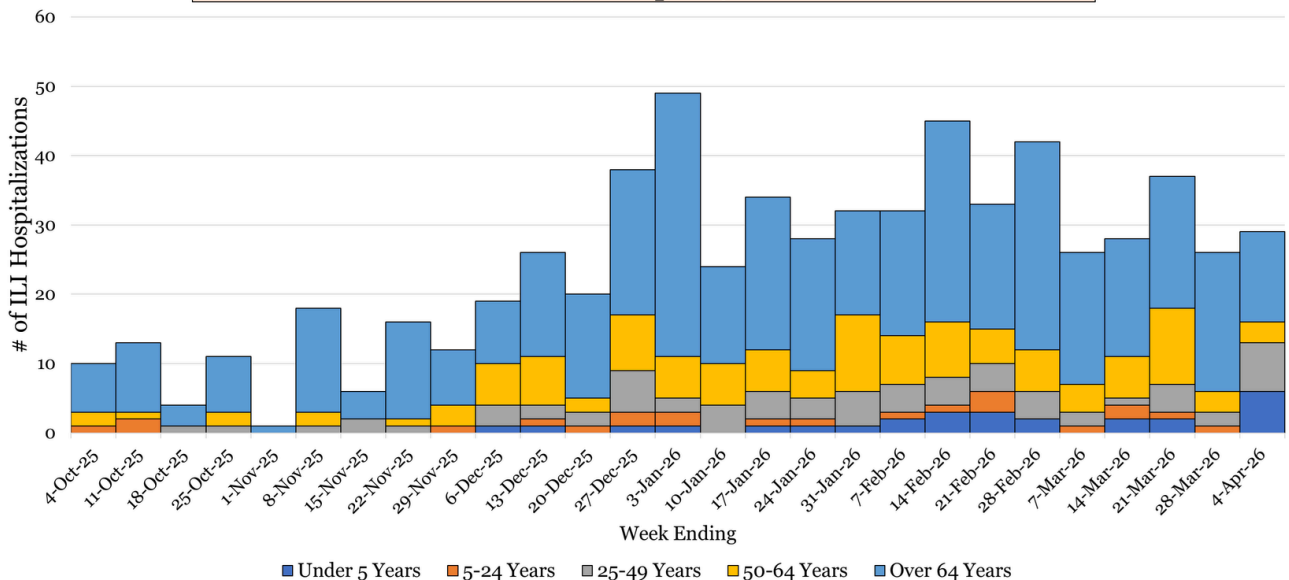
Incidence of Flu B in TRPHD by Week
October 4th - April 4th (2-Year Average [2023-2024] vs 2025 Comparison)



Influenza

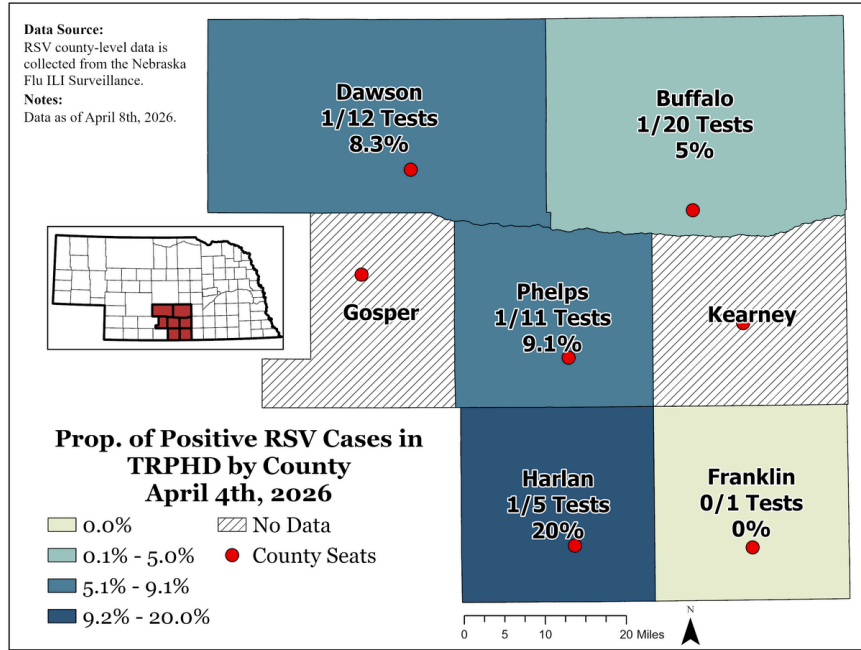
- Hospitalizations for Influenza-like-Illnesses have remained stable in TRPHD, continuing the trend for the past 4 weeks. This represents a median filled status of hospital beds in TRPHD due to ILI.

Number of Influenza-Like Illness Hospitalizations By Age Group
October 4th - April 4th, 2026



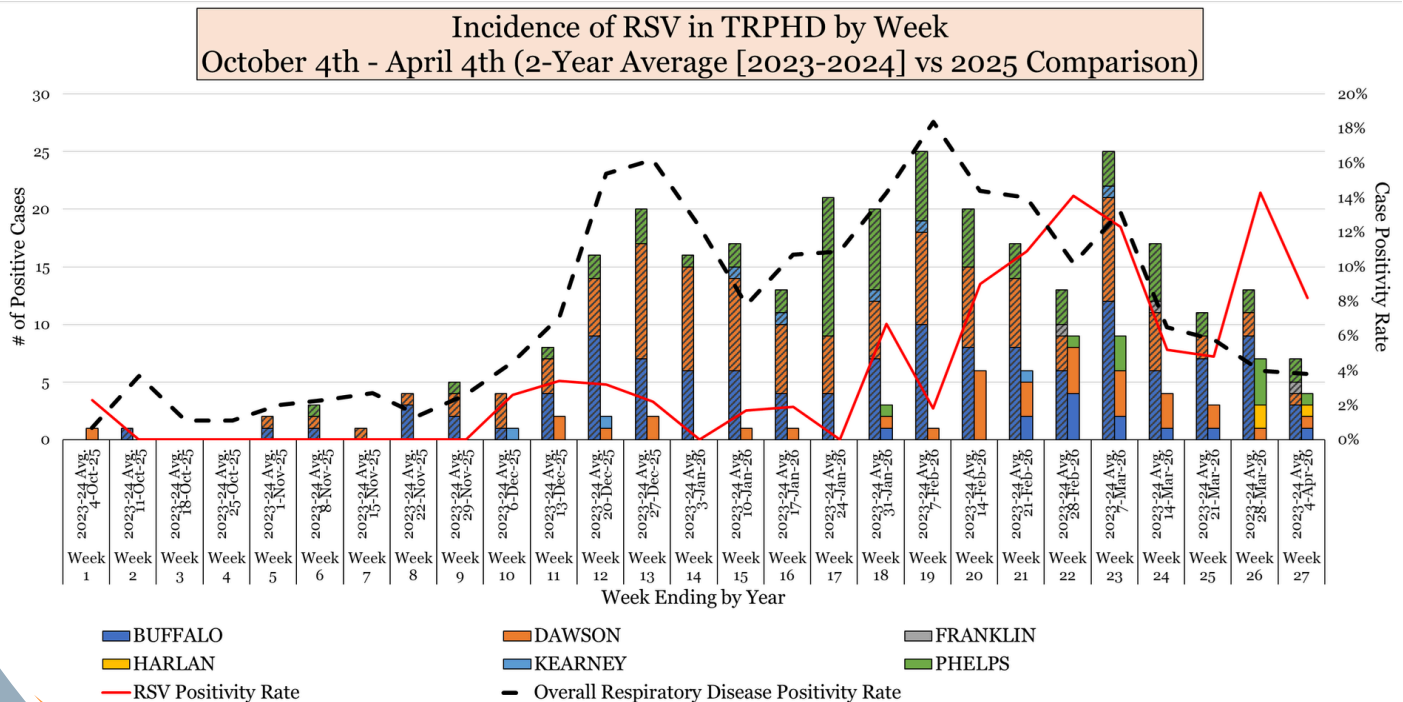
TRPHD RSV Cases

April 4, 2026



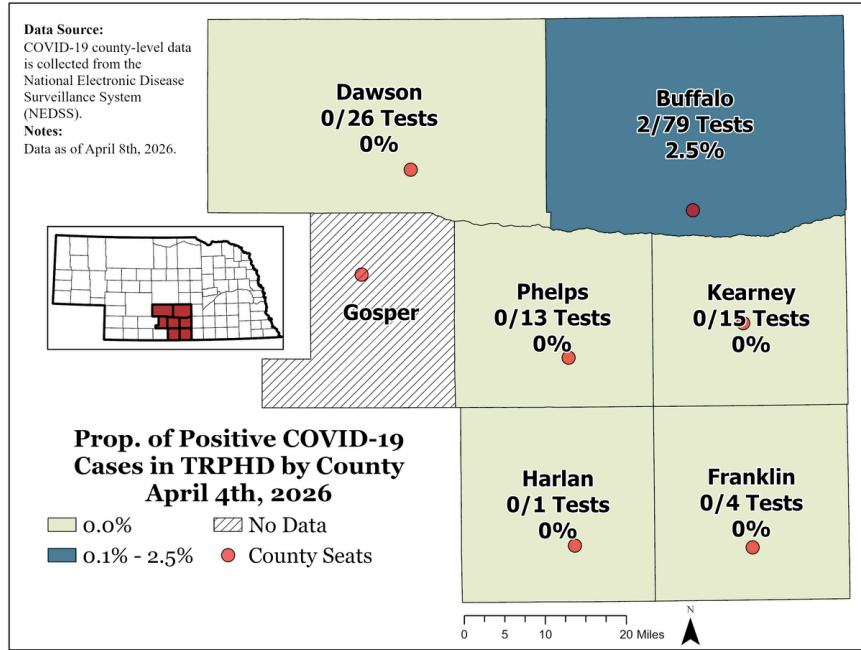
Respiratory Syncytial Virus (RSV)

- RSV cases have not spiked significantly in over 8 weeks, likely signaling a quiet end to the year.



TRPHD COVID-19 Cases

April 4, 2026



COVID-19

- Only 2 cases of COVID were detected in TRPHD in the past week.

