

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

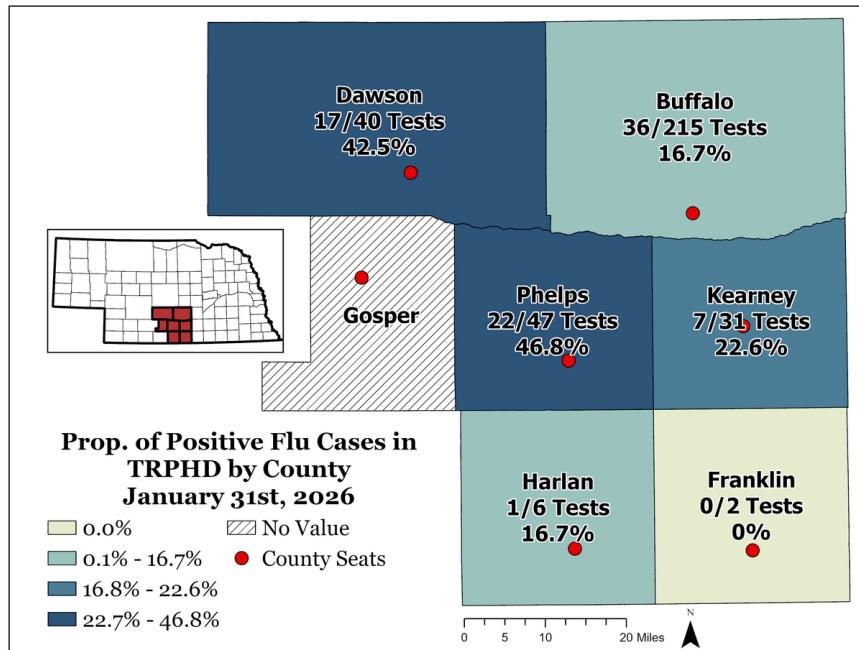
- Influenza rates have steadily risen across TRPHD in the past two weeks, including Flu B cases.
- This week, TRPHD is reporting the death of a resident of the 7-County region due to complications related to influenza. This is the second death due to influenza recorded in TRPHD during the 2025–2026 respiratory season.
- RSV and COVID continue to remain low across TRPHD.

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.

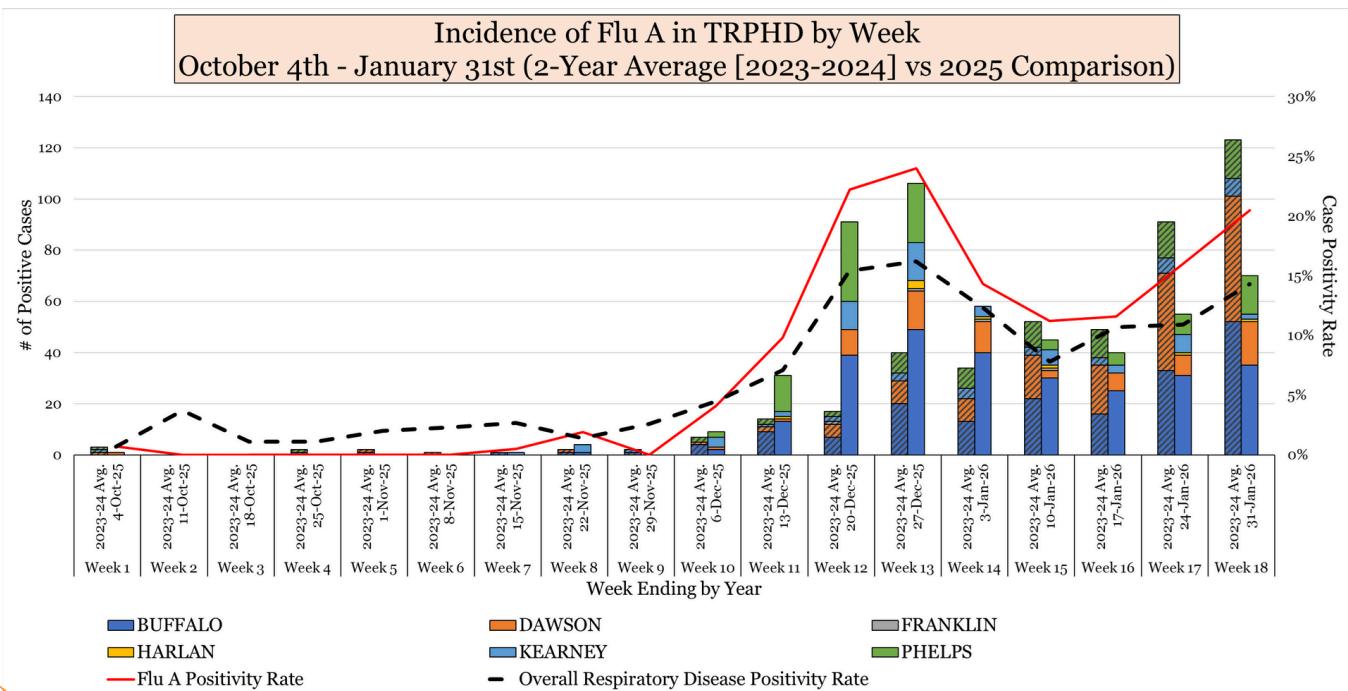
TRPHD Flu Cases

January 31, 2026



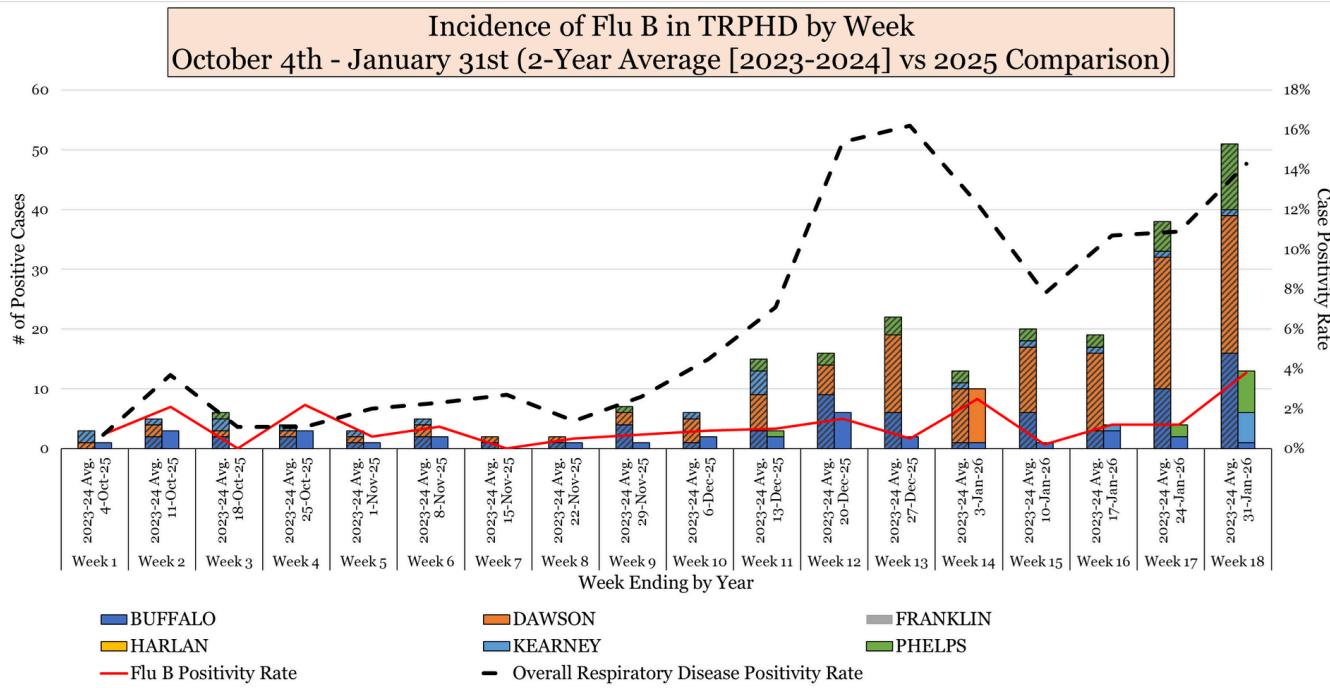
Influenza

- Cases of Influenza A and B rose in the past week, especially in Phelps County, where almost half of all Flu tests returned positive.
- Although lower than the historic average, Flu cases have shown a steady increase over the past 3 weeks.



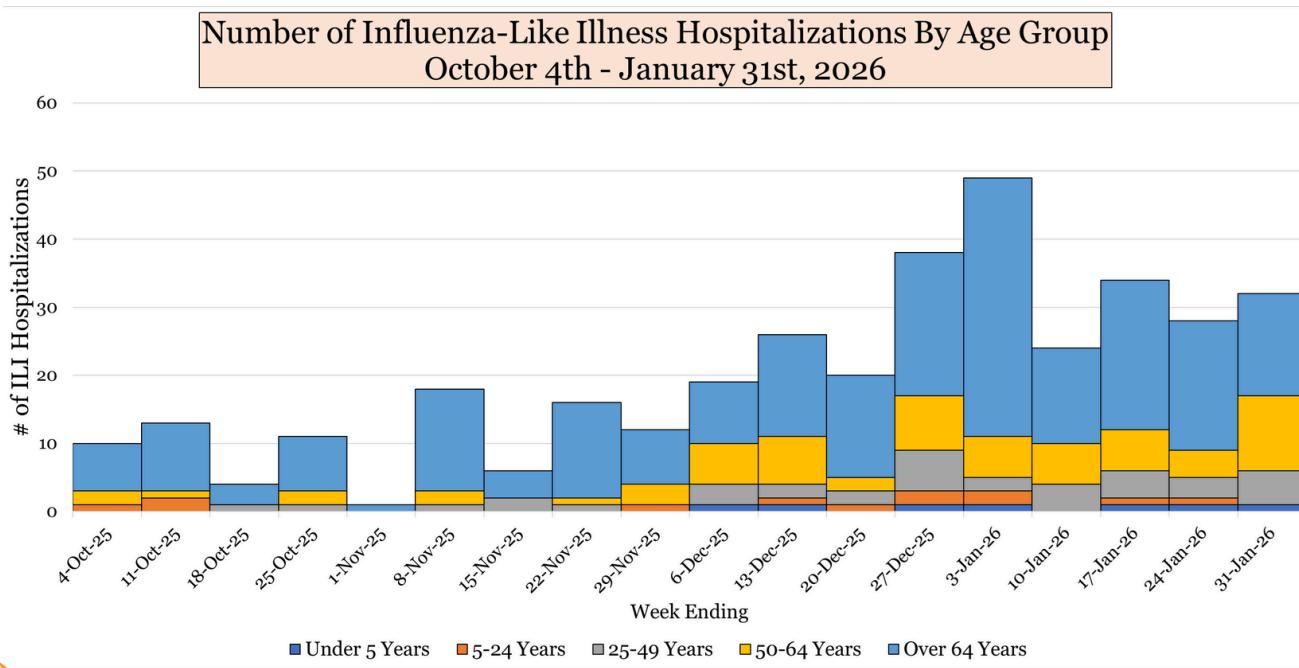
TRPHD Flu Cases

January 31, 2026



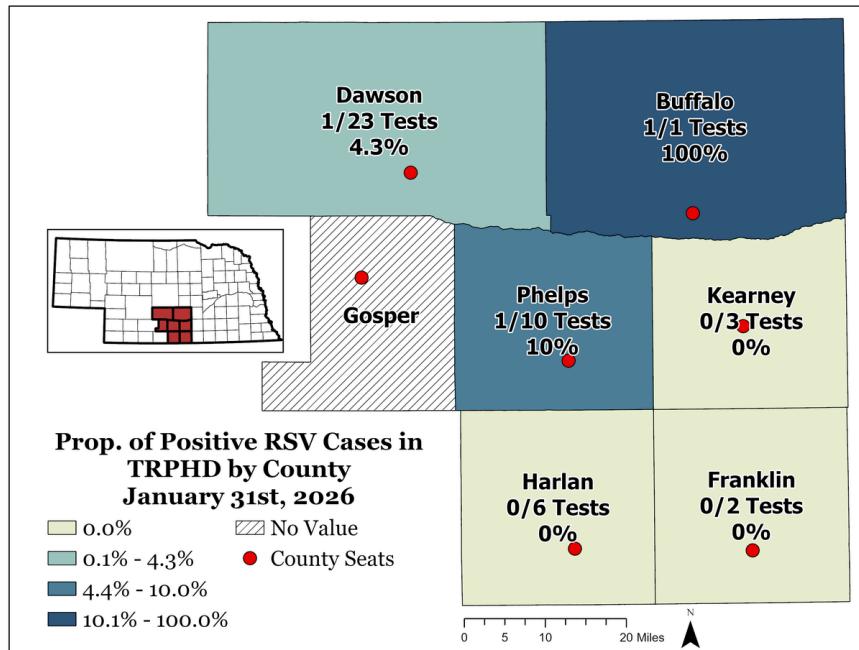
Influenza

- Rising Influenza B cases have been accompanied by reports of increased Influenza-like illness hospitalizations.



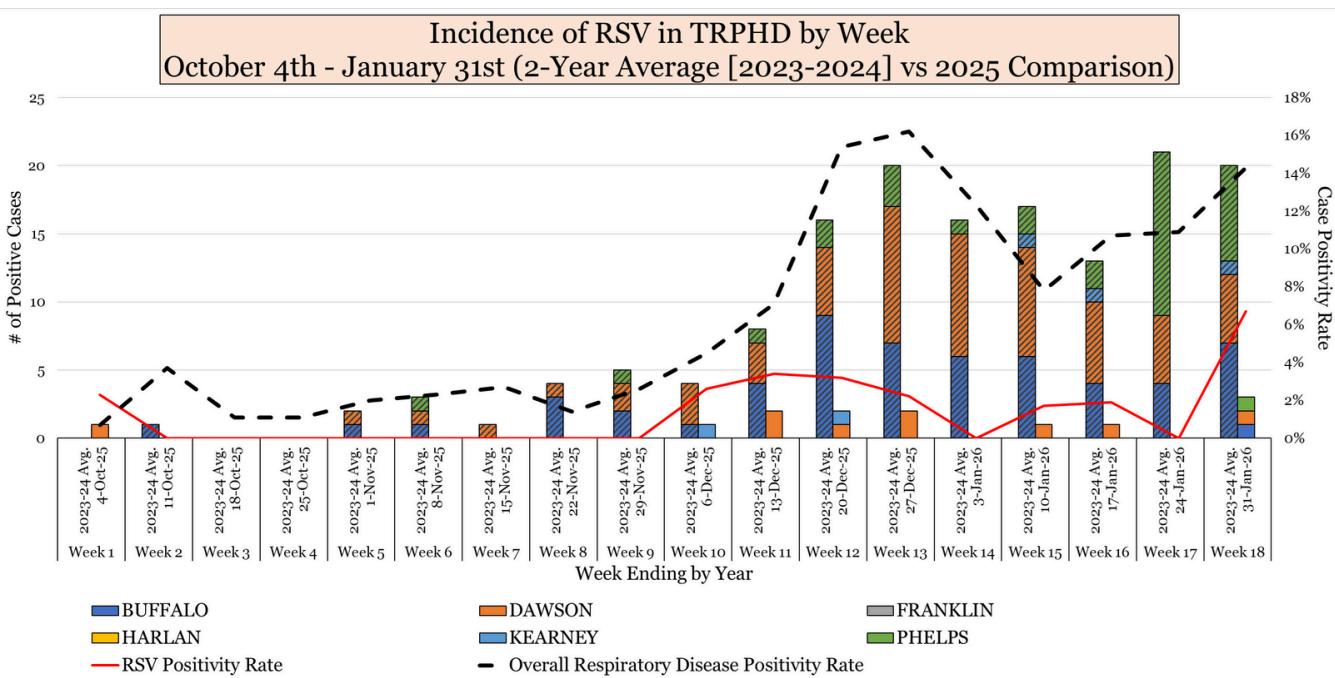
TRPHD RSV Cases

January 31, 2026



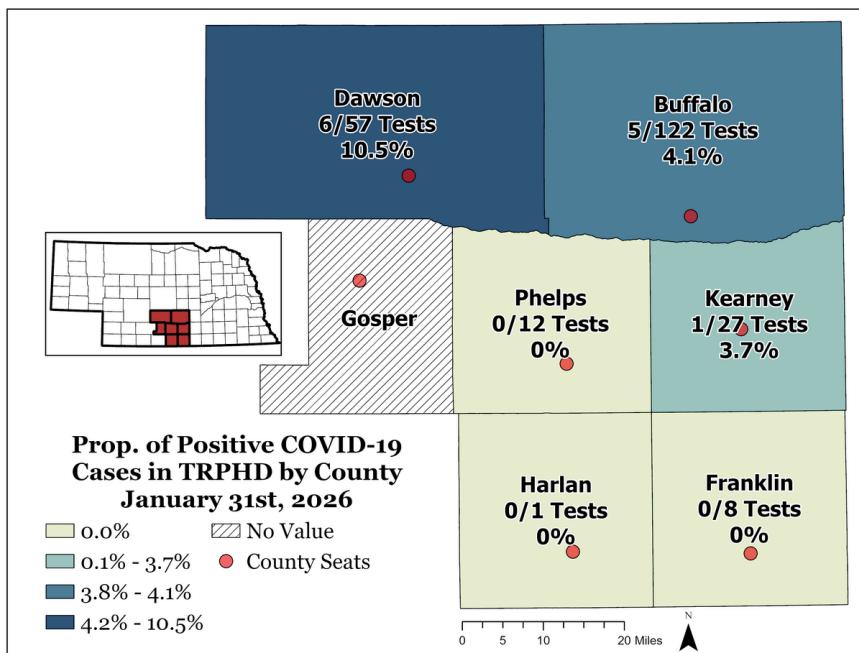
Respiratory Syncytial Virus (RSV)

- 3 cases of RSV were recorded in TRPHD this past week, the highest weekly case count this year (since October 2025).



TRPHD COVID-19 Cases

January 31, 2026



COVID-19

- COVID rates across TRPHD remain low, continuing the trend in 2025.
- Although testing rates are comparable to previous years (around 220 tests on average weekly vs. around 280 average weekly in the past 2 years), test positivity rates are low, below 5%.

