



FOR IMMEDIATE RELEASE

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Influenza Deaths in the District

KEARNEY – The Two Rivers Public Health Department is announcing the confirmation of two adult influenza deaths within the Two Rivers District – Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, Phelps counties. DHHS has reported a total of 20 influenza related deaths in Nebraska this Flu season as of February 17th, 2024. The best way to prevent influenza is to get vaccinated. Call TRPHD to schedule your Flu shot today 888-669-7154.

SIGNS & SYMPTOMS – Common symptoms of the flu often — but not always — include a fever as well as aching muscles, chills, and sweats.

- Headache.
- Dry, persistent cough
- Shortness of breath
- Tiredness and weakness
- Runny or stuffy nose
- Sore throat
- Eye pain
- Vomiting and diarrhea also are flu symptoms

WHEN TO SEE A DOCTOR – Most people who get the flu can treat themselves at home and often don't need to see a healthcare professional. If you have emergency symptoms of the flu, get medical care right away.

- Difficulty breathing or shortness of breath
- Chest pain
- Ongoing dizziness
- Seizures
- Worsening of existing medical conditions
- Severe weakness or muscle pain
- Gray or blue, lips or nail beds
- Dehydration

ABOUT TWO RIVERS PUBLIC HEALTH DEPARTMENT

Two Rivers Public Health Department engages collaborative partners, community leaders and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district. Follow TRPHD on Facebook and Twitter @2RPHD