

# 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

- Following a Flu A outbreak in November and a Flu B outbreak in February, rates of influenza have dropped across TRPHD, and so has the overall Respiratory Disease rate, which is below 9% for the first time this calendar year.
- The 2025-26 respiratory season saw outbreaks of influenza A & B, where positivity rates spiked, and weekly case counts were over double the long-term average. However, the incidence of RSV and COVID was lower than in previous years.

# Data Insights

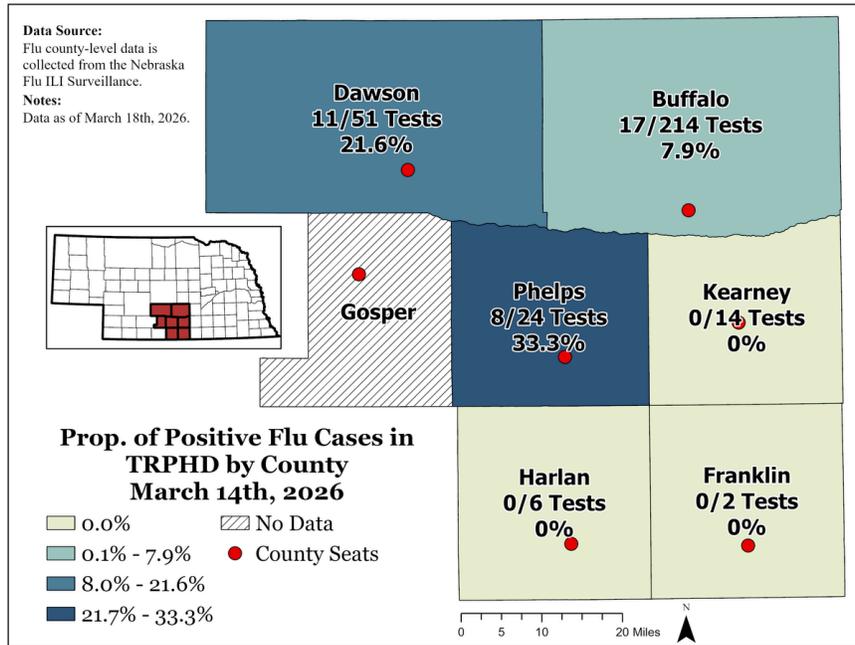
- Overall Respiratory Disease Positivity Rate is calculated by the following equation:
  - We applied a 3% overlap adjustment between Flu A and Flu B positive tests to account for the likelihood that a small percentage of individuals tested positive for both.

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

- 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.

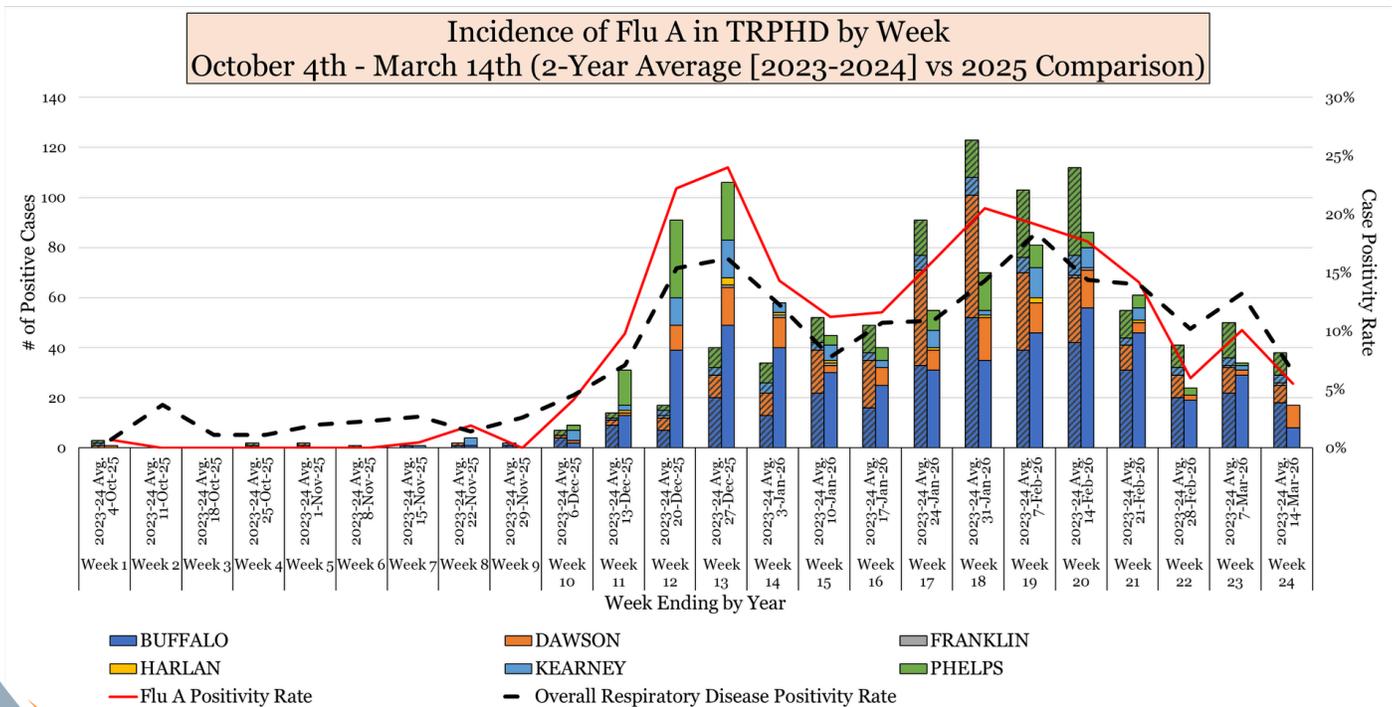
# TRPHD Flu Cases

## March 14, 2026



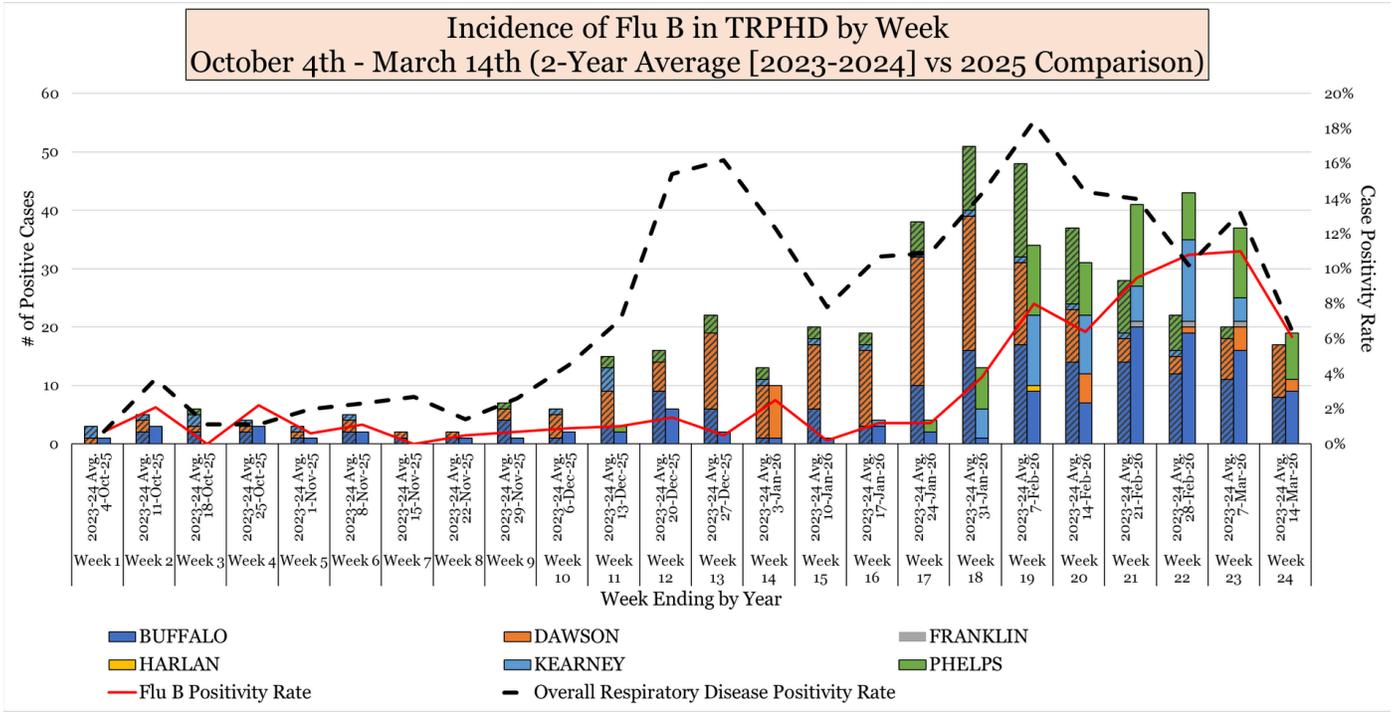
### Influenza

- The rates of Flu A and Flu B in TRPHD have fallen since the outbreak in November and January (Flu A) and in February for Flu B.
- With the advent of warmer weather, it is likely that the rates of Flu will drop further across the region - rates of both Flu A & B are closer to the long-term historic average.



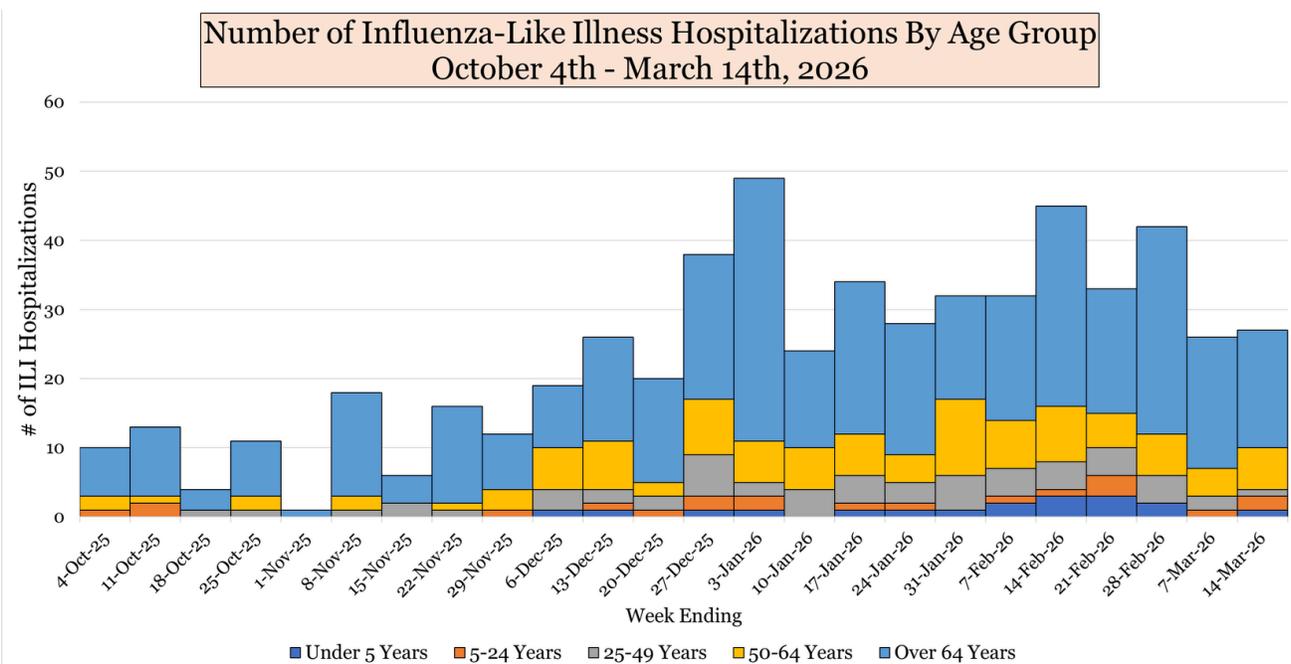
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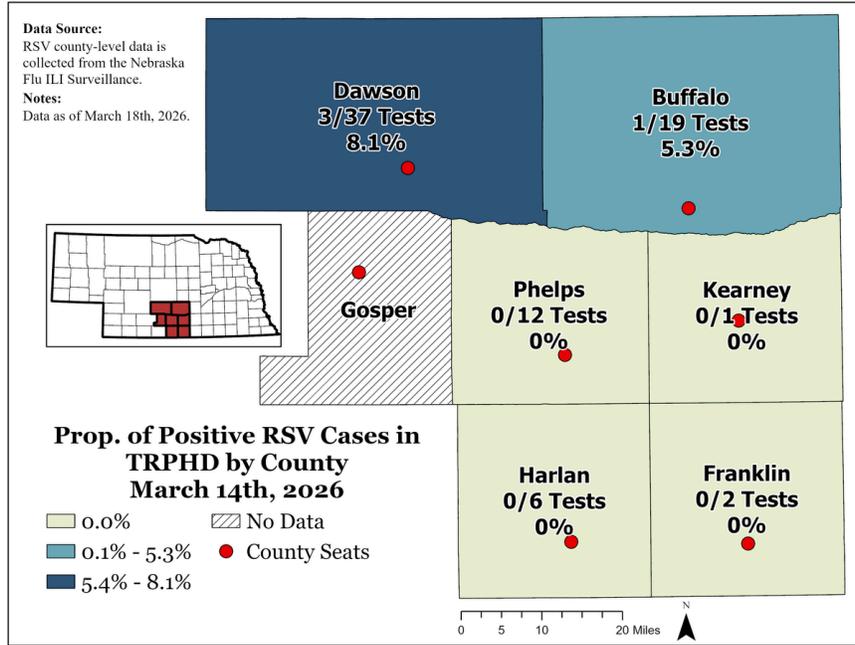
### Influenza

- Hospitalization rates for Influenza-like-Illnesses have dropped or stayed flat for the 3rd week in a row, and indicators suggest that the flu and RSV are unlikely to peak further during this season.



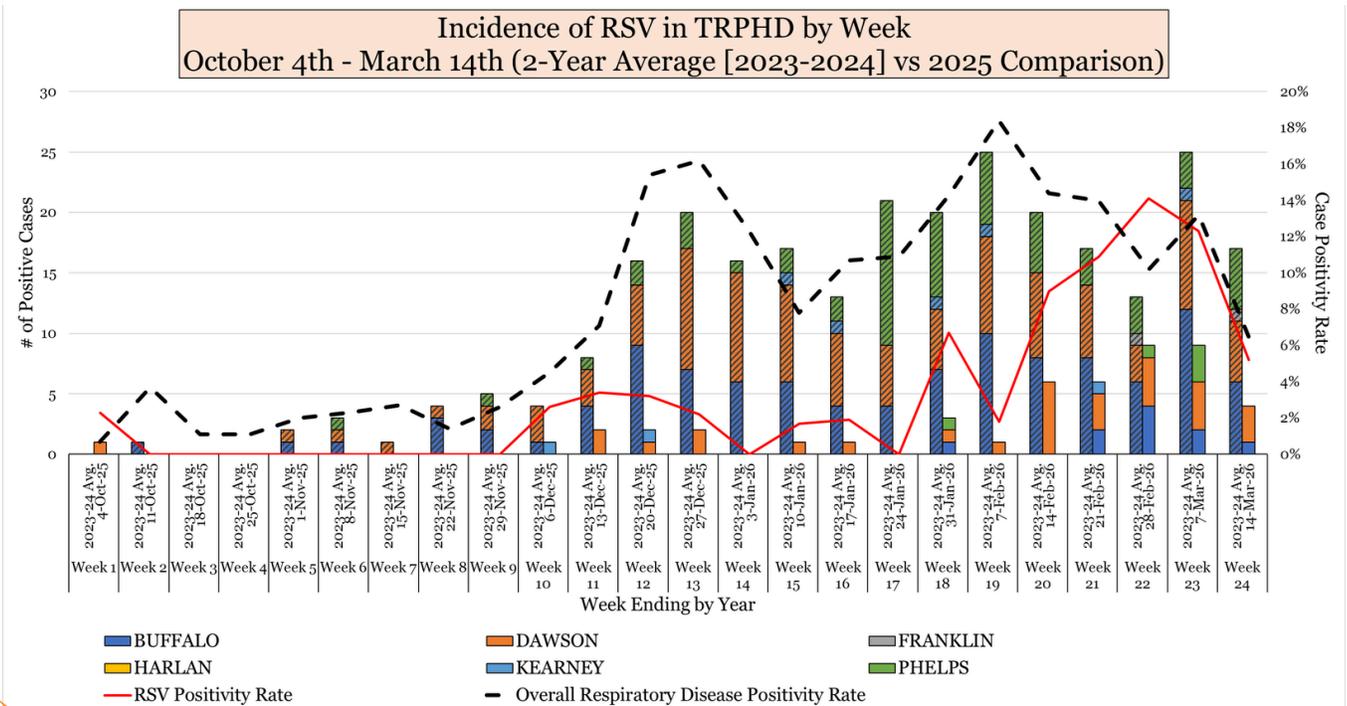
# TRPHD RSV Cases

## March 14, 2026



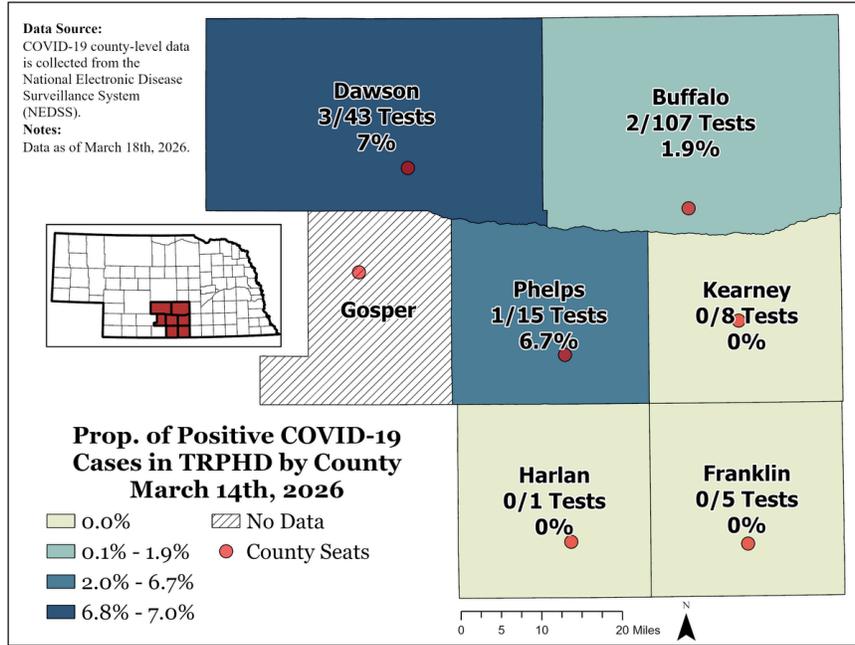
### Respiratory Syncytial Virus (RSV)

- RSV cases continue to remain low across TRPHD, and test positivity rates are at 5%.
- Weekly RSV incidence this year has not surpassed the long-term average for TRPHD for any 7-day period in this respiratory season (2025-26).



# TRPHD COVID-19 Cases

## March 14, 2026



### COVID-19

- COVID rates continue to be flat across TRPHD in the past week.
- COVID test positivity rates are at 4%, rates have remained below 10% for over a month.

