

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

- A dramatic increase in Influenza A incidence was recorded in Phelps & Buffalo Counties in the past week.
- Over a third of all Flu tests were in Phelps County and over a fifth of all tests in Buffalo were positive in the past week. Flu B incidence continues to remain low.
- Incidence of COVID and RSV is low, although slightly raised compared to last week; COVID positivity rate is just below 10 for the entire health district.

Data Insights

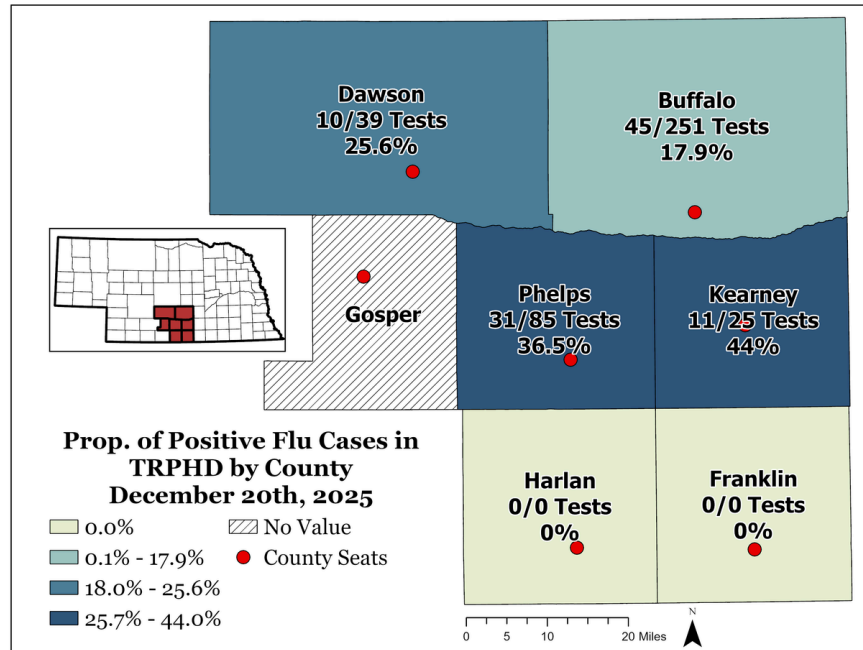
- Overall Respiratory Disease Positivity Rate is calculated by the following equation:
 - We applied a 3% overlap adjustment between Flu A and Flu B positive tests to account for the likelihood that a small percentage of individuals tested positive for both.

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

- 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.

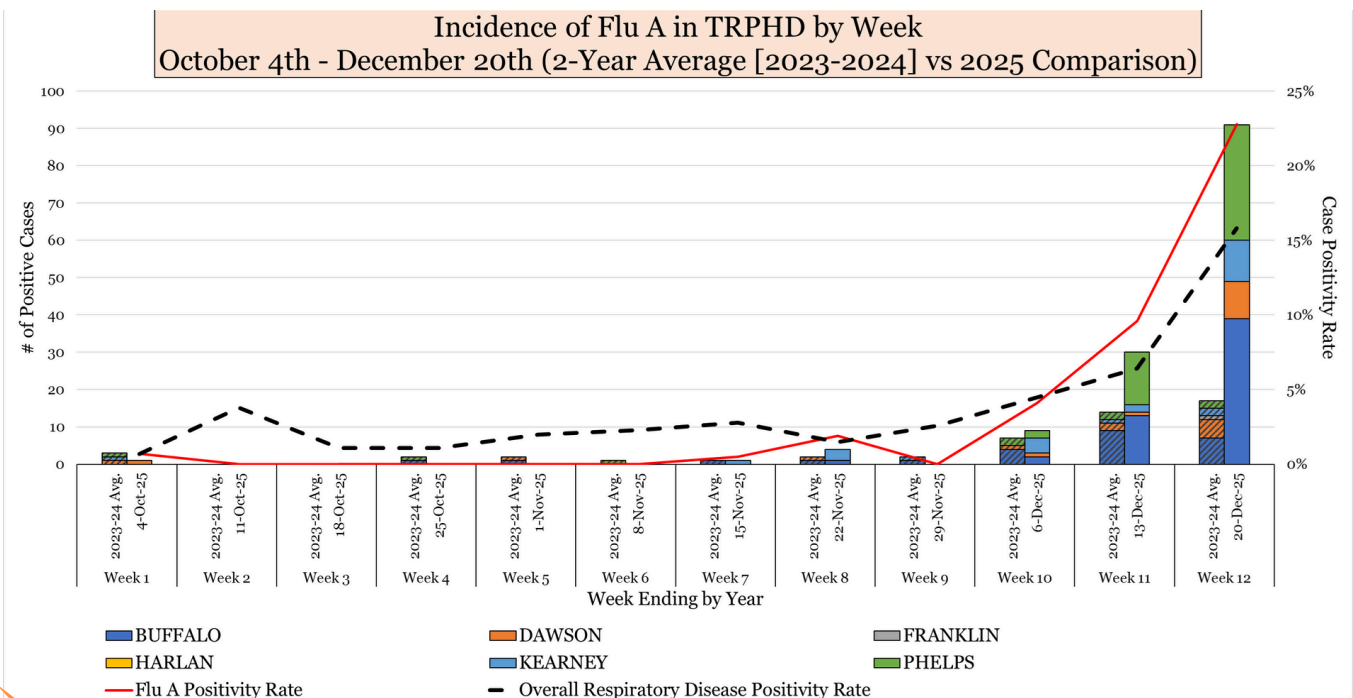
TRPHD Flu Cases

December 20, 2025



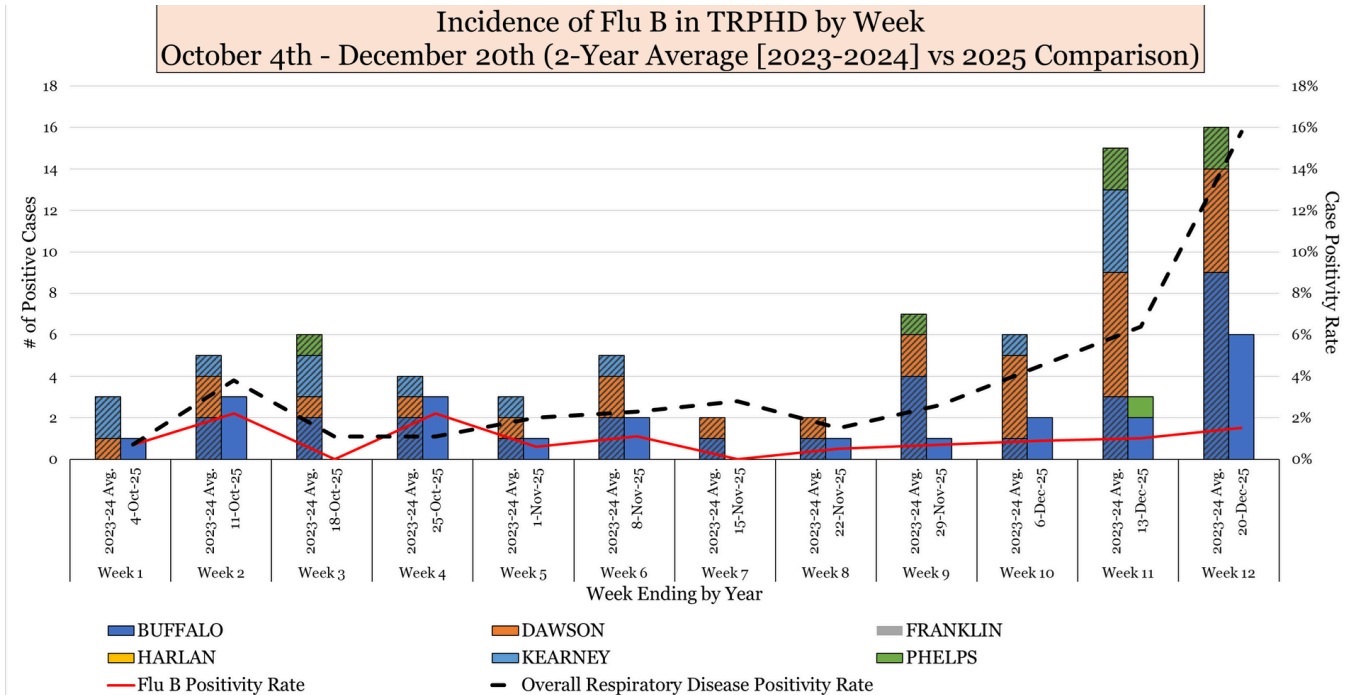
Influenza

- TRPHD recorded a dramatic increase in Flu A cases in the past week. Positive cases have tripled every week for the past 3 weeks and look set for an upward trajectory.
- An outbreak of new cases in Phelps County coupled with no cases in Harlan, Franklin, and Gosper also points to chances of increased incidence recorded in those Counties in this season.



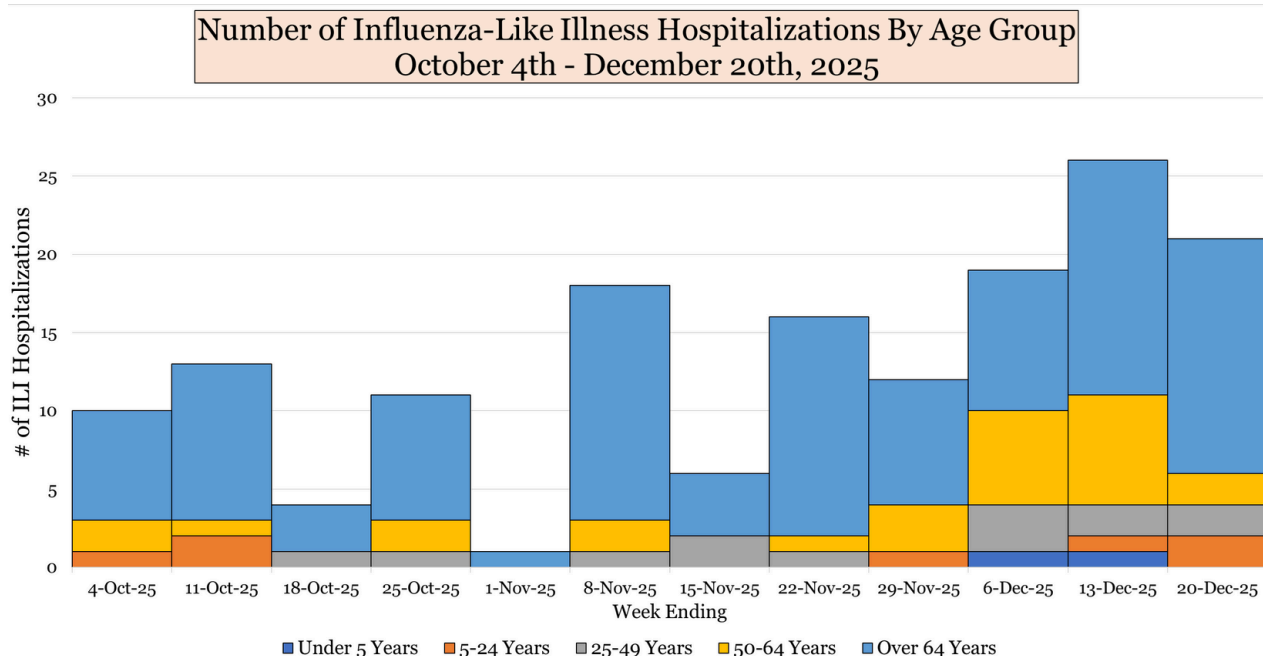
TRPHD Flu Cases

December 20, 2025



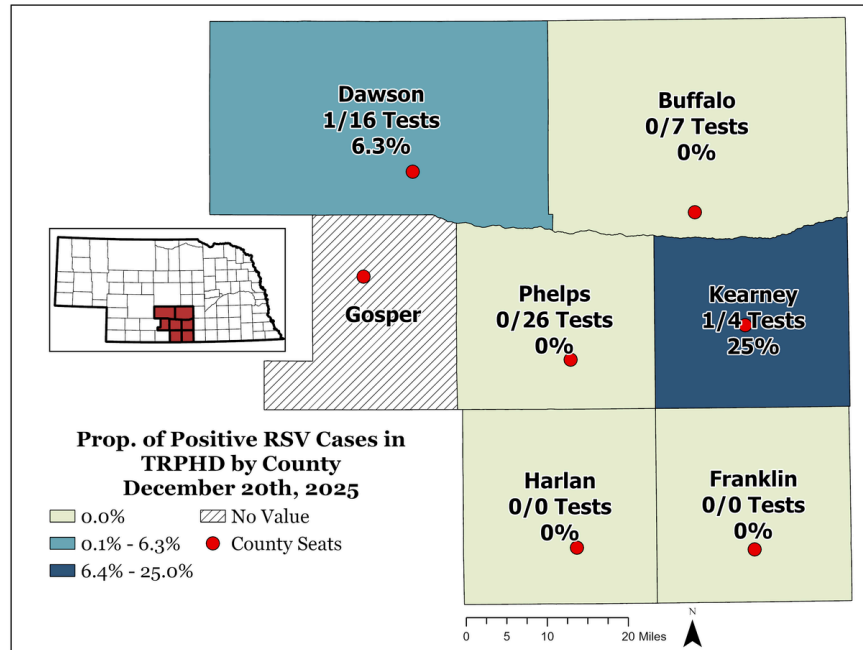
Influenza

- Hospitalizations due to Influenza-like-Illnesses (ILI) continue to remain at the higher levels seen in December.
- TRPHD strongly advises against unnecessary or routine trips to the hospital, and to wear protective coverings (preferably an N95 mask) if accessing hospital or clinic services.



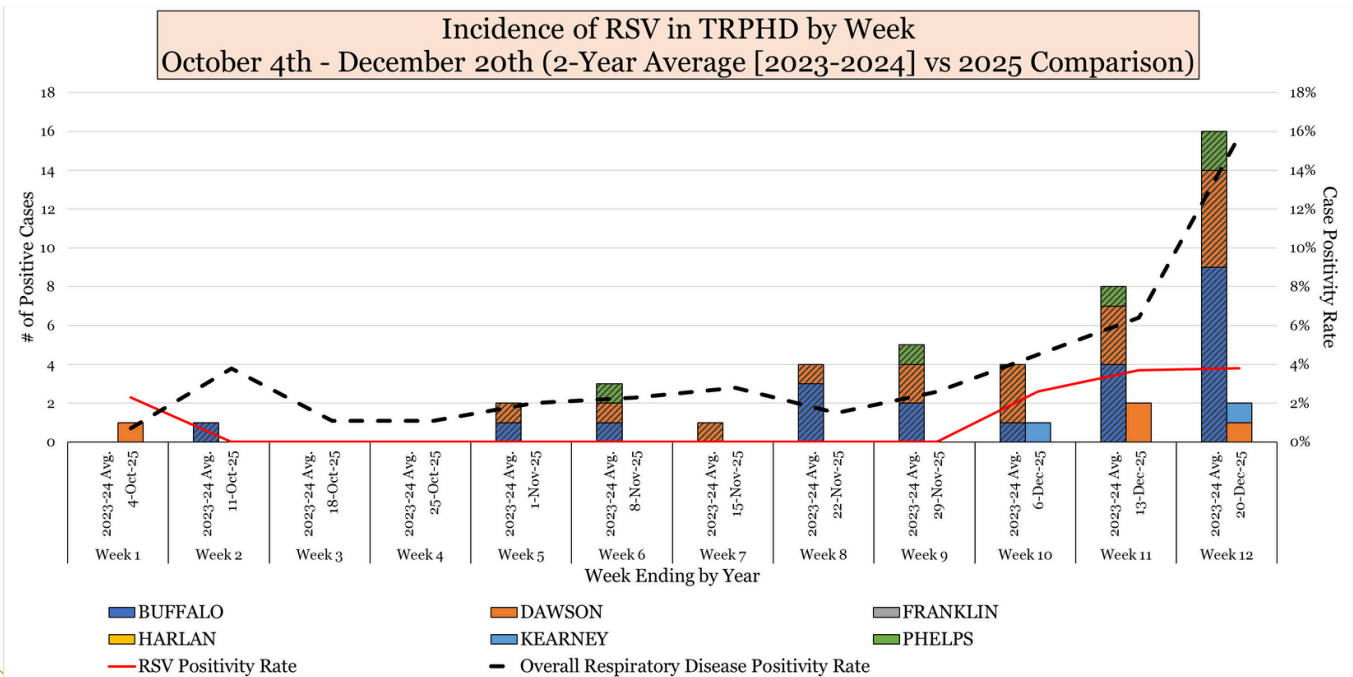
TRPHD RSV Cases

December 20, 2025



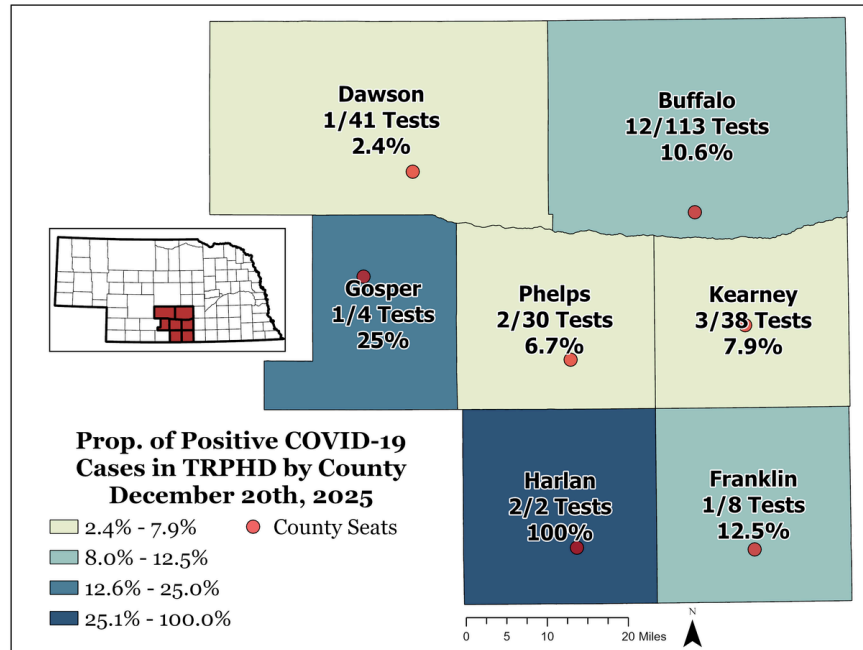
Respiratory Syncytial Virus (RSV)

- Respiratory Syncytial Virus (RSV) incidence continues to be low across TRPHD. 2 cases were recorded in the last week, bringing total cases detected this respiratory season to 6.



TRPHD COVID-19 Cases

December 20, 2025



COVID-19

- COVID shows a mild uptick from the previous week, although incidence remains far lower than the long-term average for the region.
- Unlike cases of Flu A, COVID cases seem to be present in all 7 counties of the health district, indicating a likely higher incidence in the region than is recorded.

