Flu activity continues in Lancaster County, with an increase in influenza-like-illness (ILI) provider visits and an increase in ILI in schools. The Lancaster County weekly positivity rate for influenza is 11.6 percent.

Nationally, influenza activity is still highest in the central and south-central regions of the country but appears to be declining slightly in these regions. Influenza activity is increasing in the northeast and northwest regions.

CDC estimates that, so far this season, there have been at least 3.5 million flu illnesses, 34,000 hospitalizations, and 2,000 deaths from flu.

It’s not too late to get vaccinated. An annual flu vaccine is the best way to protect against flu and its potentially serious complications. CDC recommends everyone 6 months and older get a flu vaccine.

Weekly Lancaster County flu graphs:

Nebraska weekly flu update:

National weekly flu update: