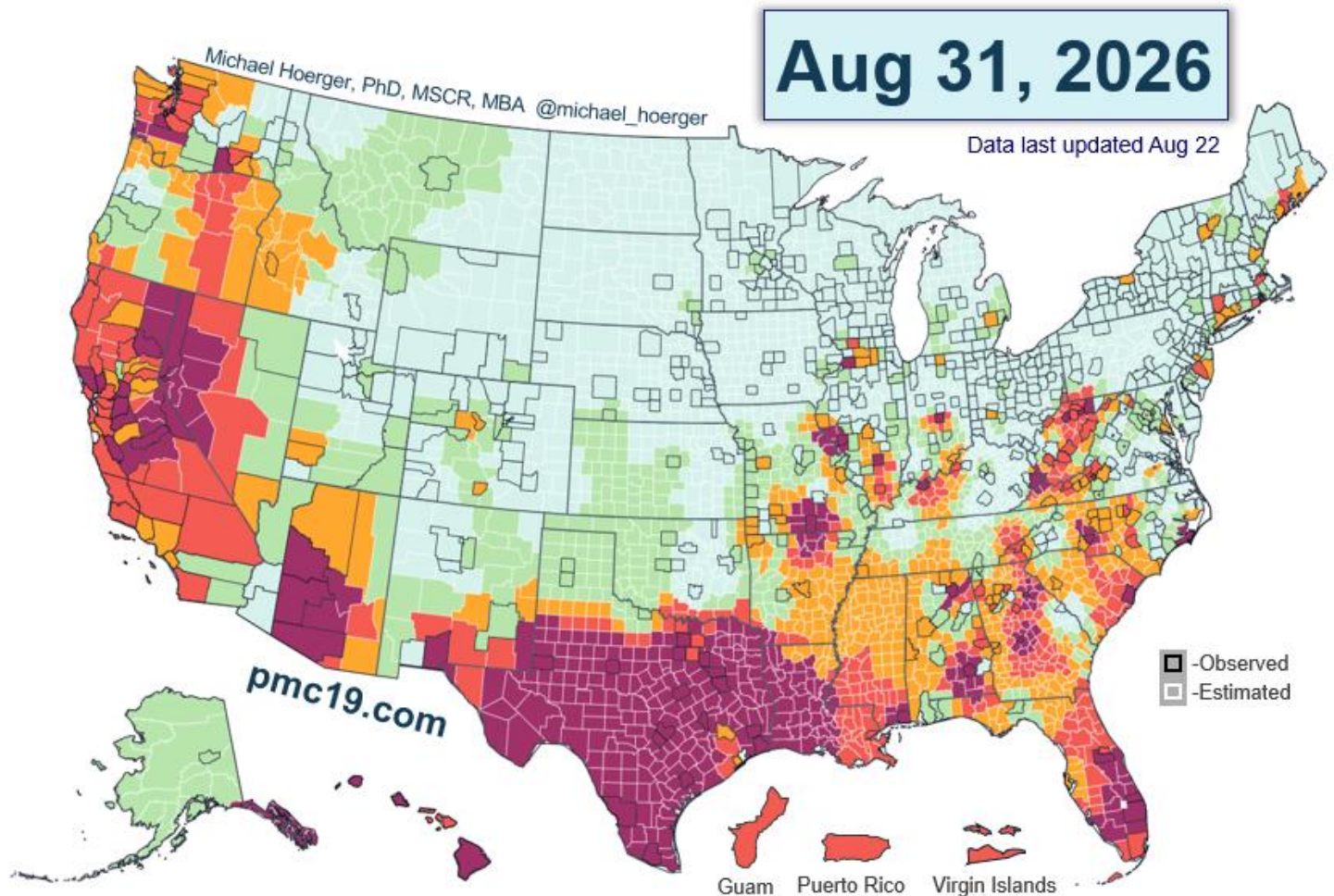


PMC U.S. COVID-19 Report for August 31, 2026.

pmc19.com

Michael Hoerger, PhD, MSCR, MBA, Pandemic Mitigation Collaborative (PMC)



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Announcements

Recent Press Coverage

- Forbes: <https://www.forbes.com/sites/judystone/2026/08/27/covid-19-cases-surge-heres-whats-different-this-summer-that-will-help/>
- The Sick Times: <https://thesicktimes.org/2026/08/18/national-covid-19-trends-august-18/>
- TODAY: <https://www.today.com/health/coronavirus/summer-covid-surge-symptoms-guidelines-2026-covid-vaccine-test-rcna592549>
- New York Post: <https://nypost.com/2026/08/19/health/cases-of-a-very-contagious-winter-disease-spiking-this-summer/>
- People: <https://people.com/cases-of-covid-growing-with-a-pretty-steady-increase-nationwide-12063766>

Dashboard Update

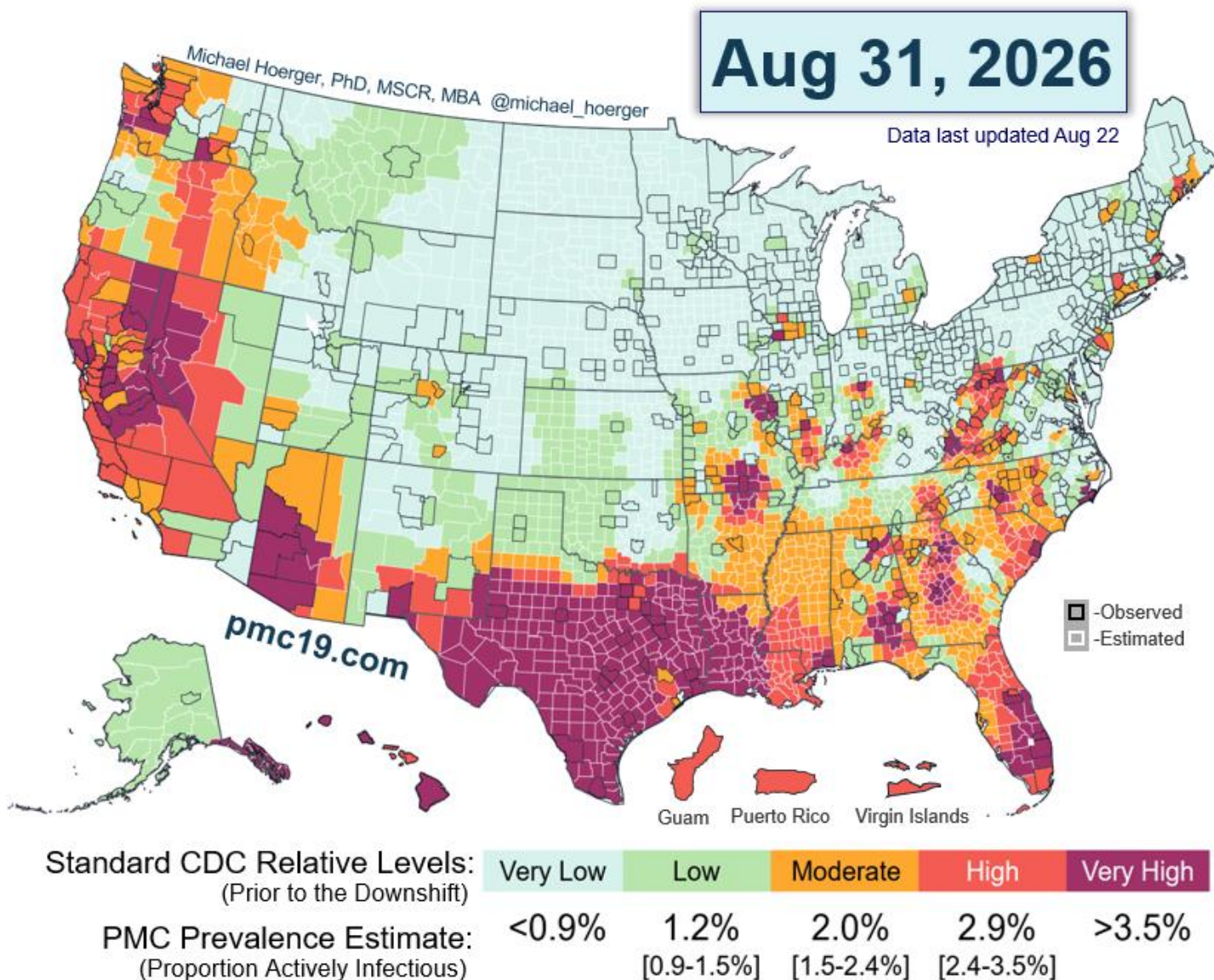
- The interactive version of the map now has a URL shortcut (<https://pmc19.com/map>). If viewing on a computer or large tablet, click on a county and notice that it will now also provide a small line graph with the past 8 weeks of data. Biobot used to provide similar graphs when under the CDC contract, and users found them helpful for judging trends. Note, they also serve a diagnostic purpose for spotting aberrations in data reporting. If a county goes offline for a few weeks, you will see in the line graph that transmission may appear to jump, as the county's data switches from observed data to estimated data from nearby counties. Harris county (Houston) is a good example presently. If scrolling over the dots on the graph, it will provide a little more information.

Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) also reported.
- As noted two weeks ago, the CDC abruptly changed their coding system for how they link numeric levels to category labels, without flagging or explaining the change, generally downplaying transmission (pmc19.com/bluewashing.mp4). At the extreme end of the Very High category, levels are still described as "Very High." However, much of Very High has moved to "High." High has moved to "Moderate." Moderate has moved to "Low." Low has moved to "Very Low." Very Low remains "Very Low." The changes are most readily observable in the middle categories, so it will slow the process of alerting the public when levels are rising. Disturbingly, the change has been applied retroactively to descriptions of historical data too, so it is rewriting the past. PMC disagrees with the change, the timing of the change as levels are rising, the lack of transparency, and the lack of a firm rationale for the change. We will continue to lead with the prior system, noted as "Standard," and offer contrasts with the "Revised" system to shine light

on its potential damage to public health. The interactive map now allows users to toggle between systems. In October, we expect to launch a new category system but felt it would be imprudent to do so when levels are rising. It will also have a toggle switch so users can focus on the map system they prefer.

COVID-19 Heat Map, Based on CDC Wastewater Data & Standard Levels



The US has at least 29 states/territories with COVID outbreaks. These include much of Hawai'i, Alaska, Washington, California, Nevada, Arizona, New Mexico, Texas, Louisiana, Mississippi, Alabama, Georgia, Florida, Guam, Puerto Rico, the US Virgin Islands, Missouri, Illinois, Indiana, Kentucky, South Carolina, North Carolina, Virginia, West Virginia, New Jersey, Connecticut, Rhode Island, Massachusetts, and Maine.

There are likely outbreaks in additional states. The summary statistic of 29 only includes counties with observed data, rather than estimated data. All of the data in Oregon are at least a week old, and while we do not count the state among the 29, we estimate there are likely outbreaks there as well, given proximity to WA, CA, and NV. Levels in some Texas counties are so high – on par with the national peak of BA.1 Omicron – that it drives up estimates for counties in neighboring states that lack CDC wastewater monitoring systems. Looking closely at the map, notice other instances of Very High counties in one state driving up estimates of an adjacent county in a neighboring state that lacks data. This shows a clear value of the county-level map over the CDC state map. The CDC applies the median level to the entire state. The PMC map recognizes that state boundaries are somewhat artificial with regard to the spread of infectious disease and instead offers localized estimates for counties that lack data based on what is happening in their region.

COVID-19 State Prevalence Estimates

pmc19.com

Aug 31, 2026

State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Alabama	Low	Low	1 in 69 (1.4%)	14%	30%	52%	77%
Alaska	Low	Low	1 in 82 (1.2%)	11%	26%	46%	70%
Arizona	Moderate	Low	1 in 51 (2.0%)	18%	39%	63%	86%
Arkansas	Low*	Low*	1 in 66 (1.5%)	14%	32%	53%	78%
California	High	Moderate	1 in 38 (2.6%)	24%	49%	74%	93%
Colorado	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Moderate	Low	1 in 63 (1.6%)	15%	33%	55%	80%
Delaware	Very Low	Very Low	1 in 195 (0.5%)	5%	12%	23%	40%
District of Columbia	Low	Very Low	1 in 86 (1.2%)	11%	25%	44%	69%
Florida	Moderate	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Georgia	Moderate	Low	1 in 50 (2.0%)	18%	40%	64%	87%
Guam (1 week lag)	High*	Moderate*	1 in 42 (2.4%)	22%	45%	70%	91%
Hawaii	High	Moderate	1 in 31 (3.3%)	28%	56%	81%	96%
Idaho	Low	Low	1 in 79 (1.3%)	12%	27%	47%	72%
Illinois	Very Low	Very Low	1 in 139 (0.7%)	7%	17%	30%	52%
Indiana	Very Low	Very Low	1 in 193 (0.5%)	5%	12%	23%	41%
Iowa	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Kansas	Very Low	Very Low	1 in 215 (0.5%)	5%	11%	21%	37%
Kentucky	Very Low	Very Low	1 in 156 (0.6%)	6%	15%	27%	47%
Louisiana	High	Moderate	1 in 42 (2.4%)	22%	45%	70%	91%
Maine	Very Low	Very Low	1 in 136 (0.7%)	7%	17%	31%	52%
Maryland	Very Low	Very Low	1 in 155 (0.6%)	6%	15%	28%	48%
Massachusetts	Very Low	Very Low	1 in 236 (0.4%)	4%	10%	19%	35%
Michigan	Very Low	Very Low	1 in 147 (0.7%)	7%	16%	29%	49%
Minnesota	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Very High*	High*	1 in 25 (4.0%)	34%	64%	87%	98%

* Limited data reporting

Data last updated Aug 22

On August 14, 2026, the CDC revised categorical descriptors downward without notice or rationale for both past and present data. Very High levels were often revised downward to "High," High levels to "Moderate" or "Low," typically one category downward. More at pmc19.com/bluewashing.mp4

COVID-19 State Prevalence Estimates

pmc19.com

Aug 31, 2026

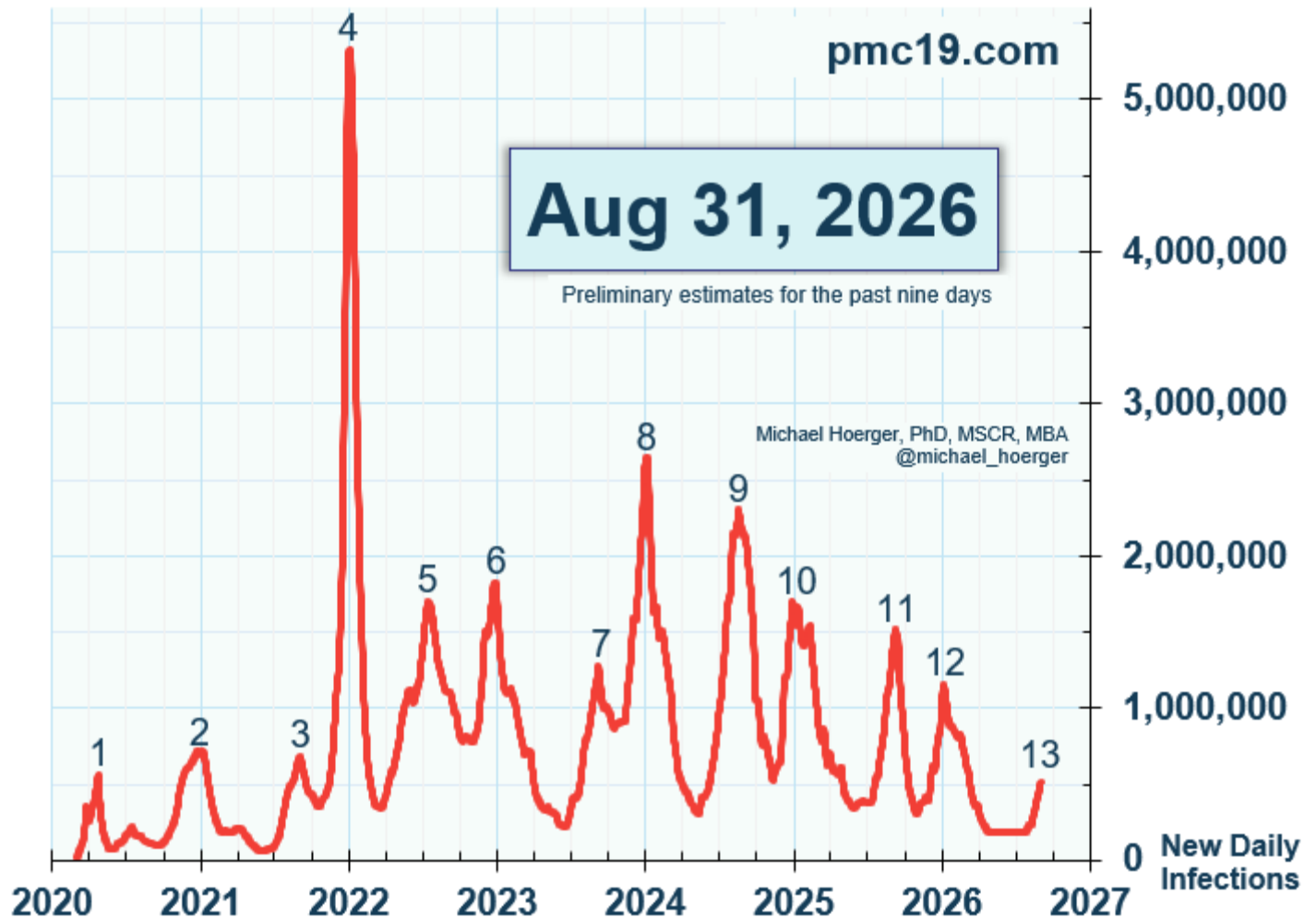
State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Missouri	Low	Low	1 in 84 (1.2%)	11%	26%	45%	70%
Montana (1 week lag)	Low*	Very Low*	1 in 100 (1.0%)	10%	22%	39%	63%
Nebraska	Very Low	Very Low	1 in 453 (0.2%)	2%	5%	10%	20%
Nevada	High	Moderate	1 in 37 (2.7%)	24%	50%	75%	94%
New Hampshire	Very Low	Very Low	1 in 135 (0.7%)	7%	17%	31%	52%
New Jersey	Low	Very Low	1 in 105 (1.0%)	9%	21%	38%	62%
New Mexico	Low	Very Low	1 in 90 (1.1%)	11%	24%	43%	67%
New York	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	Moderate	Low	1 in 64 (1.6%)	15%	32%	54%	79%
North Dakota	Very Low*	Very Low*	1 in 155 (0.6%)	6%	15%	28%	48%
Ohio	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma	Low*	Low*	1 in 81 (1.2%)	12%	27%	46%	71%
Oregon (1 week lag)	Very Low*	Very Low*	1 in 292 (0.3%)	3%	8%	16%	29%
Pennsylvania	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Puerto Rico	High*	Moderate*	1 in 39 (2.6%)	23%	48%	73%	93%
Rhode Island	Very Low	Very Low	1 in 153 (0.7%)	6%	15%	28%	48%
South Carolina	High*	Moderate*	1 in 30 (3.4%)	29%	58%	82%	97%
South Dakota	Very Low	Very Low	1 in 205 (0.5%)	5%	11%	22%	39%
Tennessee	Low	Low	1 in 72 (1.4%)	13%	29%	50%	75%
Texas	Very High	Very High	1 in 19 (5.3%)	42%	74%	93%	>99%
U.S. Virgin Islands (1 week lag)	High*	Moderate*	1 in 39 (2.6%)	23%	48%	73%	93%
Utah	Very Low	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
Vermont	Very Low	Very Low	1 in 130 (0.8%)	7%	18%	32%	54%
Virginia	Very Low	Very Low	1 in 188 (0.5%)	5%	12%	23%	41%
Washington	Moderate	Low	1 in 46 (2.2%)	20%	42%	67%	89%
West Virginia	High	Moderate	1 in 40 (2.5%)	23%	47%	72%	92%
Wisconsin	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Wyoming	Low	Very Low	1 in 103 (1.0%)	9%	22%	39%	62%

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

Data last updated Aug 22

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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 31, 2026

pmc19.com

Infections

Proportion Actively Infectious	1 in 95 (1.1%)
New Daily Infections	517,000
Infections the Past Week	3,360,000
Infections in 2026	100,000,000
Cumulative Infections per Person	5.38

Long COVID

Long COVID Cases Resulting from New Daily Infections	26,000 to 103,000
Long COVID Cases Resulting from New Weekly Infections	168,000 to 670,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	130 to 230
Excess Deaths Resulting from New Weekly Infections	800 to 1,500

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

Aug 31, 2026

pmc19.com

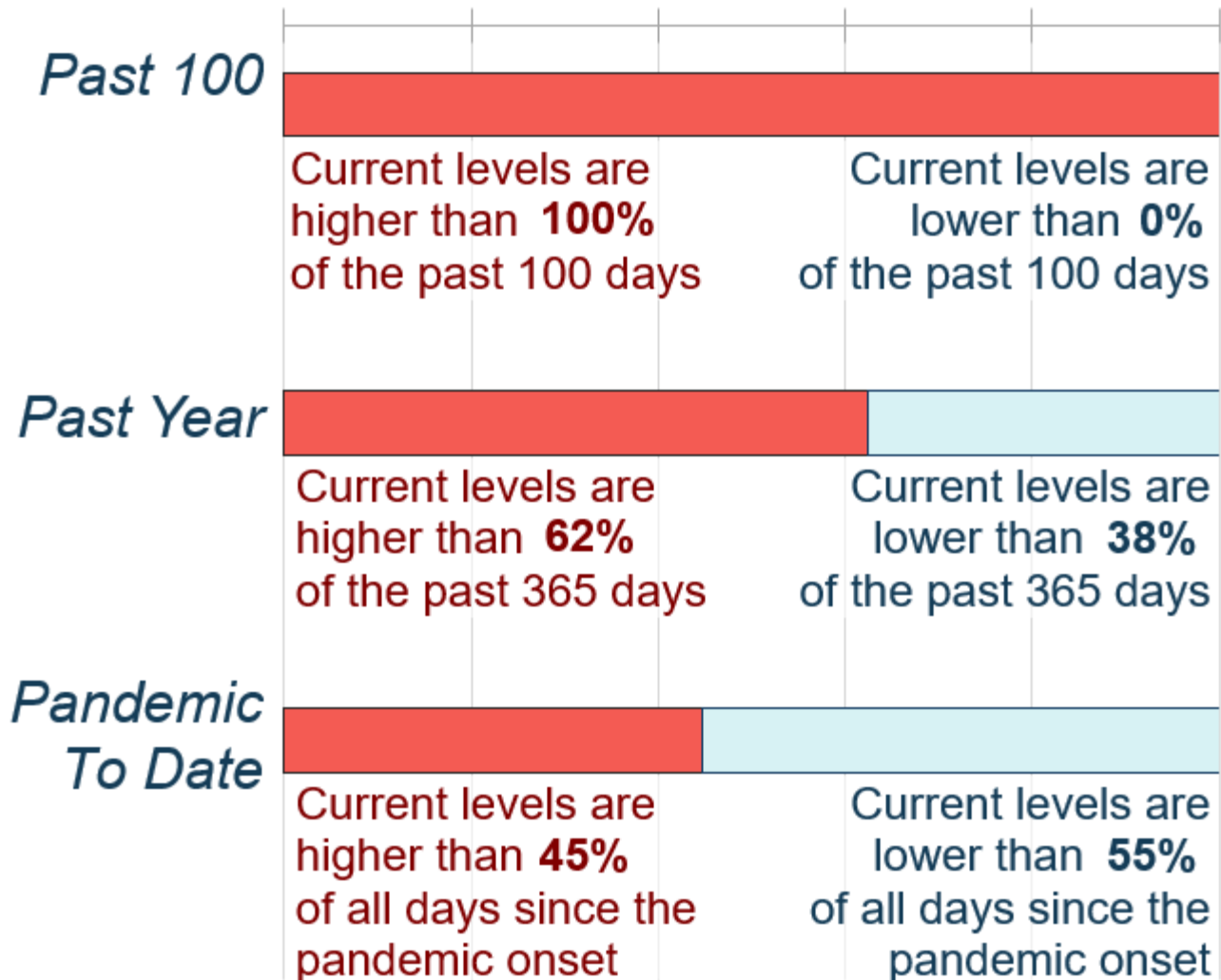
<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	1.1%
2	2.1%
3	3.1%
4	4.1%
5	5.2%
10	10.1%
15	14.7%
20	19.1%
25	23.3%
30	27.2%
50	41.1%
75	54.8%
100	65.3%
200	88.0%
300	95.8%

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

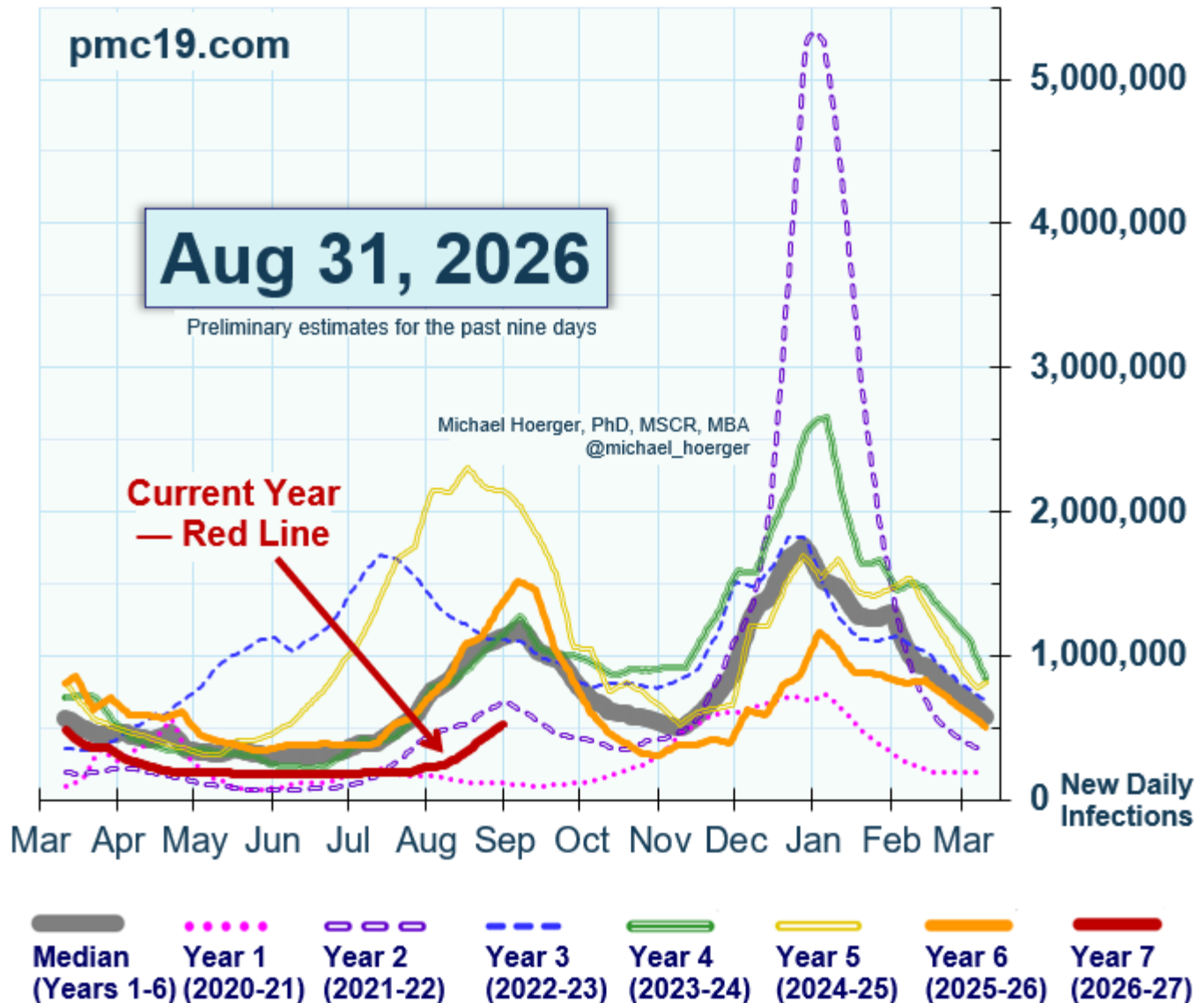
Aug 31, 2026

pmc19.com

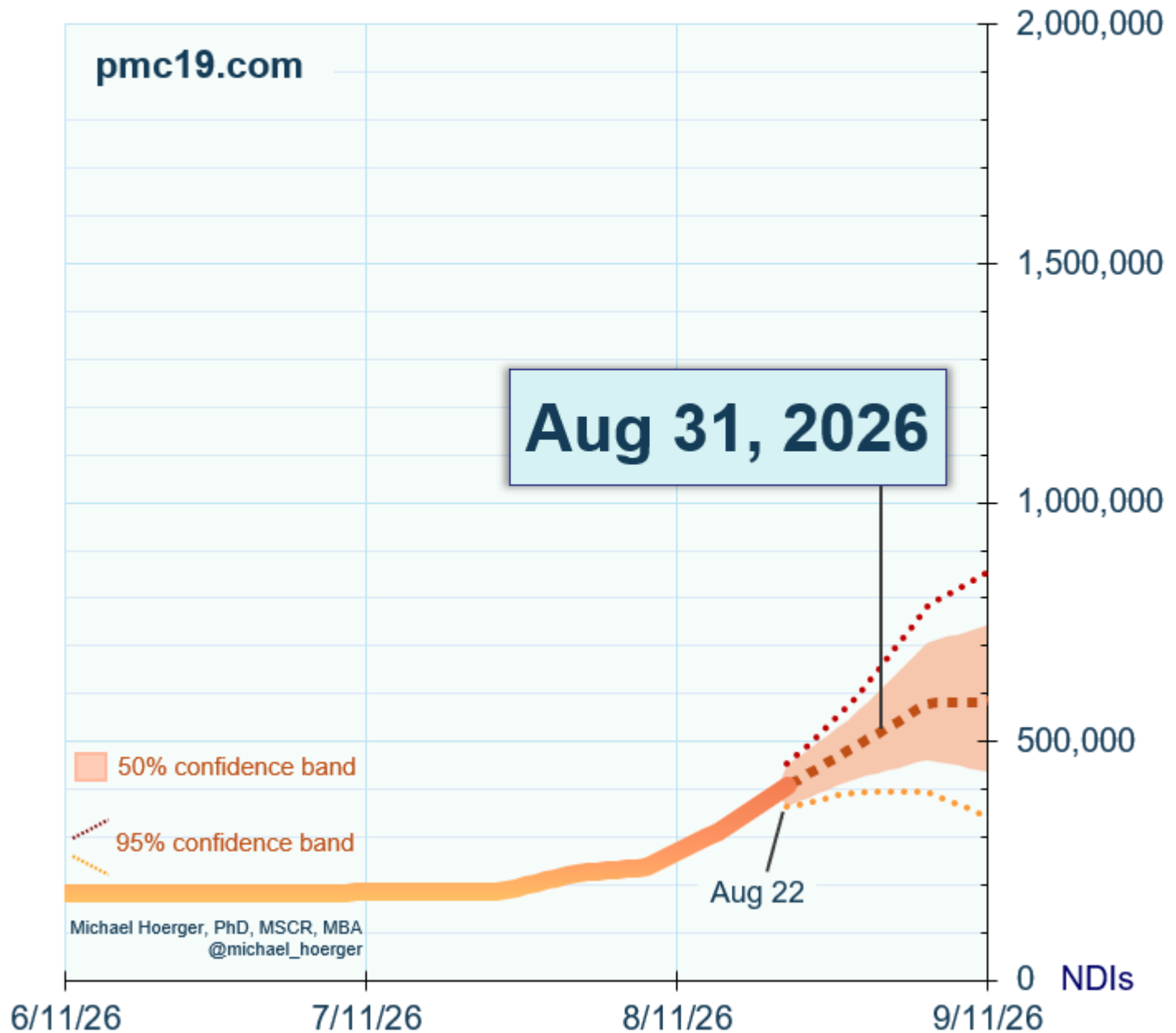
0% 20% 40% 60% 80% 100%



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.