

News Release

For Immediate Release

December 16, 2025

Contact: Melissa Propp, RN, Clinic Manager, 308-345-4223

Influenza (Flu) Season is Here

Southwest Nebraska Public Health Department (SWNPHD) has received reports of Influenza A cases in the health district and is seeing influenza (the flu) starting to go around Nebraska and in many parts of the United States. Flu activity usually increases in the fall and winter, and we are now beginning to see more cases.

Influenza is a virus that infects your nose, throat, and lungs, and can spread to other organs in severe cases. It is usually grouped into 2 categories, Influenza A and Influenza B. Influenza A tends to make people sicker than B.

This year virus experts are watching a new strain of influenza called subclade K, which is an Influenza A virus. While it is normal for flu viruses to change from year to year, the subclade K strain is one that health officials are keeping a close eye on because it has changed a lot from the version that went around last year.

Why Flu Vaccination Matters

During last year's flu season, 86 people visited emergency rooms for influenza like illnesses in southwest Nebraska. Most of the visits happened in December, January, and February. Getting a flu shot is the best way to protect yourself and the people around you. The flu vaccine can help prevent serious illness, keeping you from missing school or work, or ending up in the hospital.

It's Not Too Late to Get Vaccinated

Even though flu season has already started, it is not too late to get your flu shot, especially before the holiday season when many people gather indoors. It takes the body about two weeks to build immunity so now it is the perfect time to get your flu shot if you haven't already. The Centers for Disease Control and Prevention (CDC) recommend that everyone 6 months and older get a flu shot every year.

“Getting a flu shot is one of the simplest ways to protect your family and community,” said Melissa Propp, Clinic Manager. “With the holidays coming up, now is the perfect time to get vaccinated. We want everyone to stay healthy and enjoy the season.”

For more information about flu vaccines or where to get one, contact your healthcare provider or call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. Follow SWNPHD on Facebook, Instagram, and YouTube, or view the website at swhealth.ne.gov.