

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

- Rising cases of Flu B are the anomaly in an otherwise quiet March during the 2025-26 respiratory season. A late surge in Flu B cases is expected during this time of the season, and weekly case counts are comparable to previous years.
- Hospitalizations due to influenza-like-illnesses (ILI) seem to have stabilized in the previous week after 6 weeks of elevated numbers.
- Rates of Flu A, RSV, and COVID are lower than the historic average for this time of the year.

Data Insights

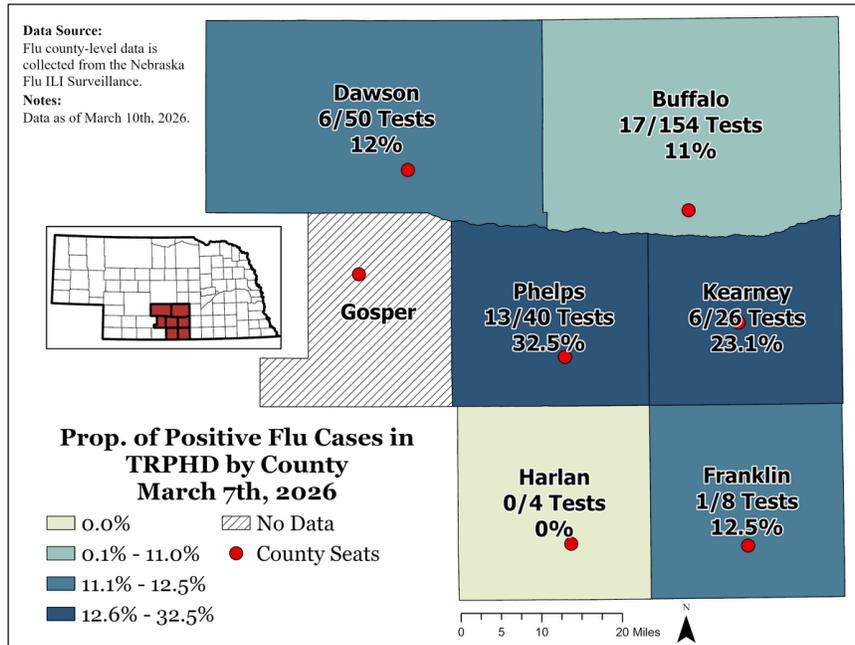
- Overall Respiratory Disease Positivity Rate is calculated by the following equation:
 - We applied a 3% overlap adjustment between Flu A and Flu B positive tests to account for the likelihood that a small percentage of individuals tested positive for both.

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

- 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.

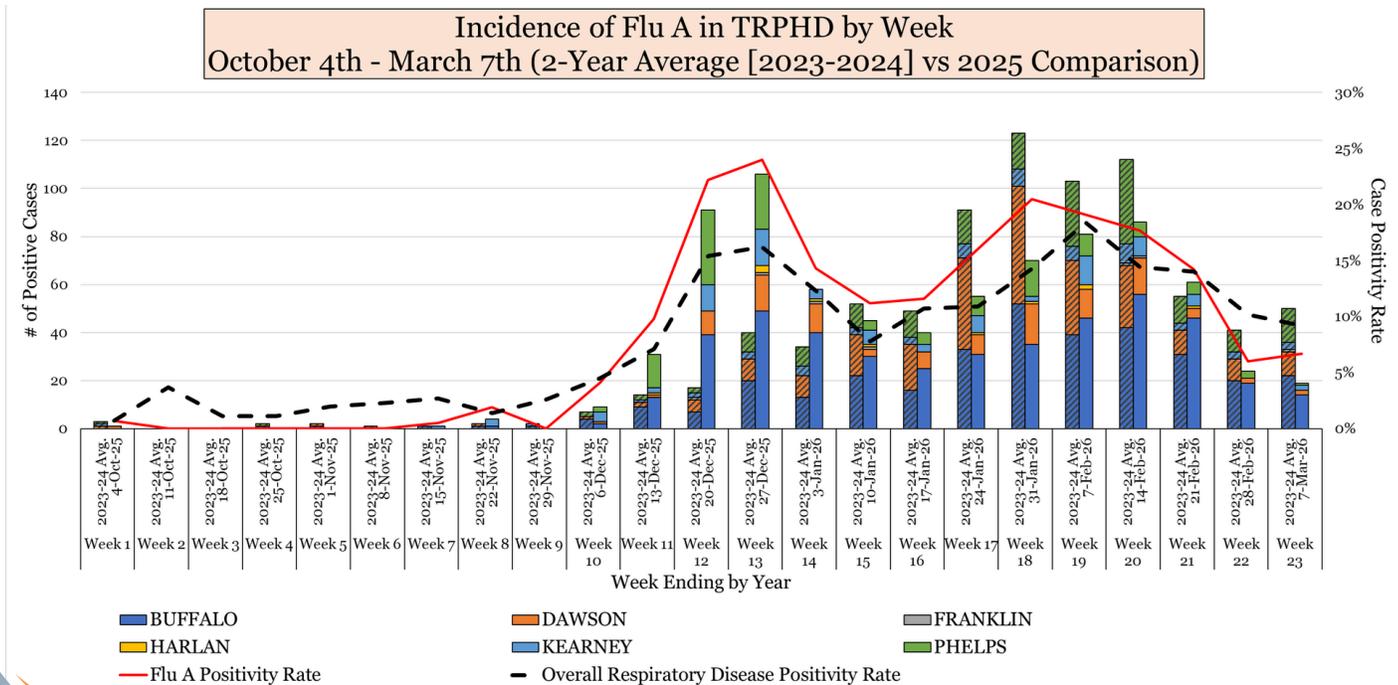
TRPHD Flu Cases

March 7, 2026



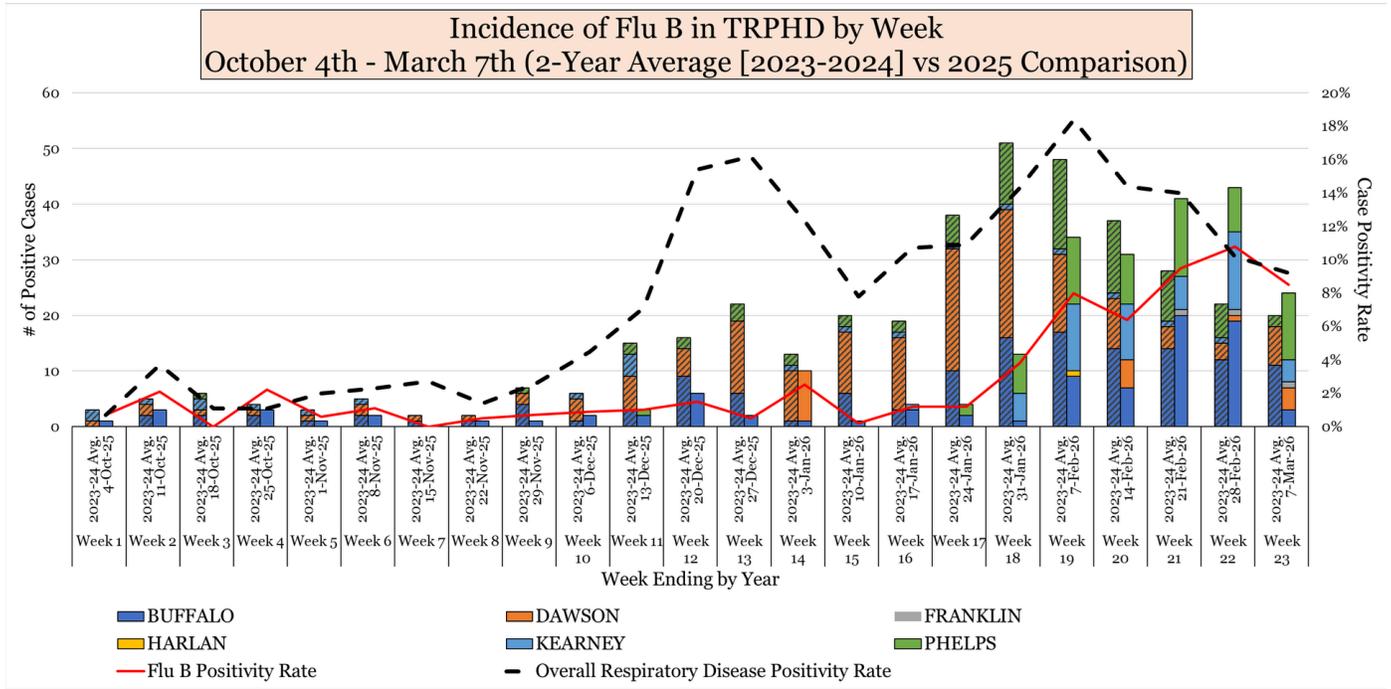
Influenza

- Influenza A incidence is low across TRPHD for the second week running, although Flu B rates are still higher than usual.
- The late surge in Flu B cases is in keeping with the typical picture of Influenza B outbreaks, which are localized, less severe, and later in the season.



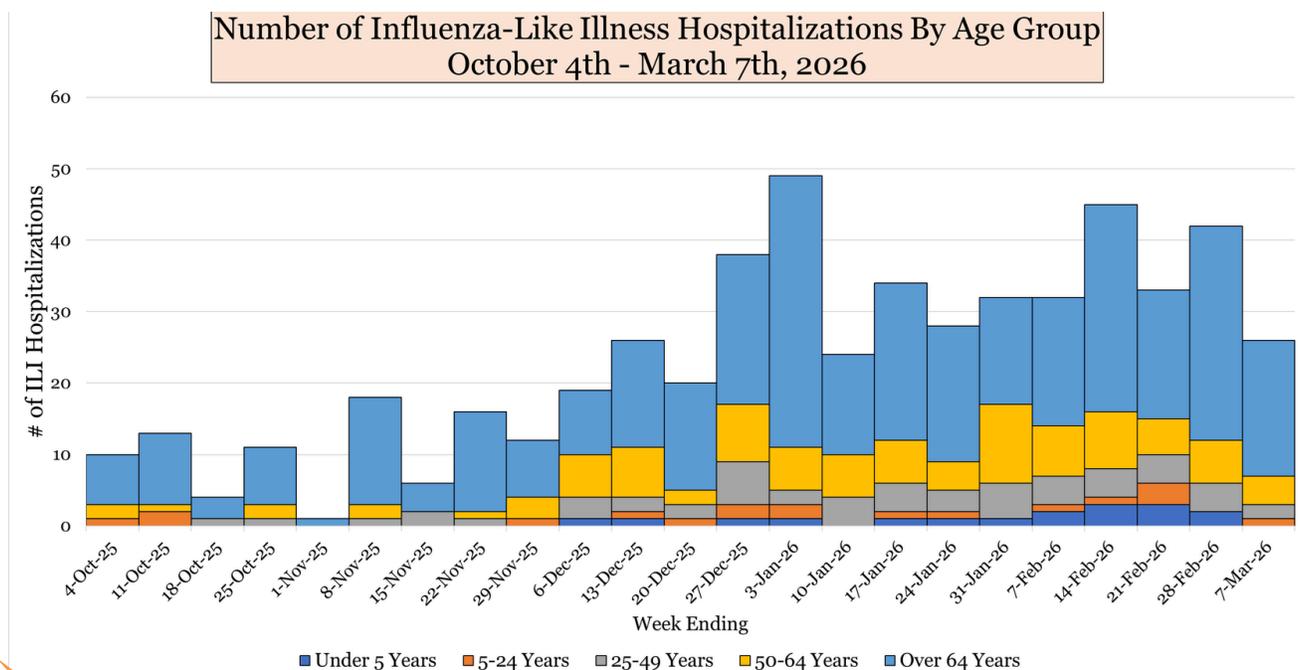
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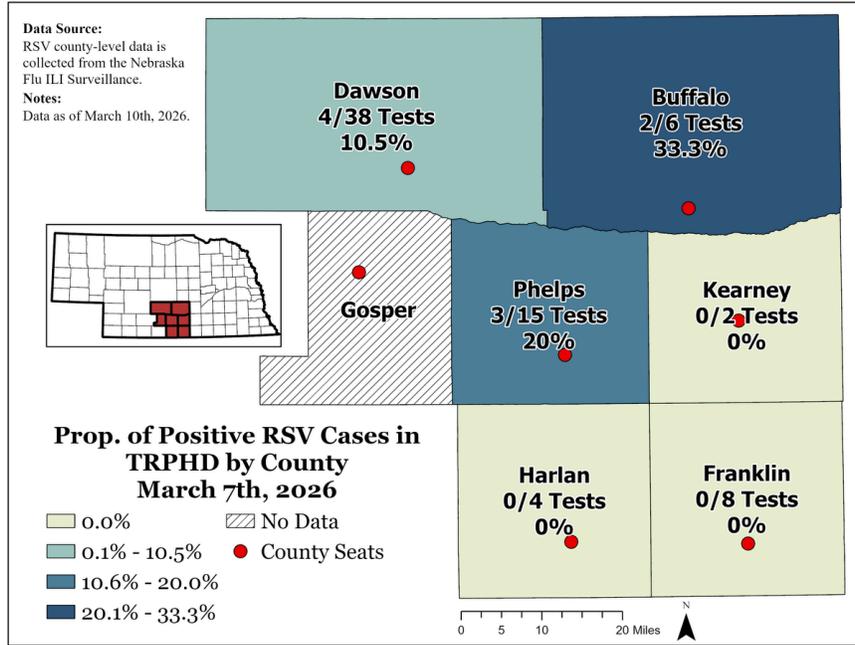
Influenza

- Influenza-like-illness related hospitalizations have been lower across TRPHD for the past week after almost 6 weeks of higher admissions; the likelihood of a gradual decline in hospitalizations is likely.



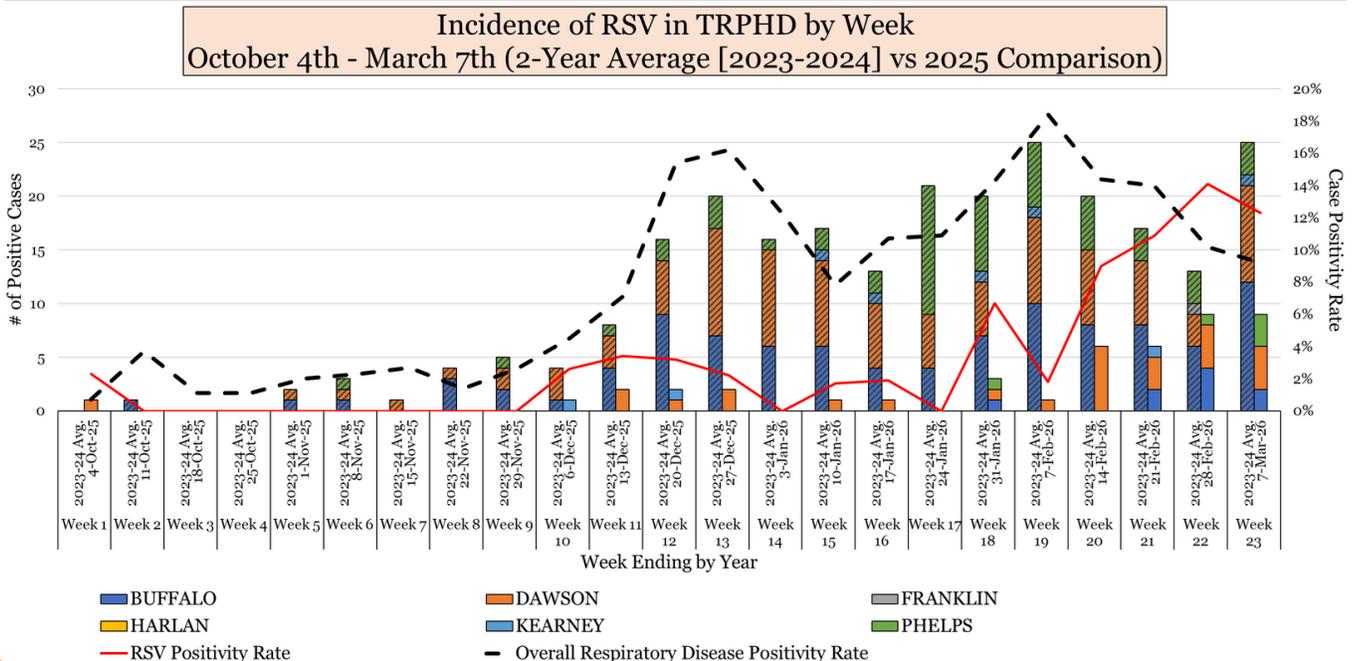
TRPHD RSV Cases

March 7, 2026



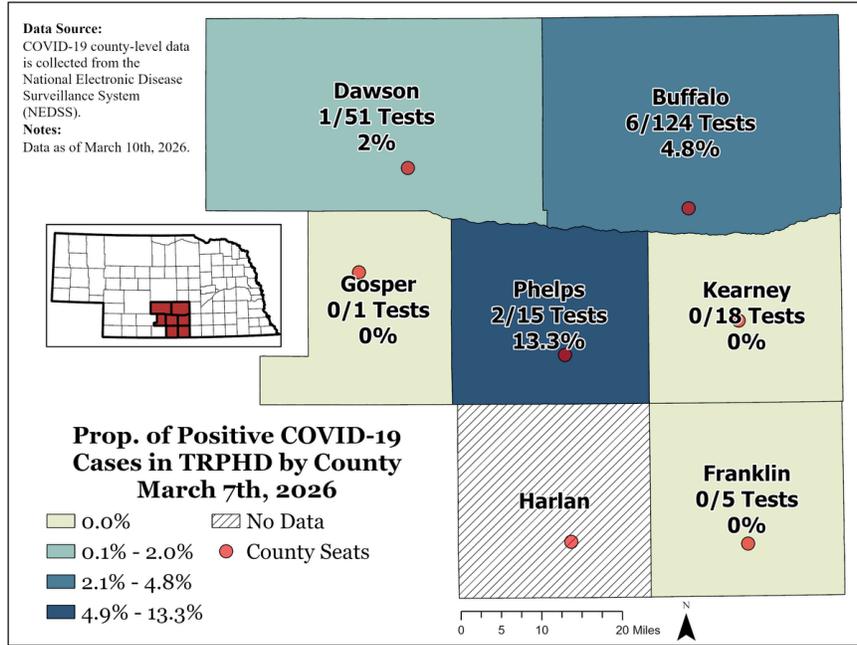
Respiratory Syncytial Virus (RSV)

- RSV cases continue to remain low across TRPHD (weekly case counts never exceeded 10) throughout the respiratory season.



TRPHD COVID-19 Cases

March 7, 2026



COVID-19

- COVID rates continue to remain low across TRPHD.
- TRPHD has not recorded more than 30 cases in a single week since the beginning of the 2025-26 respiratory season, the lowest such incidence in the past 5 years.

