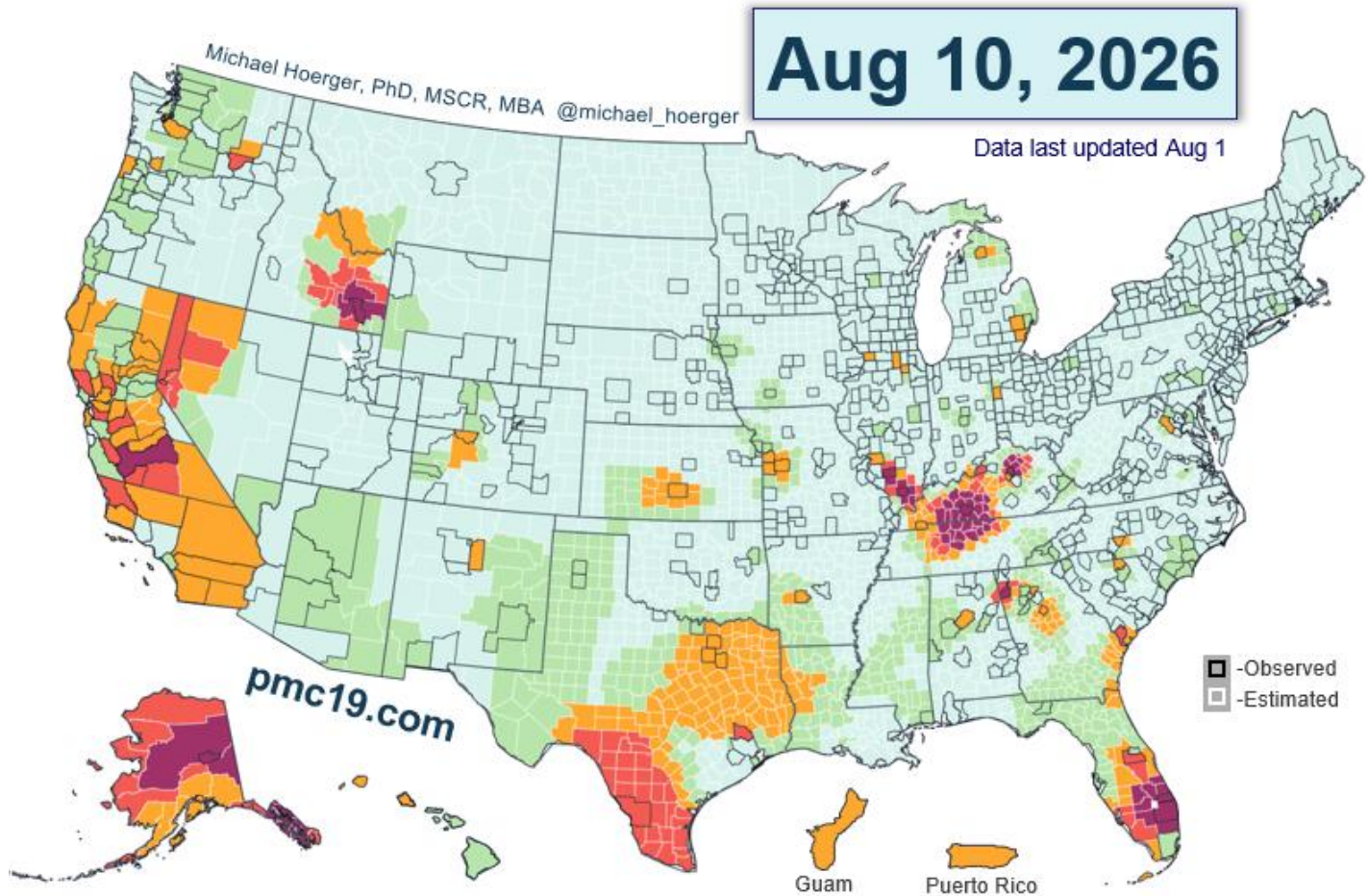


PMC U.S. COVID-19 Report for August 10, 2026.

pmc19.com

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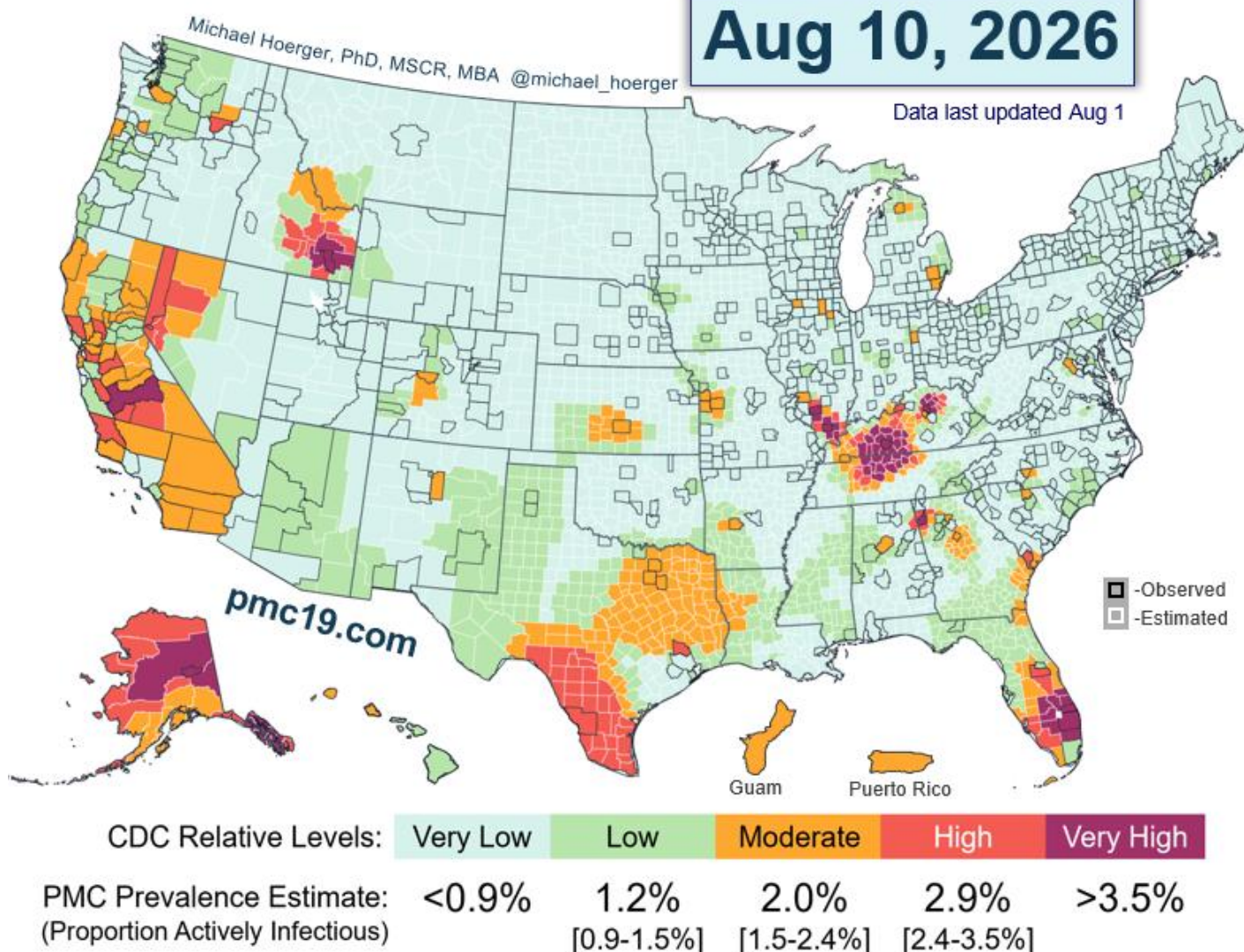
Announcements

Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) also reported. The CDC data are flat, whereas the Biobot data show increased transmission.

COVID-19 Heat Map, Based on CDC Wastewater Data and Levels (U.S.)

Aug 10, 2026



The US has 5 regional COVID outbreaks and 4 isolated outbreaks. The regional outbreaks include much of Alaska, California and western Nevada, much of Texas (central Texas sites have been shut off), the region from Kentucky through southern Illinois, and much of southern Florida. Isolated outbreaks include Franklin County in Washington, Bannock County in Idaho, Floyd County in Georgia, and Jasper County in South Carolina. Levels are rising across much of the US but later and slower than typical.

COVID-19 State Prevalence Estimates

pmc19.com

Aug 10, 2026

Chances anyone is infectious
in a room of 10 to 100 people

State	CDC Level	PMC Estimate, % Actively Infectious	10	25	50	100
Alabama	Low	1 in 83 (1.2%)	11%	26%	46%	70%
Alaska	High	1 in 29 (3.5%)	30%	59%	83%	97%
Arizona	Low	1 in 90 (1.1%)	11%	24%	43%	67%
Arkansas	Very Low*	1 in 161 (0.6%)	6%	14%	27%	46%
California	Moderate	1 in 64 (1.6%)	15%	33%	55%	79%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 148 (0.7%)	7%	16%	29%	49%
Delaware	Very Low	1 in 238 (0.4%)	4%	10%	19%	34%
District of Columbia	Low	1 in 74 (1.3%)	13%	29%	49%	74%
Florida	Low	1 in 87 (1.2%)	11%	25%	44%	69%
Georgia	Low	1 in 79 (1.3%)	12%	27%	47%	72%
Guam	Moderate	1 in 54 (1.8%)	17%	37%	61%	84%
Hawaii	Moderate	1 in 63 (1.6%)	15%	33%	55%	80%
Idaho	Very Low	1 in 336 (0.3%)	3%	7%	14%	26%
Illinois	Very Low	1 in 193 (0.5%)	5%	12%	23%	41%
Indiana	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Iowa	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Kansas	Very Low	1 in 238 (0.4%)	4%	10%	19%	34%
Kentucky	Moderate	1 in 56 (1.8%)	16%	36%	59%	83%
Louisiana	Very Low	1 in 127 (0.8%)	8%	18%	33%	55%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 352 (0.3%)	3%	7%	13%	25%
Massachusetts	Very Low	1 in 715 (0.1%)	1%	3%	7%	13%
Michigan	Very Low	1 in 226 (0.4%)	4%	10%	20%	36%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Low*	1 in 76 (1.3%)	12%	28%	48%	73%

* Limited data reporting

Data last updated Aug 1

COVID-19 State Prevalence Estimates

pmc19.com

Aug 10, 2026

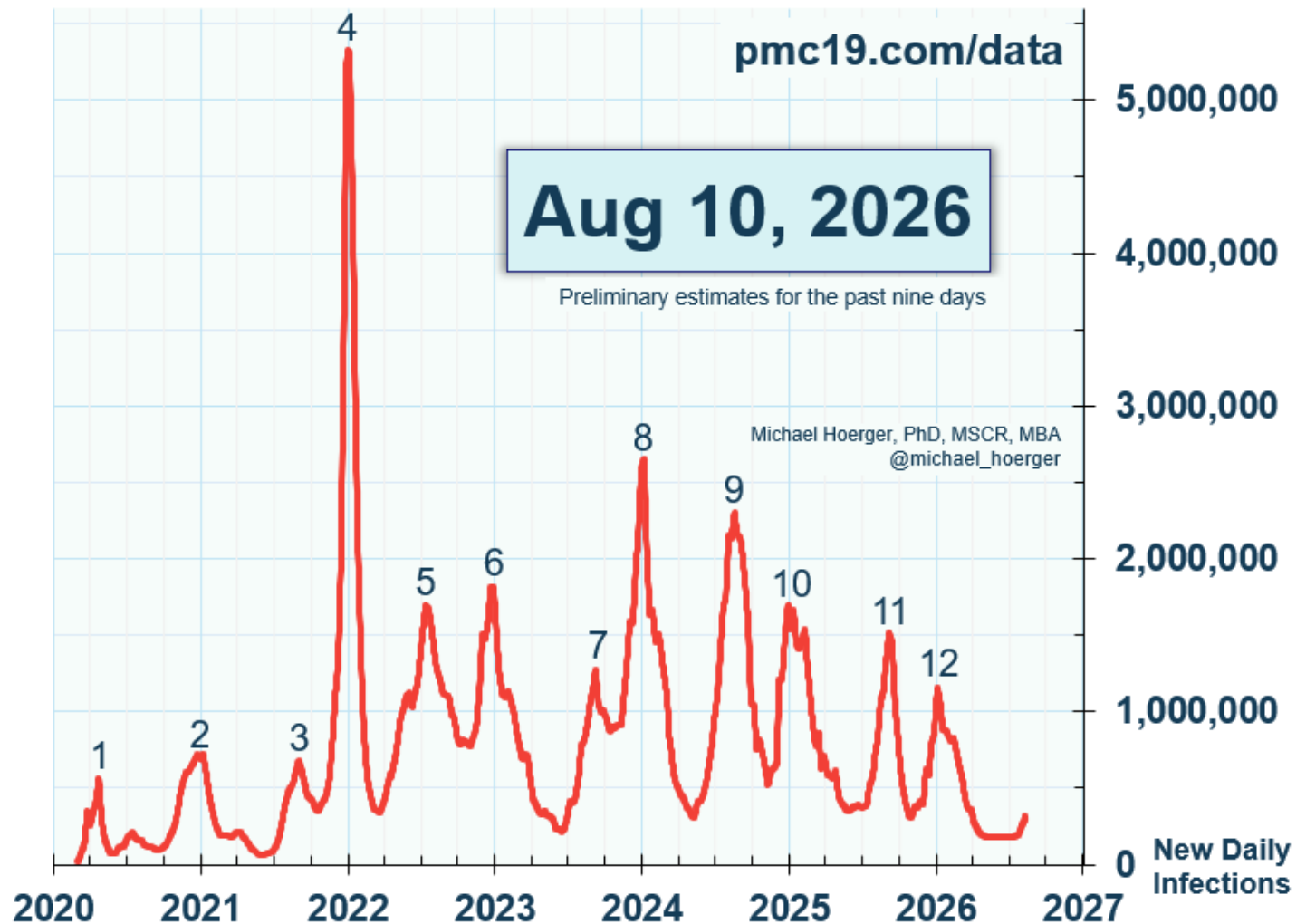
Chances anyone is infectious
in a room of 10 to 100 people

State	CDC Level	PMC Estimate, % Actively Infectious	10	25	50	100
Missouri	Very Low	1 in 150 (0.7%)	6%	15%	28%	49%
Montana	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 435 (0.2%)	2%	6%	11%	21%
Nevada	Low	1 in 96 (1.0%)	10%	23%	41%	65%
New Hampshire	Very Low	1 in 347 (0.3%)	3%	7%	13%	25%
New Jersey	Very Low	1 in 326 (0.3%)	3%	7%	14%	26%
New Mexico	Very Low	1 in 142 (0.7%)	7%	16%	30%	51%
New York	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
North Dakota	Very Low*	1 in 282 (0.4%)	3%	8%	16%	30%
Ohio	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma	Very Low*	1 in 528 (0.2%)	2%	5%	9%	17%
Oregon	Low	1 in 88 (1.1%)	11%	25%	44%	68%
Pennsylvania	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Puerto Rico	Moderate*	1 in 58 (1.7%)	16%	35%	58%	82%
Rhode Island	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
South Carolina	Very Low	1 in 123 (0.8%)	8%	18%	33%	56%
South Dakota	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
Tennessee	Very Low	1 in 127 (0.8%)	8%	18%	33%	55%
Texas	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Utah	Very Low	1 in 288 (0.3%)	3%	8%	16%	29%
Vermont	Very Low	1 in 258 (0.4%)	4%	9%	18%	32%
Virginia	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Washington	Low	1 in 91 (1.1%)	10%	24%	42%	67%
West Virginia	Very Low	1 in 1,848 (0.1%)	1%	1%	3%	5%
Wisconsin	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Wyoming	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%

* Limited reporting; ND averages MN, MT, SD; PR from PR dashboard

Data last updated Aug 1

SARS-CoV-2 New Daily Infections, Wastewater-Derived Estimates (U.S.)



PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.4** infections per person and **14.4** months between infections.

National COVID-19 Estimates (U.S.)

Aug 10, 2026

pmc19.com

Infections

Proportion Actively Infectious	1 in 156 (0.6%)
New Daily Infections	315,000
Infections the Past Week	2,020,000
Infections in 2026	92,000,000
Cumulative Infections per Person	5.36

Long COVID

Long COVID Cases Resulting from New Daily Infections	16,000 to 63,000
Long COVID Cases Resulting from New Weekly Infections	101,000 to 400,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	80 to 140
Excess Deaths Resulting from New Weekly Infections	500 to 900

National COVID-19 Risk Table (U.S.)

Aug 10, 2026

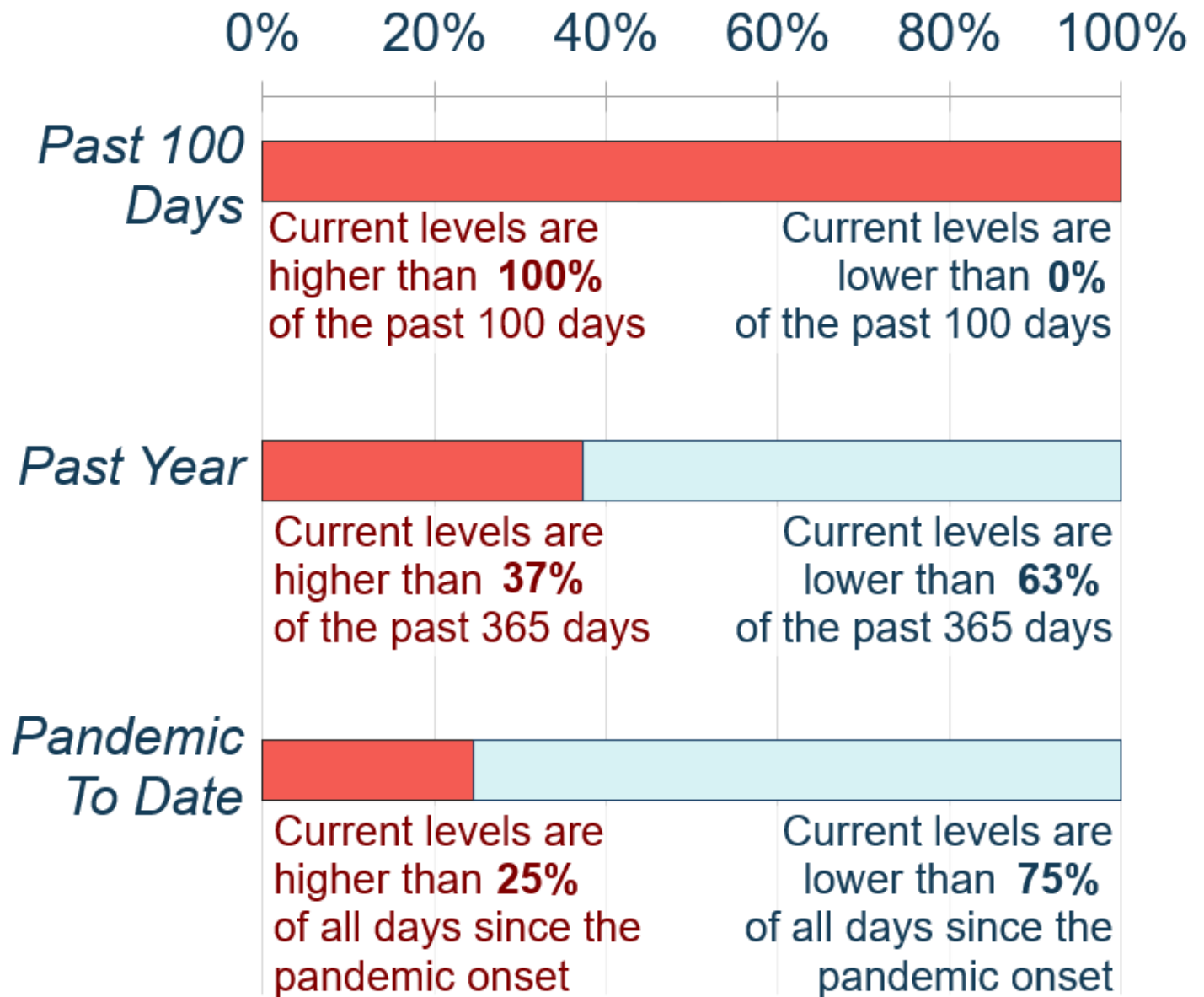
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<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.6%
2	1.3%
3	1.9%
4	2.5%
5	3.2%
10	6.2%
15	9.2%
20	12.1%
25	14.9%
30	17.6%
50	27.5%
75	38.3%
100	47.5%
200	72.4%
300	85.5%

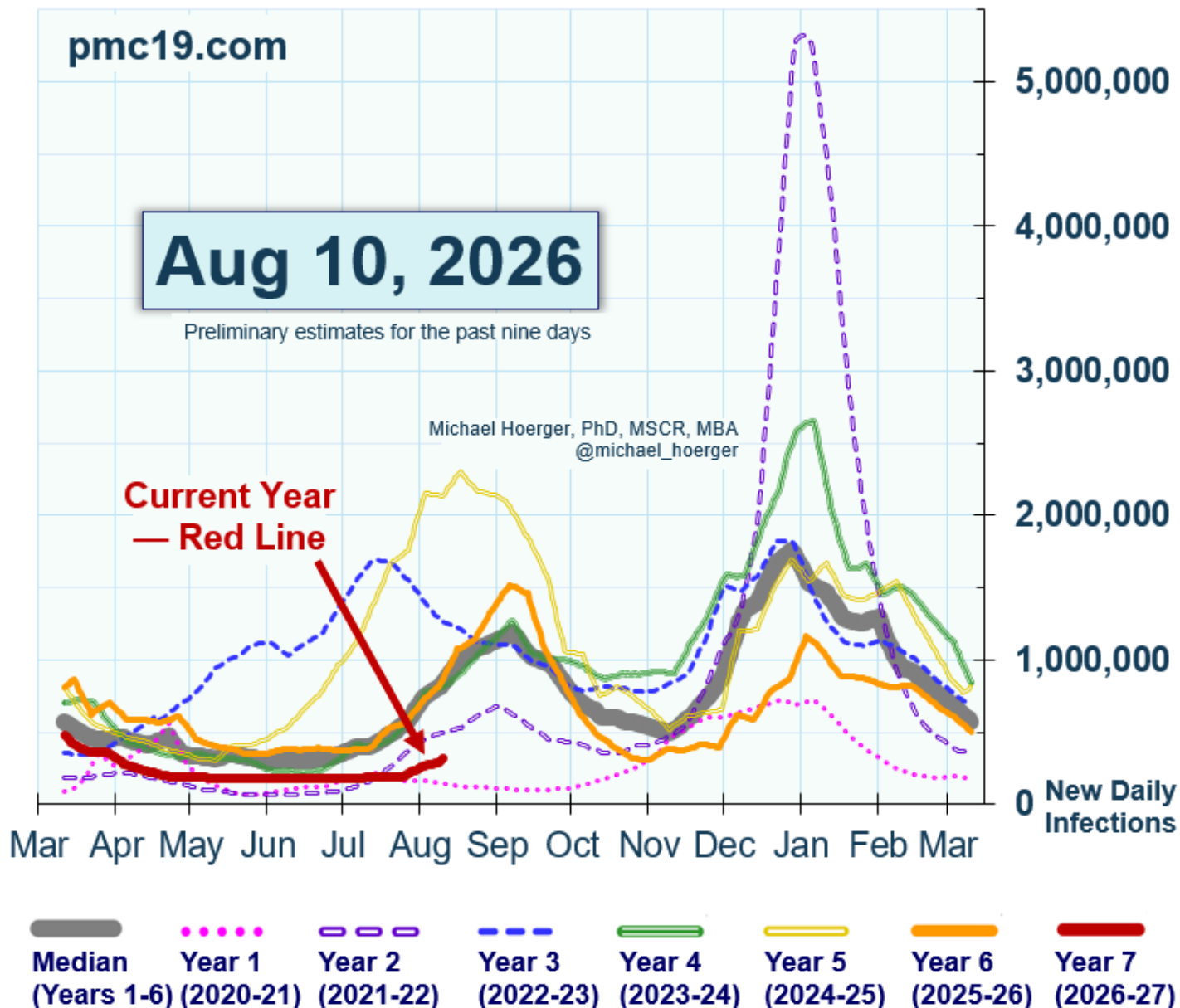
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Aug 10, 2026

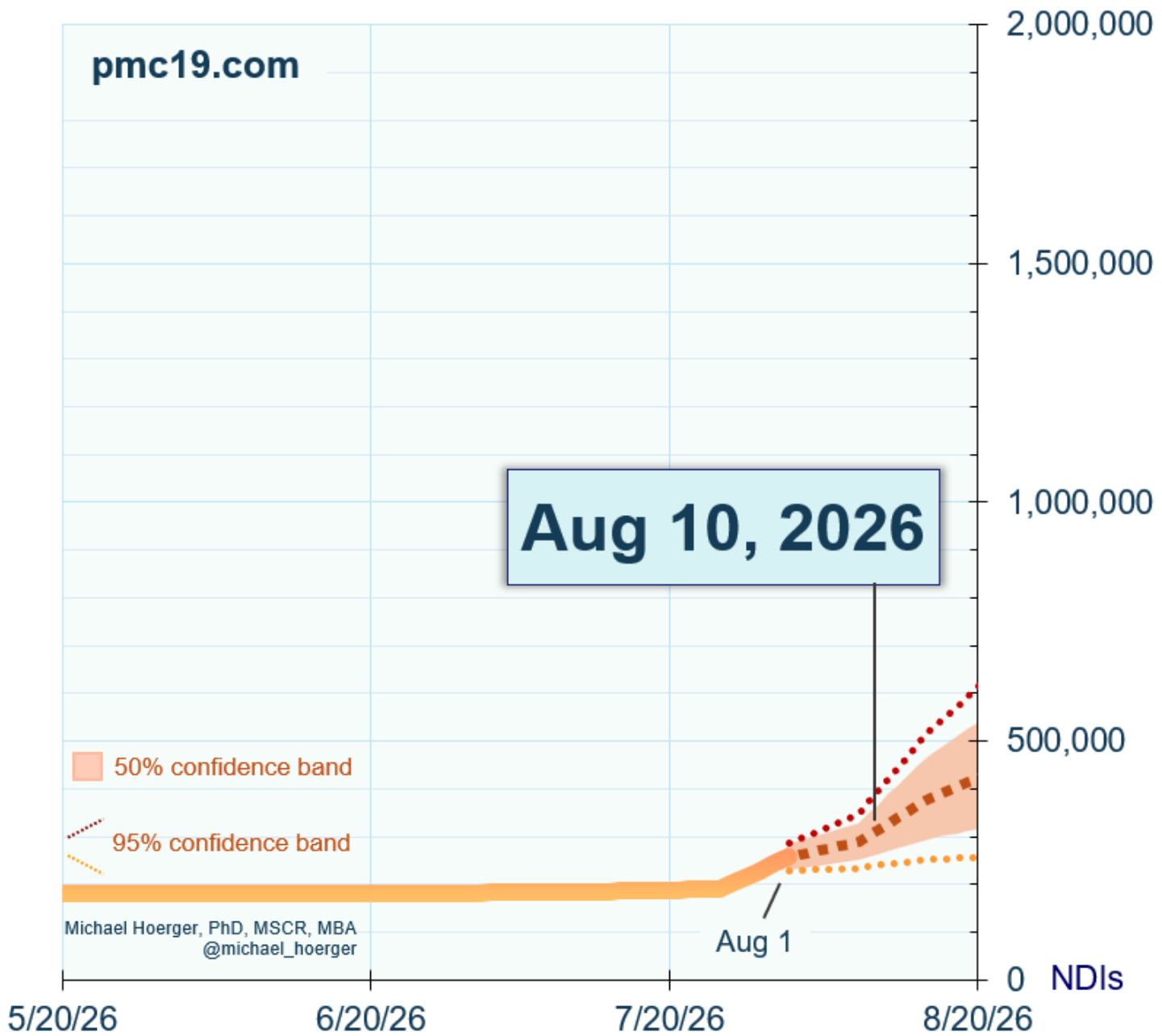
pmc19.com



SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



SARS-CoV-2 Transmission Forecast, Wastewater-Derived Estimates (U.S.)



A separate document called a Technical Appendix appears on the dashboard page and has more methodologic info. Search for key answers there first, and then send a public comment tagging Dr. H. on Twitter if further help is needed.