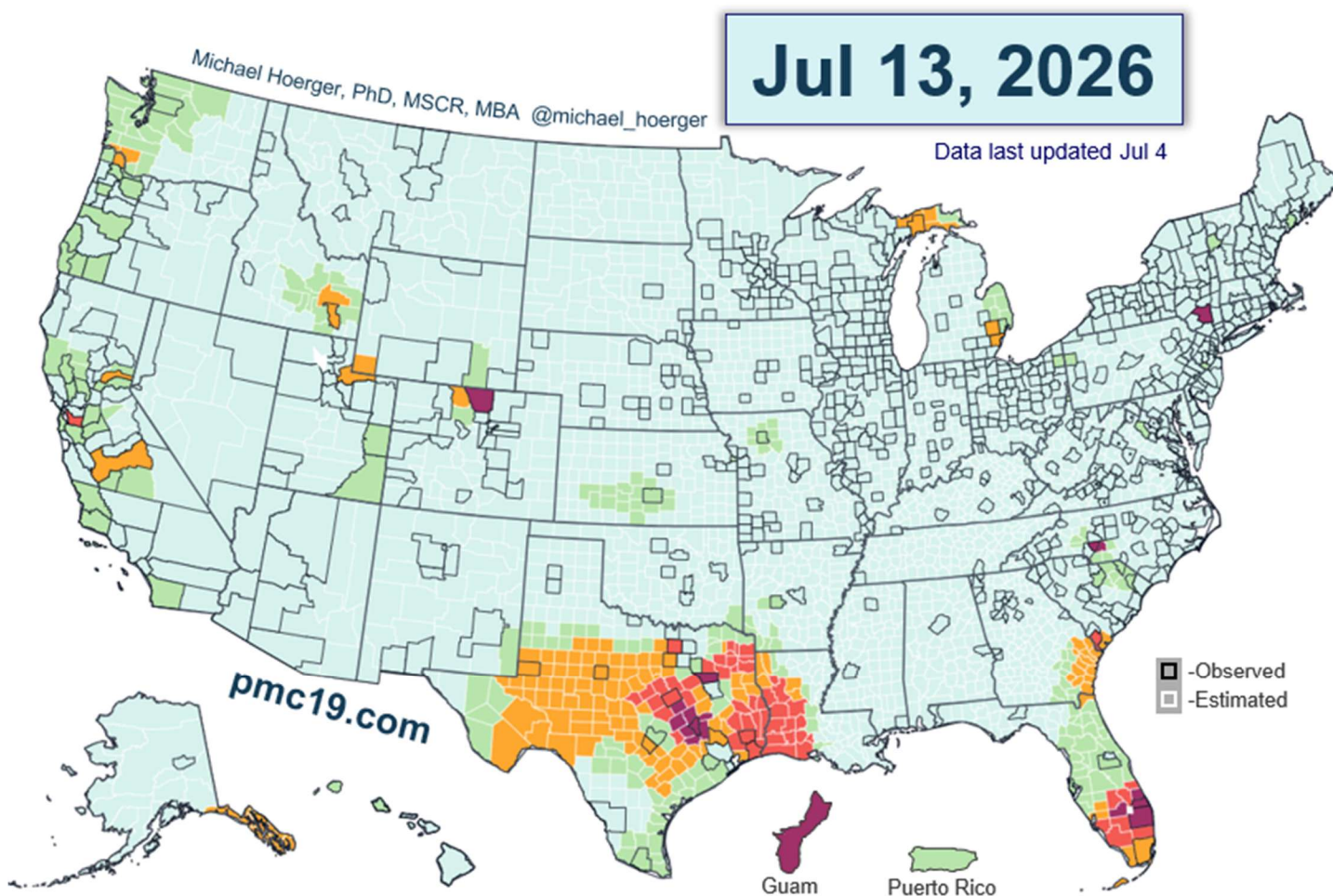


PMC U.S. COVID-19 Report for July 13, 2026.

pmc19.com

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



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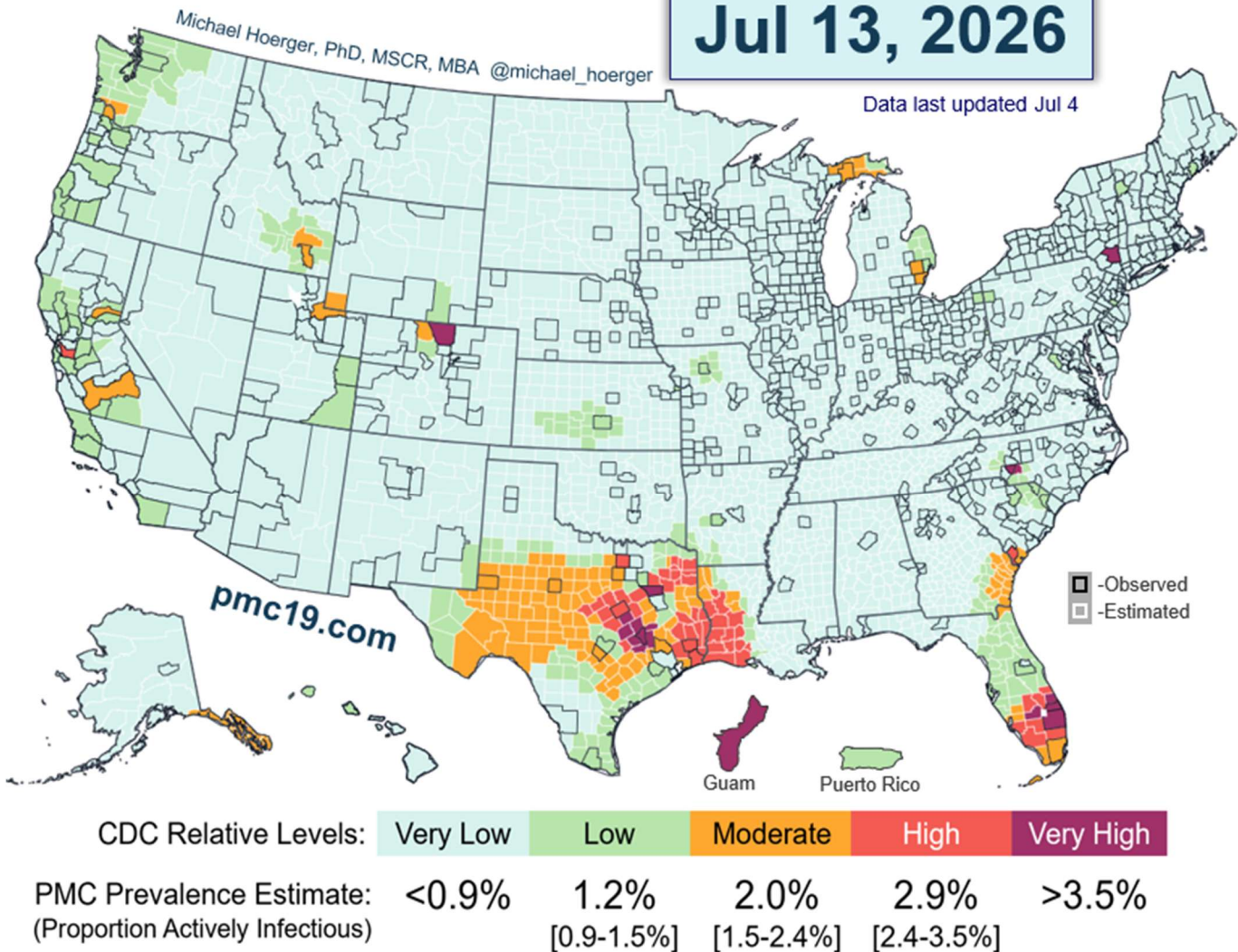
Announcements

Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) also report. 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.)

Jul 13, 2026



The US has 8 hot spots. There are major outbreaks in central/east Texas (high/very high), southern Florida (high/very high), and Guam (very high). Note, 0 of 62 sites in Harris County, TX (Houston) reported this week, so the “very low” levels may be over-optimistic (2 of 8 sites “very high” last week, with 5 of 8 rising). These counties have isolated hot spots: Alameda (Bay Area), California (high); Larimer (Fort Collins), Colorado (very high); Jasper, South Carolina (high); Cabarrus (Concord), North Carolina (very high); and Ulster (Kingston), New York (very high).

COVID-19 State Prevalence Estimates

pmc19.com

Jul 13, 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	Very Low	1 in 215 (0.5%)	5%	11%	21%	37%
Alaska	Very Low	1 in 129 (0.8%)	7%	18%	32%	54%
Arizona	Very Low	1 in 193 (0.5%)	5%	12%	23%	41%
Arkansas	Very Low*	1 in 435 (0.2%)	2%	6%	11%	21%
California	Very Low	1 in 124 (0.8%)	8%	18%	33%	56%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 821 (0.1%)	1%	3%	6%	11%
Delaware	Very Low	1 in 238 (0.4%)	4%	10%	19%	34%
District of Columbia	Very Low	1 in 672 (0.1%)	1%	4%	7%	14%
Florida	Low	1 in 91 (1.1%)	10%	24%	42%	67%
Georgia	Very Low	1 in 217 (0.5%)	5%	11%	21%	37%
Guam	Very High	1 in 21 (4.8%)	39%	70%	91%	>99%
Hawaii	Low	1 in 110 (0.9%)	9%	20%	37%	60%
Idaho	Very Low	1 in 389 (0.3%)	3%	6%	12%	23%
Illinois	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
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 207 (0.5%)	5%	11%	21%	38%
Kentucky	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Louisiana	Very Low	1 in 215 (0.5%)	5%	11%	21%	37%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 504 (0.2%)	2%	5%	9%	18%
Massachusetts	Very Low	1 in 1,167 (0.1%)	1%	2%	4%	8%
Michigan	Very Low	1 in 175 (0.6%)	6%	13%	25%	44%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Very Low*	1 in 176 (0.6%)	6%	13%	25%	43%

* Limited data reporting

Data last updated Jul 4

COVID-19 State Prevalence Estimates

pmc19.com

Jul 13, 2026

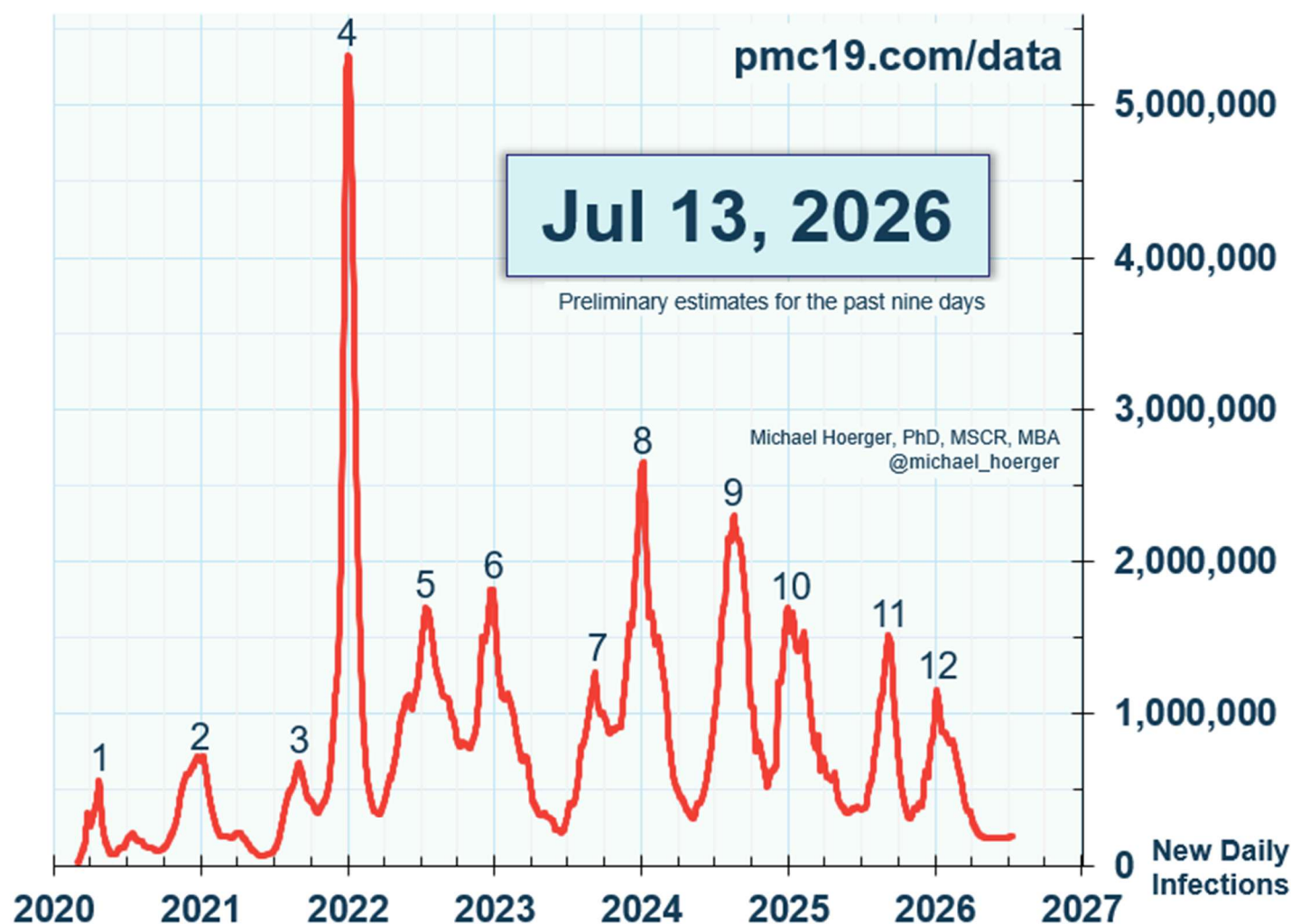
Chances anyone is infectious
in a room of 10 to 100 people

State	CDC Level	PMC Estimate, % Actively Infectious	10	25	50	100
Missouri	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Montana	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 462 (0.2%)	2%	5%	10%	19%
Nevada	Very Low	1 in 179 (0.6%)	5%	13%	24%	43%
New Hampshire	Very Low	1 in 516 (0.2%)	2%	5%	9%	18%
New Jersey	Very Low	1 in 312 (0.3%)	3%	8%	15%	27%
New Mexico	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
New York	Very Low	1 in 341 (0.3%)	3%	7%	14%	25%
North Carolina	Very Low	1 in 281 (0.4%)	4%	9%	16%	30%
North Dakota	Very Low*	1 in 282 (0.4%)	3%	8%	16%	30%
Ohio	Very Low*	1 in 317 (0.3%)	3%	8%	15%	27%
Oklahoma	Very Low*	1 in 887 (0.1%)	1%	3%	5%	11%
Oregon	Low	1 in 105 (1.0%)	9%	21%	38%	62%
Pennsylvania	Very Low	1 in 326 (0.3%)	3%	7%	14%	26%
Puerto Rico	Low*	1 in 95 (1.1%)	10%	23%	41%	65%
Rhode Island	Very Low	1 in 288 (0.3%)	3%	8%	16%	29%
South Carolina	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
South Dakota	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
Tennessee	Very Low	1 in 341 (0.3%)	3%	7%	14%	25%
Texas	Low	1 in 105 (1.0%)	9%	21%	38%	62%
Utah	Very Low	1 in 792 (0.1%)	1%	3%	6%	12%
Vermont	Very Low	1 in 403 (0.2%)	2%	6%	12%	22%
Virginia	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Washington	Low*	1 in 87 (1.1%)	11%	25%	44%	68%
West Virginia	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Wisconsin	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Wyoming	Very Low	1 in 317 (0.3%)	3%	8%	15%	27%

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

Data last updated Jul 4

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



PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.3** infections per person and **14.3** months between infections.

National COVID-19 Estimates (U.S.)

<u>Infections</u>	Jul 13, 2026	pmc19.com
Proportion Actively Infectious	1 in 250 (0.4%)	
New Daily Infections	196,000	
Infections the Past Week	1,350,000	
Infections in 2026	86,000,000	
Cumulative Infections per Person	5.34	

Long COVID

Long COVID Cases Resulting from New Daily Infections	10,000 to 39,000
Long COVID Cases Resulting from New Weekly Infections	68,000 to 270,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	50 to 90
Excess Deaths Resulting from New Weekly Infections	300 to 600

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

Jul 13, 2026

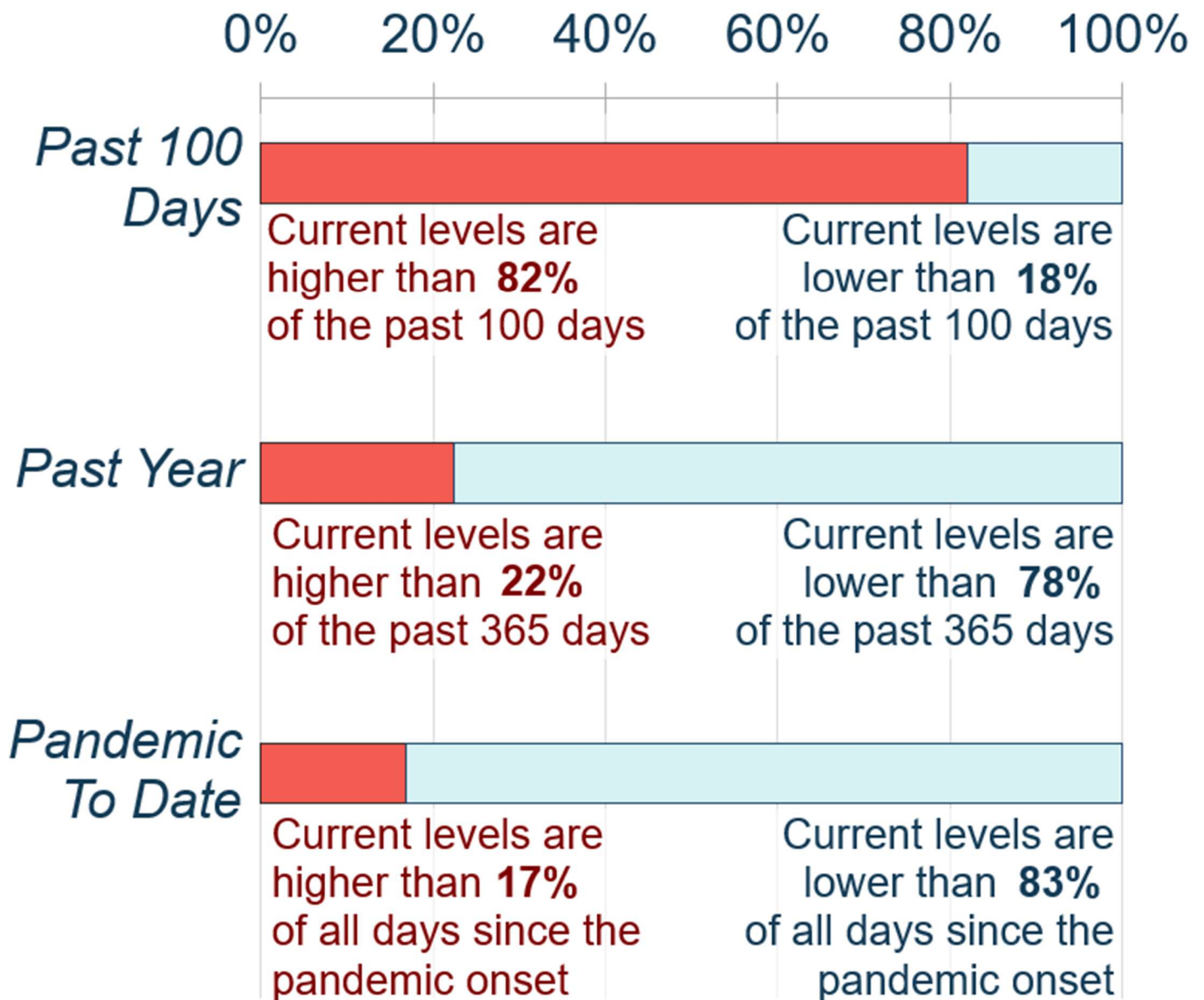
pmc19.com

<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.4%
2	0.8%
3	1.2%
4	1.6%
5	2.0%
10	3.9%
15	5.8%
20	7.7%
25	9.6%
30	11.3%
50	18.2%
75	26.0%
100	33.1%
200	55.2%
300	70.0%

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

Jul 13, 2026

pmc19.com



These estimates are volatile and may be corrected significantly upward or downward.

pmc19.com

Jul 13, 2026

Preliminary estimates for the past nine days

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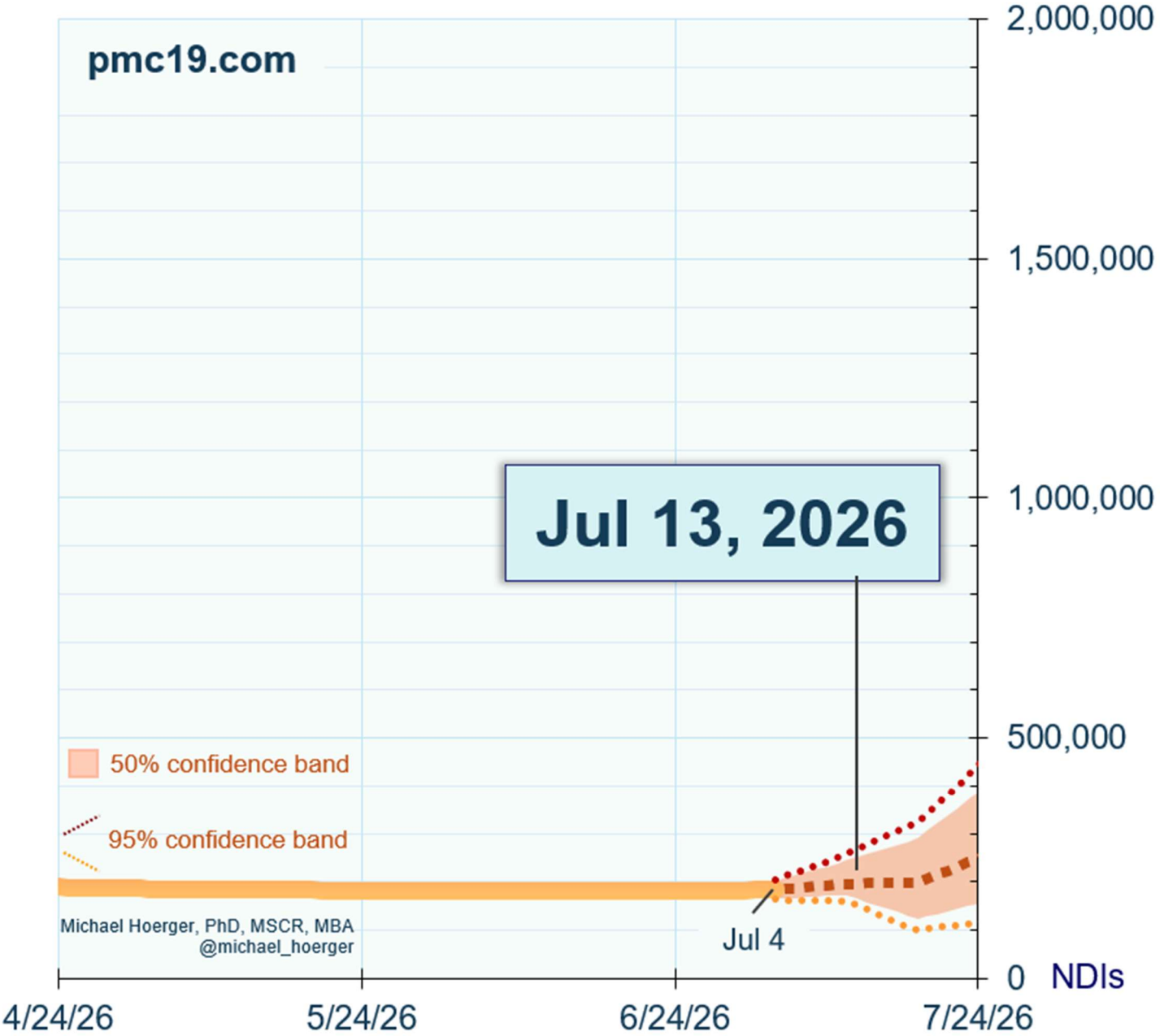
Current Year
— Red Line

0 New Daily Infections

Mar Apr May Jun Jul Aug Sep Oct Nov Dec Jan Feb Mar

Median (Years 1-6) Year 1 (2020-21) Year 2 (2021-22) Year 3 (2022-23) Year 4 (2023-24) Year 5 (2024-25) Year 6 (2025-26) Year 7 (2026-27)

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.