

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

- Influenza A and COVID rates in TRPHD continue to remain high, although case numbers have dropped compared to previous weeks.
- Weekly flu testing has dropped by about a fourth across all counties; however, hospitalizations for Influenza-like-Illnesses (ILI) have continued to show a rising trend for the 7th week.
- COVID rates are roughly comparable to the long-term average, rising sharply over the past 3 weeks. Rates of Flu B and RSV continue to remain low.

Data Insights

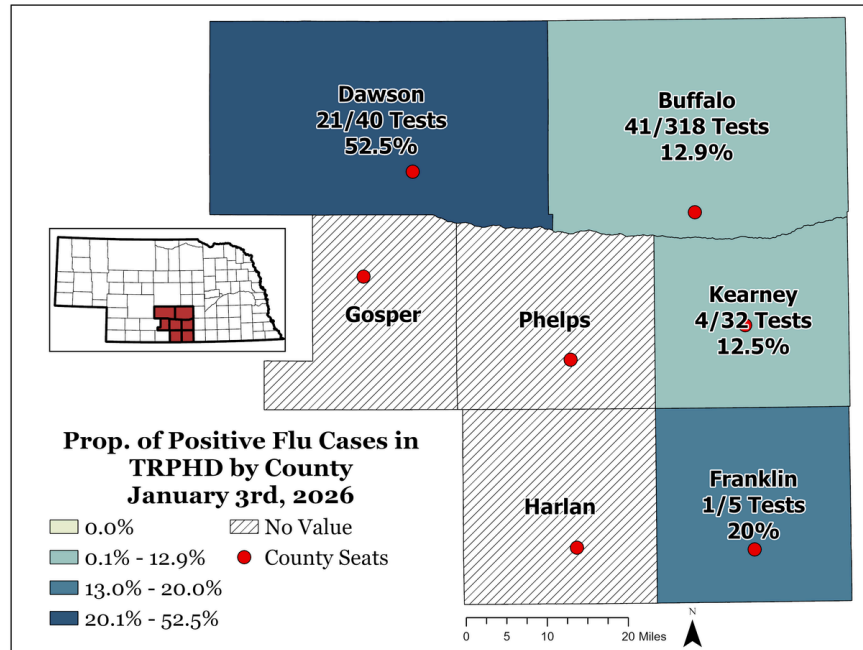
- Overall Respiratory Disease Positivity Rate is calculated by the following equation:
 - We applied a 3% overlap adjustment between Flu A and Flu B positive tests to account for the likelihood that a small percentage of individuals tested positive for both.

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

- 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.

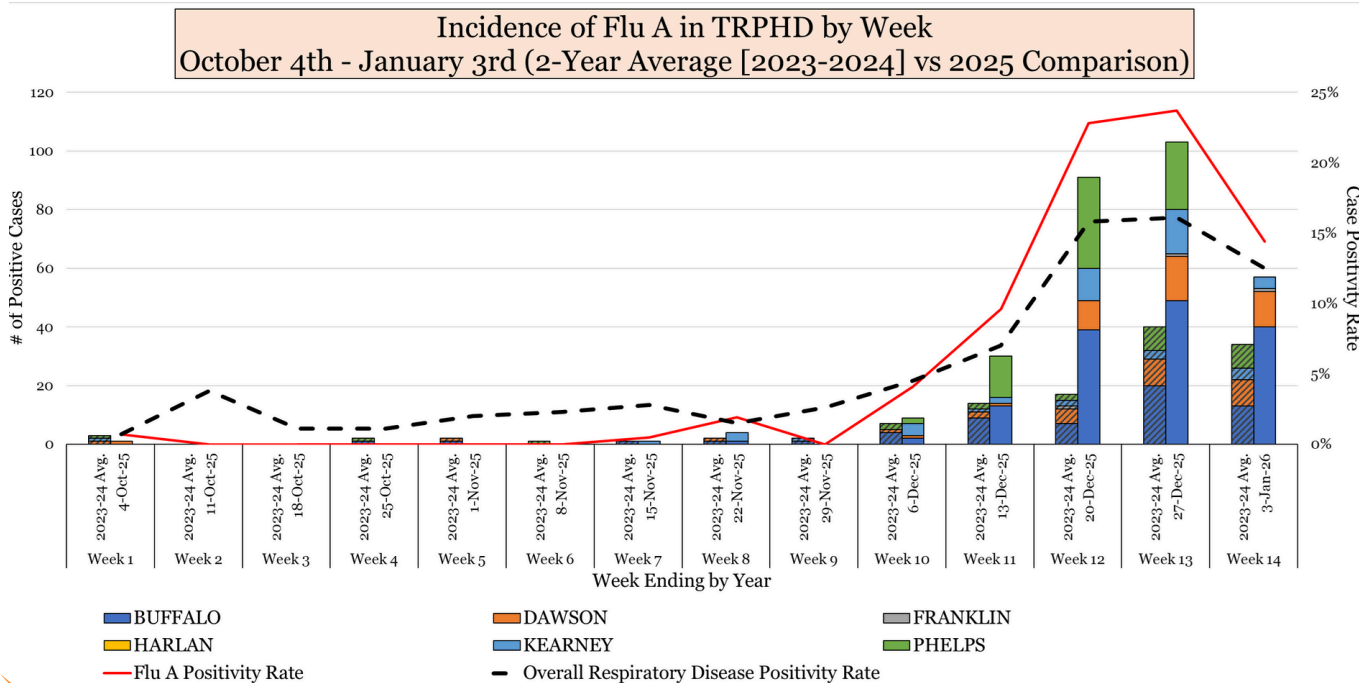
TRPHD Flu Cases

January 3, 2026



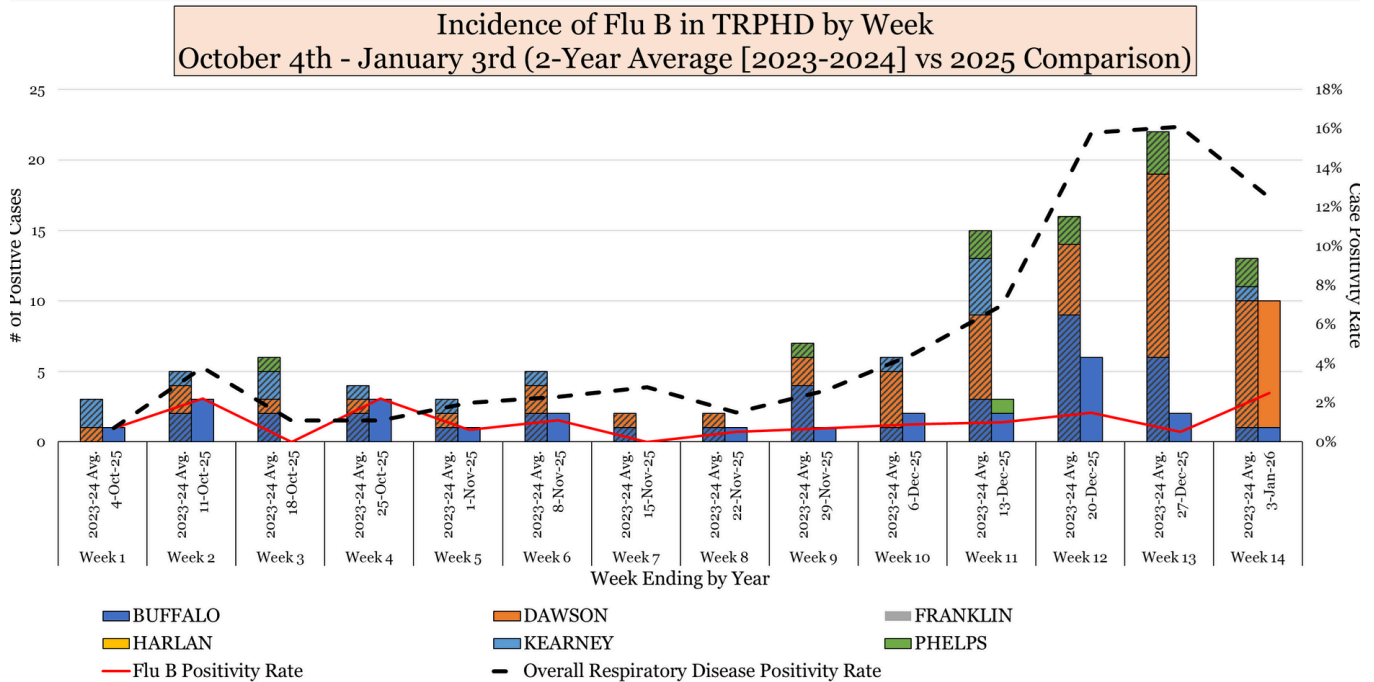
Influenza

- Although positive Flu cases and test positivity rates have dropped this week, the concomitant drop in the total number of tests compared, especially non-reporting of tests from Phelps County, indicates a possibly undetected surge of cases in TRPHD.
- Flu cases in Buffalo and Dawson hold steady, while Phelps County flu tests were not reflected in the state database as of January 4, 2026.



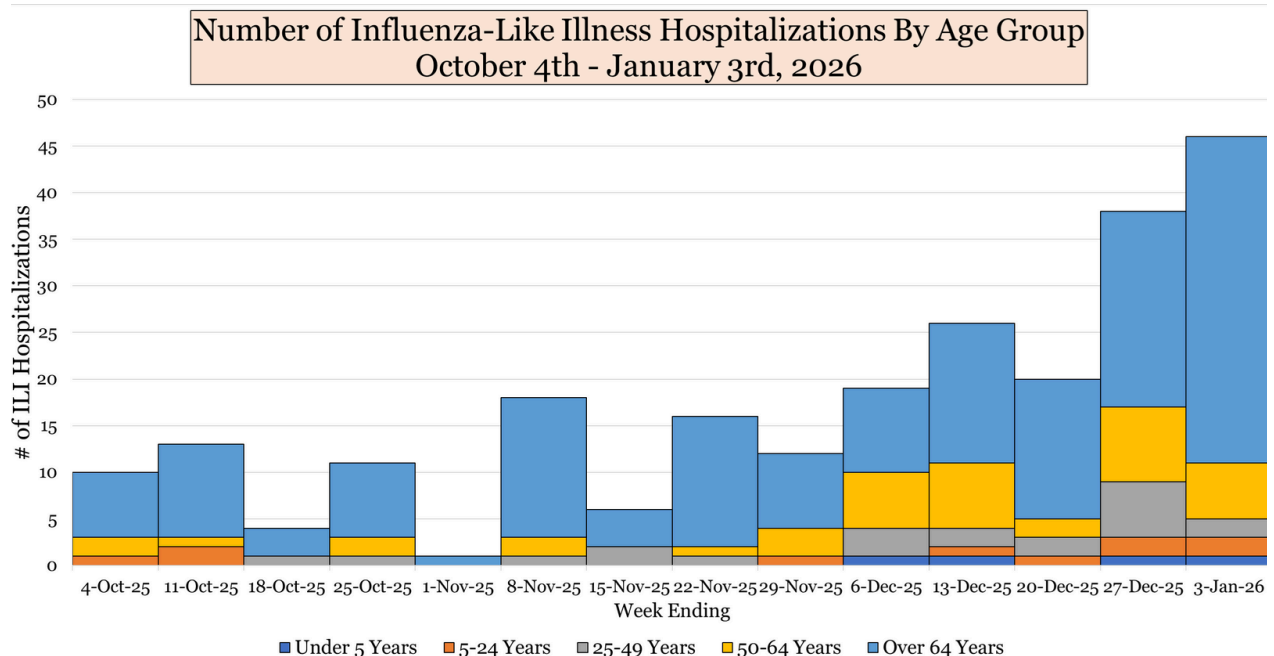
TRPHD Flu Cases

January 3, 2026



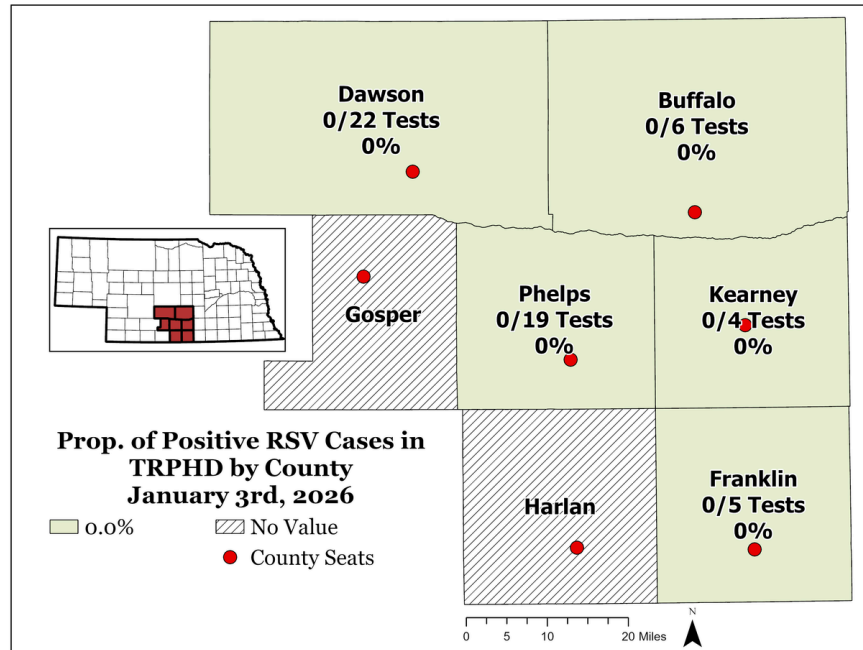
Influenza

- Hospitalizations for Influenza-like-Illnesses (ILI) have continued to show a rising trend for the 7th week.
- The rising number of seniors who have been hospitalized due to ILI highlights the importance of preventive measures and timely vaccination.



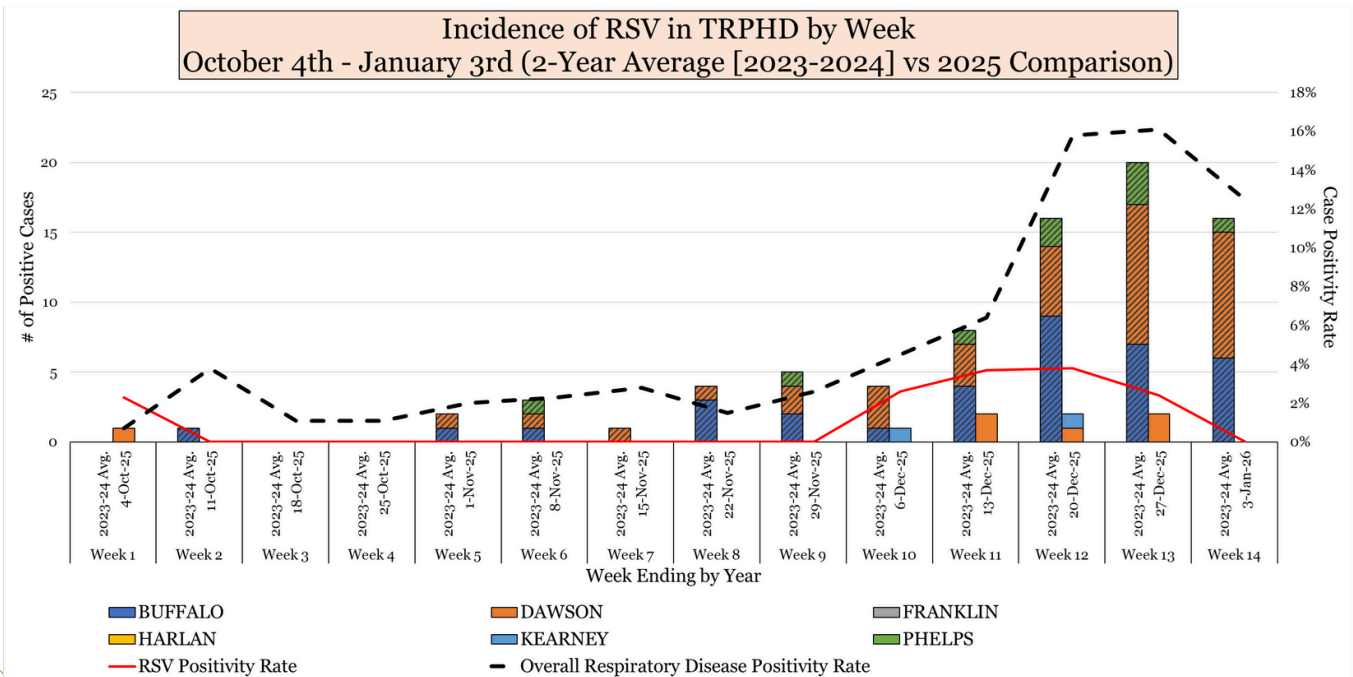
TRPHD RSV Cases

January 3, 2026



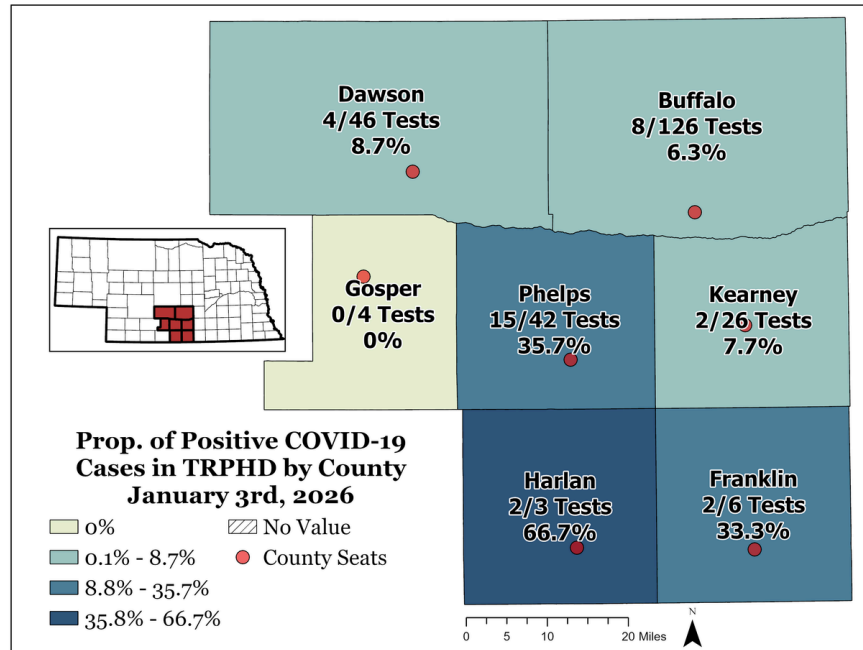
Respiratory Syncytial Virus (RSV)

- No new cases of Respiratory Syncytial Virus (RSV) were reported in the past week.



TRPHD COVID-19 Cases

January 3, 2026



COVID-19

- The incidence of COVID-19 continues to show a steady increase across all counties in TRPHD.
- Over a third of COVID tests in Phelps County returned positive in the past week.
- COVID rates in TRPHD are now comparable to the long-term average, representing a 3-fold increase in weekly case numbers in the past 4 weeks.

