

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 rates dropped across TRPHD this week, test positivity rate is at 11%, although overall test numbers remain steady for this time of the year.
- Hospitalizations for Influenza-like-Illnesses (ILI) dropped after 7 weeks of climbing, representing likely improvement in hospital capacity compared to previous months.
- Rates of Respiratory Syncytial Virus (RSV), Flu B, and COVID continue to remain below the historic average.

Data Insights

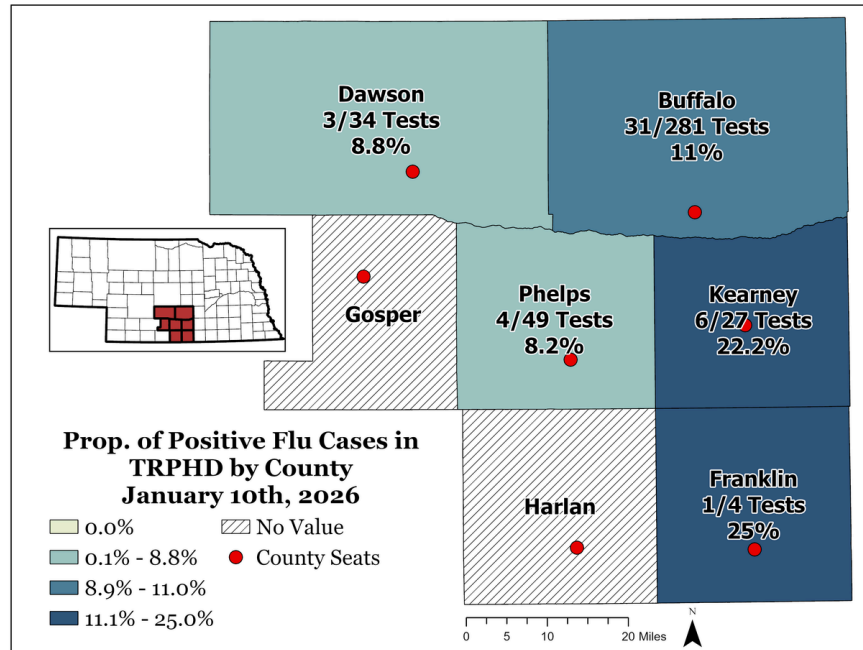
- Overall Respiratory Disease Positivity Rate is calculated by the following equation:
 - We applied a 3% overlap adjustment between Flu A and Flu B positive tests to account for the likelihood that a small percentage of individuals tested positive for both.

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

- 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.

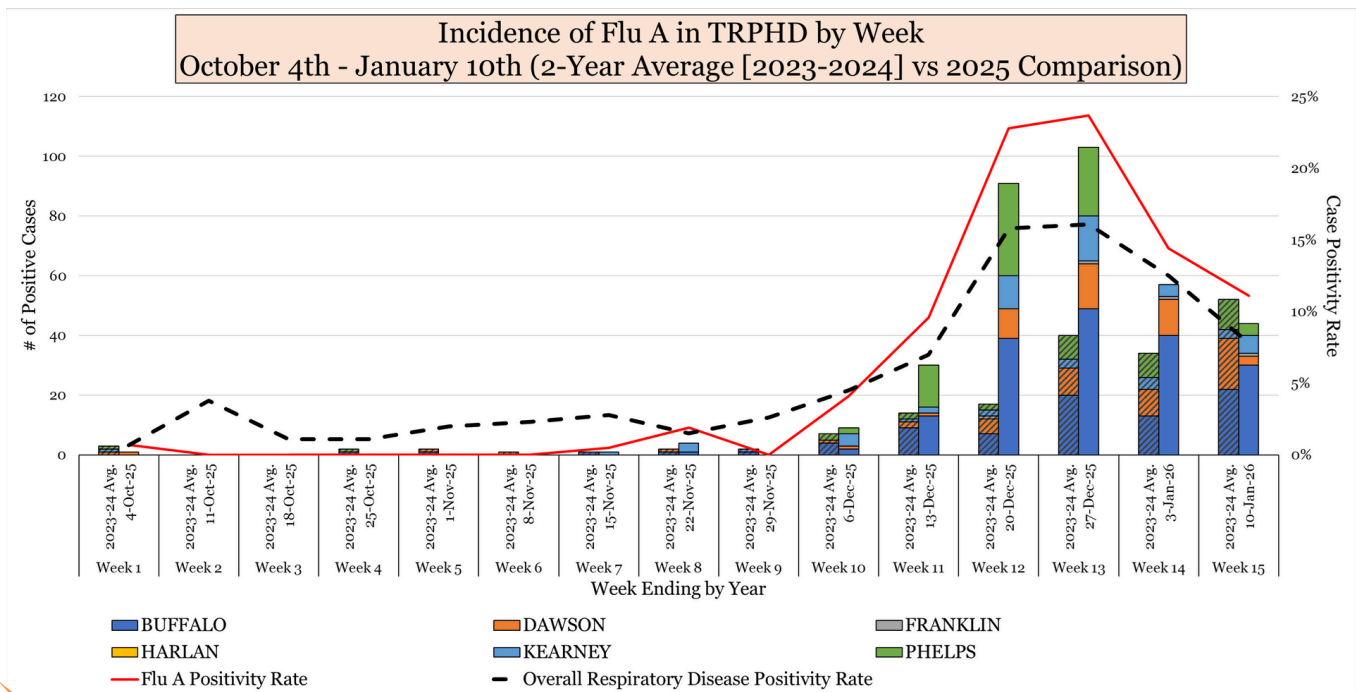
TRPHD Flu Cases

January 10, 2026



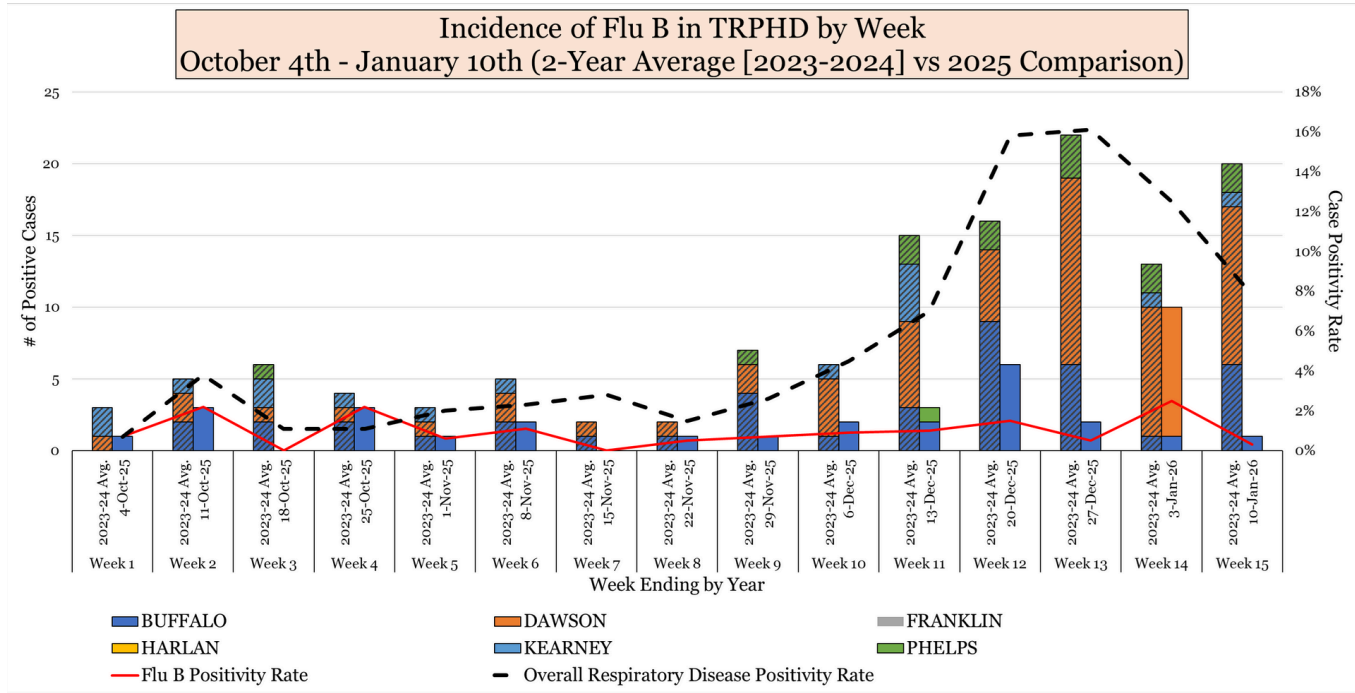
Influenza

- Influenza A cases have dropped across TRPHD, even as overall testing rates remain steady (~400 flu tests weekly)
- Detection of 10 flu cases last week across Kearney and Phelps Counties indicates a possible emerging focus in these areas, but lower positivity rates in Buffalo and Dawson are encouraging.



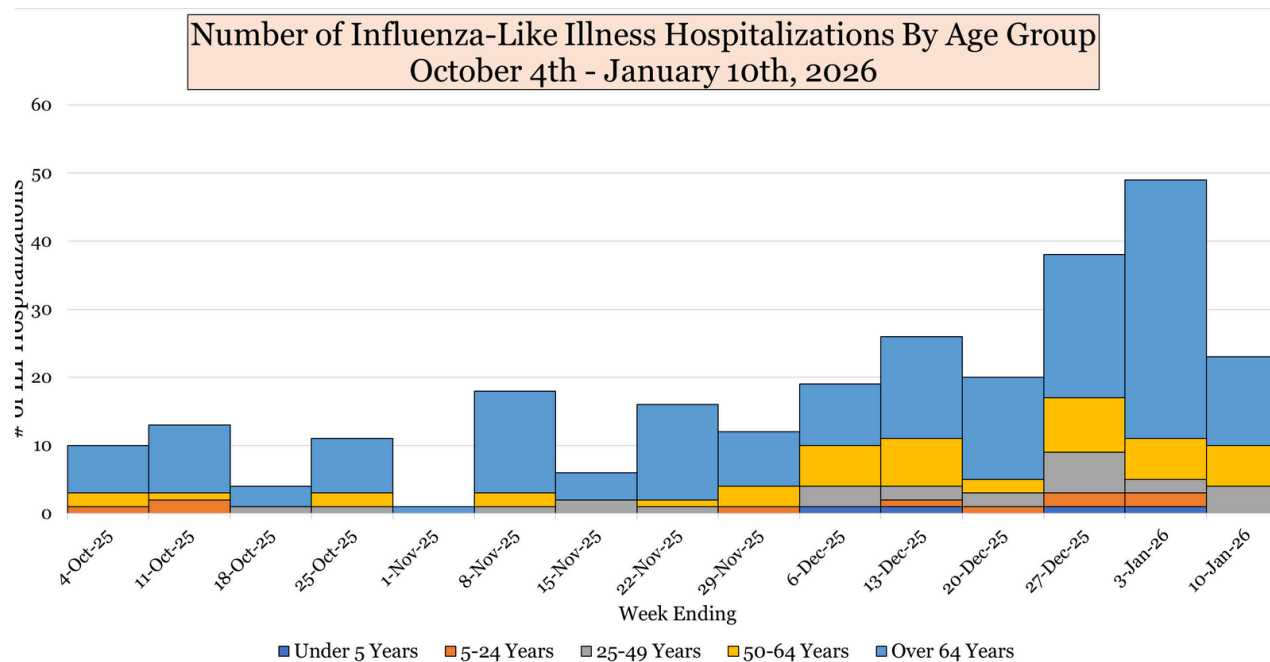
TRPHD Flu Cases

January 10, 2026



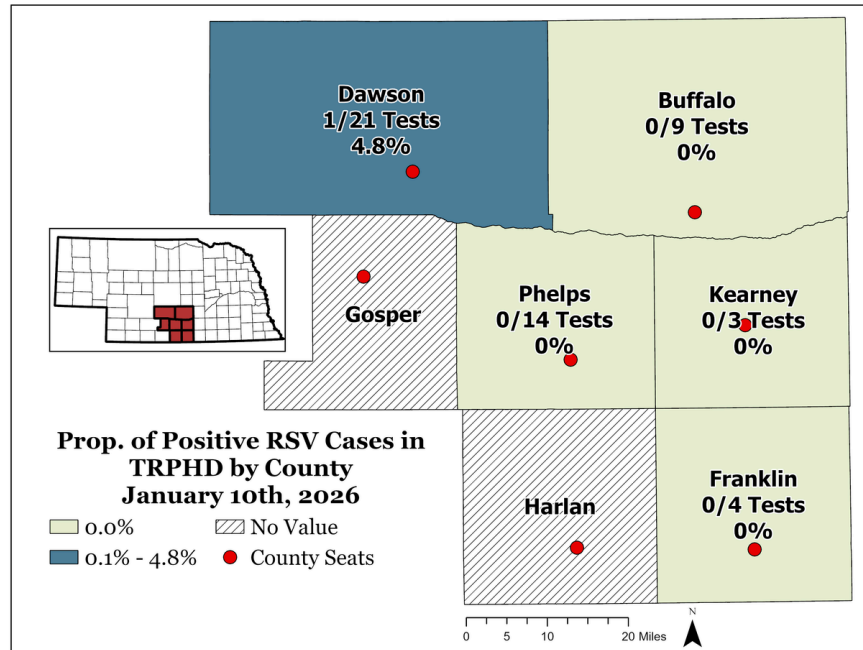
Influenza

- Hospitalizations for Influenza-like-Illnesses (ILI) have fallen after rising sharply for 2 months.
- Influenza B rates continue to remain low across TRPHD.



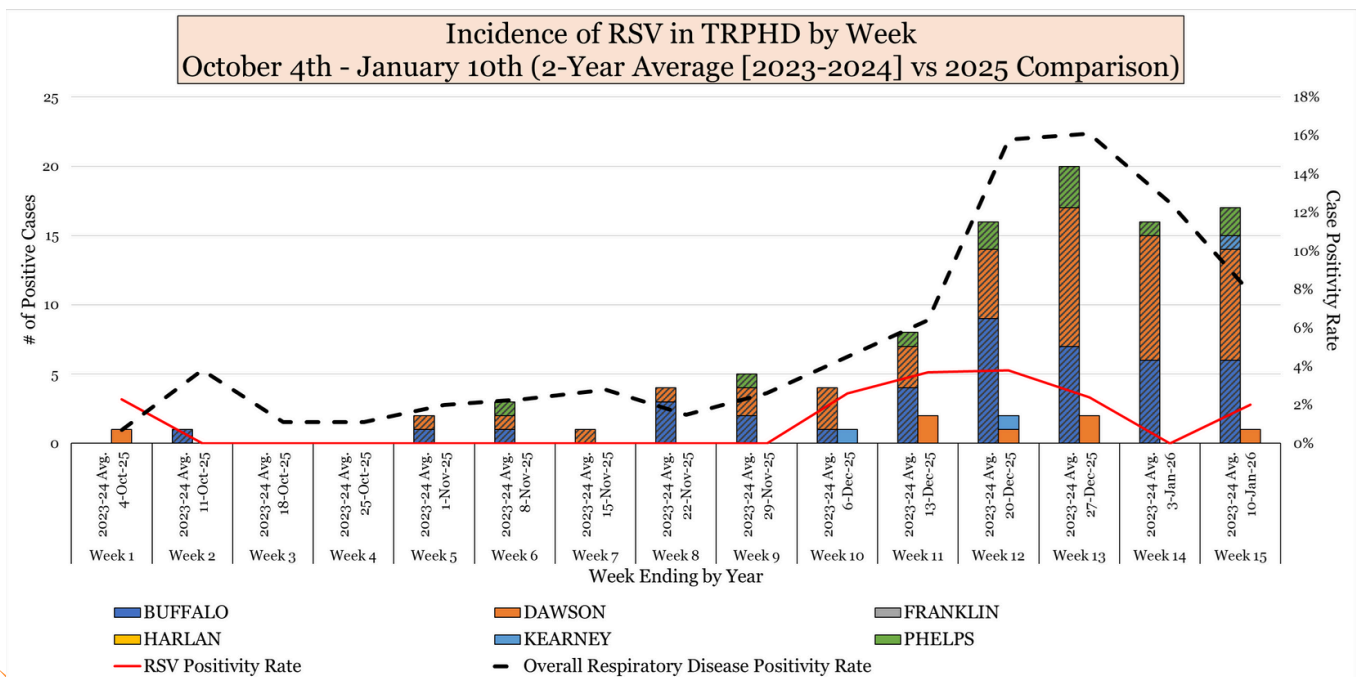
TRPHD RSV Cases

January 10, 2026



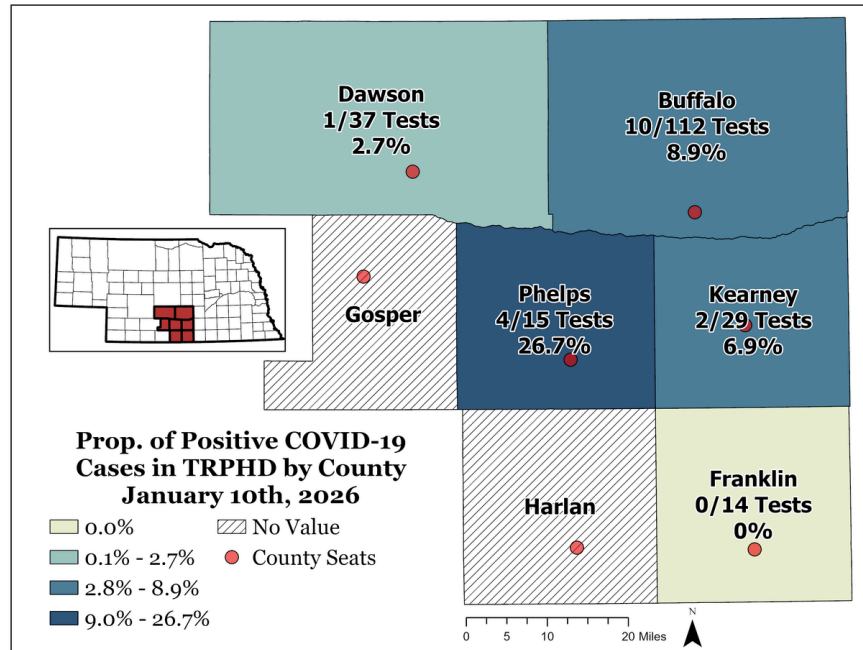
Respiratory Syncytial Virus (RSV)

- RSV rates continue to be flat - one case was detected in Dawson County the previous week.



TRPHD COVID-19 Cases

January 10, 2026



COVID-19

- COVID cases registered a sharp decline after reaching the 2025-26 season peak last week.
- COVID rates continue to be far lower than the long-term average, registering less than 10 cases on average per week this season.

