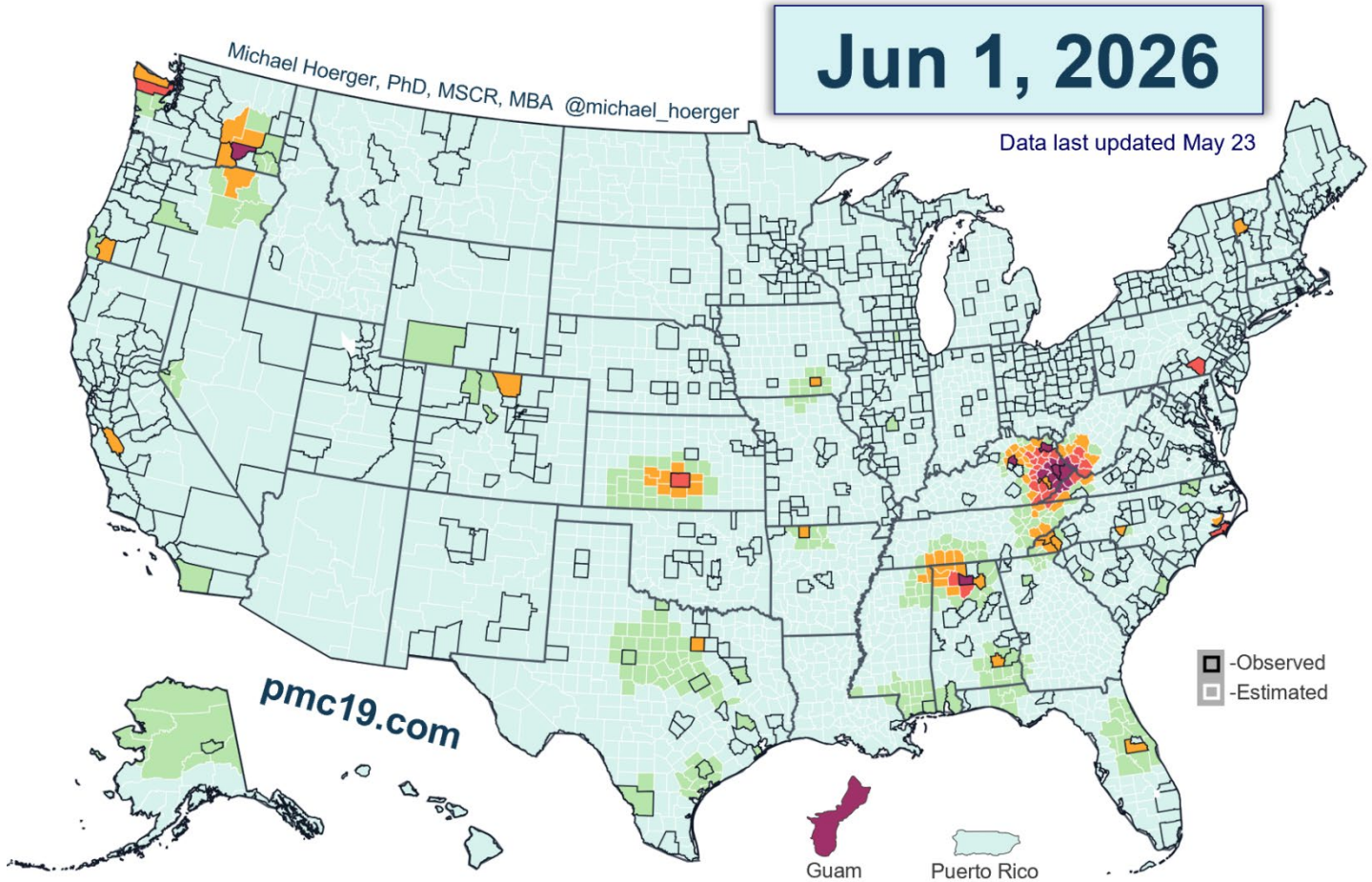


# PMC U.S. COVID-19 Report for June 1, 2026.

## pmc19.com

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Cite as: Hoerger, M. (2026, June 1). *PMC U.S. COVID-19 Report for June 1, 2026*. Pandemic Mitigation Collaborative. <http://www.pmc19.com>

# Announcements

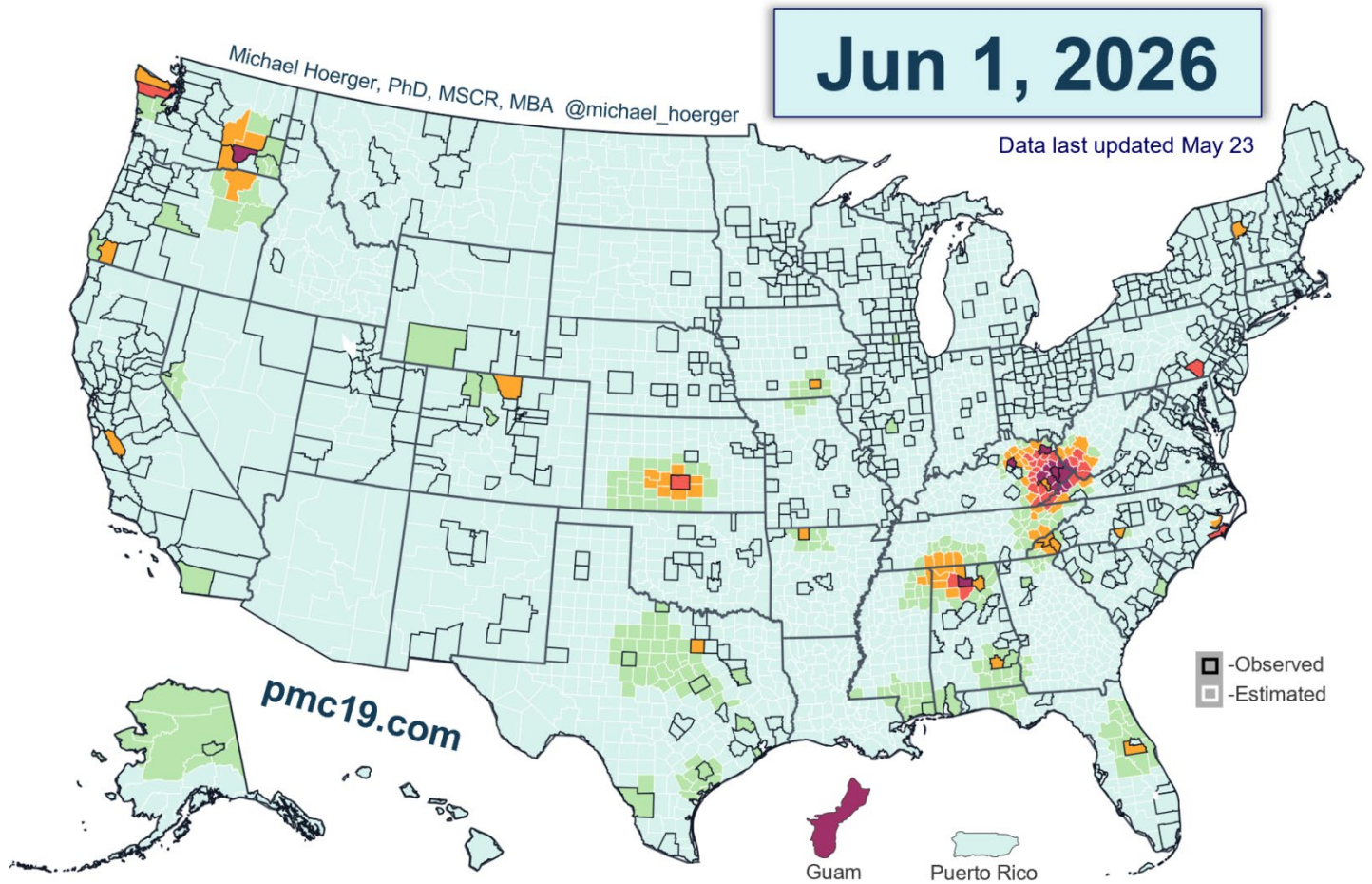
## Update

- We have updated the heat map format. The CDC map depicts each state with the state-level median. That approach often works well, but during lulls can be misleading, as the state-level median can overshadow local hot spots. Our updated map uses wastewater site-level data. In counties that have wastewater data collection, each county is depicted using the median of all sites in the county. For counties that lack wastewater data collection, levels are estimated from nearby counties, with greater weight given to closer counties (inverse-distance weighting); this approach is similar to using a state-level median (like the CDC) to depict regions without wastewater surveillance but is based on nearby data, regardless of state lines. For counties with estimated levels, interpret with caution, just like one would using the CDC's map, knowing that unidentified hot spots could be anywhere that lacks surveillance.

## Data Quality

- The CDC (80% model weight) reported this week, and Biobot (20% model weight) did not.

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



CDC Relative Levels: Very Low Low Moderate High Very High

PMC Prevalence Estimate: <0.9% 1.2% 2.0% 2.9% >3.5%  
 (Proportion Actively Infectious) [0.9-1.5%] [1.5-2.4%] [2.4-3.5%]

Estimated levels are still at their lowest since July 13, 2021. Levels are mostly “very low” nationwide, with the exception of Guam and several hot spots, including in Washington state and Appalachia. Compare our updated map with the CDC’s, and notice that it provides more actionable guidance.

# COVID-19 State Prevalence Estimates

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Jun 1, 2026

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

State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Alabama	Very Low	1 in 182 (0.6%)	5%	13%	24%	42%
Alaska	Very Low	1 in 317 (0.3%)	3%	8%	15%	27%
Arizona (1 week lag)	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Arkansas	Very Low*	1 in 274 (0.4%)	4%	9%	17%	31%
California	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 541 (0.2%)	2%	5%	9%	17%
Delaware	Very Low	1 in 281 (0.4%)	4%	9%	16%	30%
District of Columbia	Very Low	1 in 427 (0.2%)	2%	6%	11%	21%
Florida	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
Georgia	Very Low	1 in 403 (0.2%)	2%	6%	12%	22%
<b>Guam</b>	<b>Very High</b>	<b>1 in 25 (4.0%)</b>	<b>33%</b>	<b>64%</b>	<b>87%</b>	<b>98%</b>
Hawaii	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
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 236 (0.4%)	4%	10%	19%	35%
Kansas	Very Low	1 in 326 (0.3%)	3%	7%	14%	26%
Kentucky	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Louisiana	Very Low	1 in 148 (0.7%)	7%	16%	29%	49%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 270 (0.4%)	4%	9%	17%	31%
Massachusetts	Very Low	1 in 1,305 (0.1%)	1%	2%	4%	7%
Michigan	Very Low	1 in 264 (0.4%)	4%	9%	17%	32%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Low*	1 in 74 (1.4%)	13%	29%	49%	74%

\* Limited data reporting

Data last updated May 23

# COVID-19 State Prevalence Estimates

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

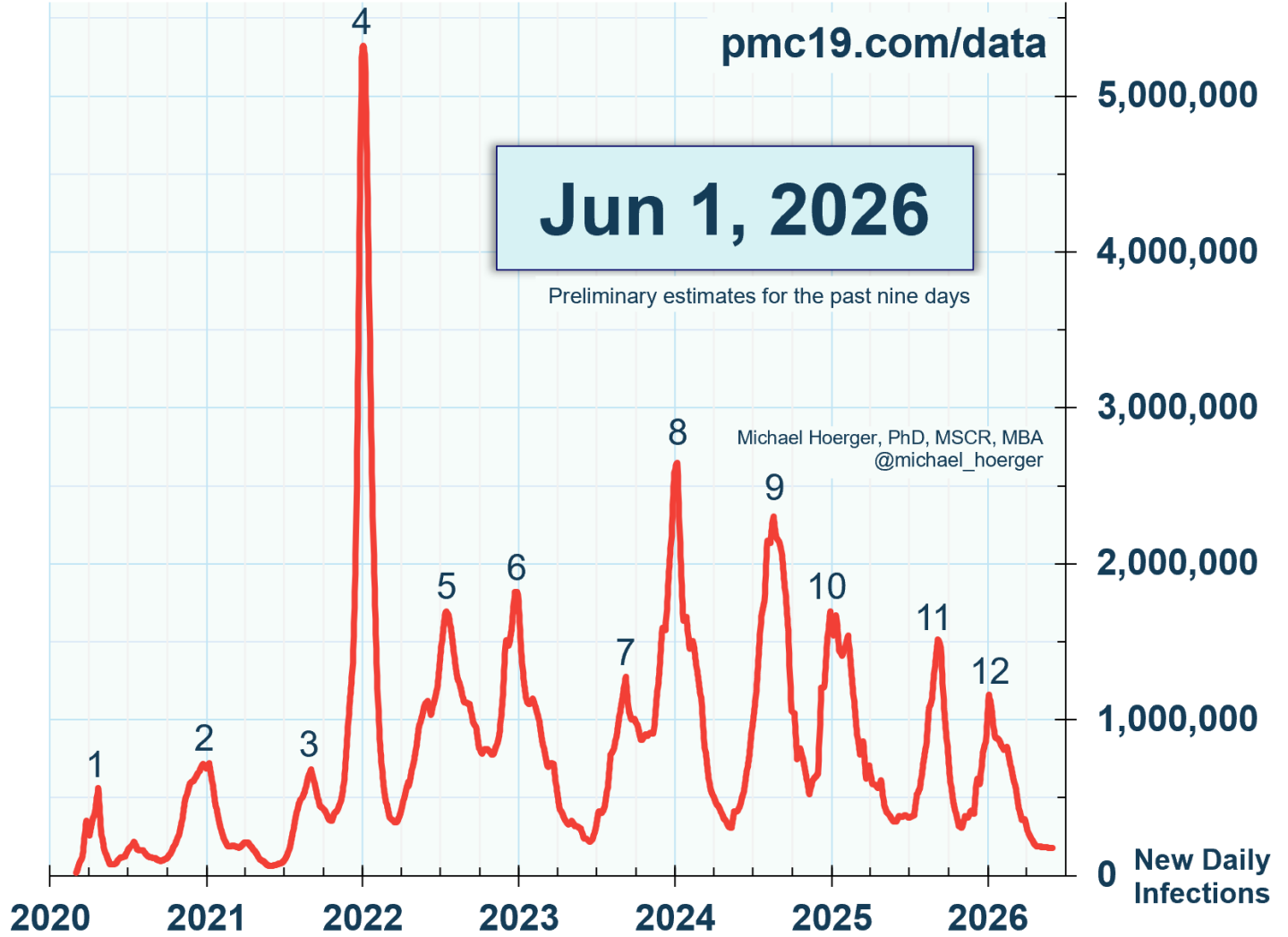
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 233 (0.4%)	4%	10%	19%	35%
Montana	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 516 (0.2%)	2%	5%	9%	18%
Nevada	Very Low	1 in 175 (0.6%)	6%	13%	25%	44%
New Hampshire	Very Low*	1 in 370 (0.3%)	3%	7%	13%	24%
New Jersey	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
New Mexico	Very Low	1 in 196 (0.5%)	5%	12%	23%	40%
New York	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	Very Low	1 in 288 (0.3%)	3%	8%	16%	29%
North Dakota	Very Low*	1 in 233 (0.4%)	4%	10%	19%	35%
Ohio	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oregon	Very Low	1 in 213 (0.5%)	5%	11%	21%	38%
Pennsylvania	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Rhode Island	Very Low	1 in 435 (0.2%)	2%	6%	11%	21%
South Carolina	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
South Dakota	Very Low	1 in 258 (0.4%)	4%	9%	18%	32%
Tennessee	Very Low	1 in 182 (0.6%)	5%	13%	24%	42%
Texas	Very Low	1 in 140 (0.7%)	7%	16%	30%	51%
Utah	Very Low	1 in 341 (0.3%)	3%	7%	14%	25%
Vermont	Very Low	1 in 482 (0.2%)	2%	5%	10%	19%
Virginia	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Washington	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
West Virginia	Very Low	1 in 186 (0.5%)	5%	13%	24%	42%
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 has no data, averages MN, MT, & SD

Data last updated May 23

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly with precision.

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



PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.2** infections per person and **14.5** months between infections.

Notice that the current levels are comparable to “lulls” in recent years. Current levels are estimated at their lowest since July 13, 2021.

# National COVID-19 Estimates (U.S.)

Jun 1, 2026

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## Infections

Proportion Actively Infectious	1 in 277 (0.4%)
New Daily Infections	177,000
Infections the Past Week	1,240,000
Infections in 2026	78,000,000
Cumulative Infections per Person	5.16

## Long COVID

Long COVID Cases Resulting from New Daily Infections	9,000 to 35,000
Long COVID Cases Resulting from New Weekly Infections	62,000 to 250,000

## Excess Deaths

Excess Deaths Resulting from New Daily Infections	40 to 80
Excess Deaths Resulting from New Weekly Infections	300 to 500

During this relative “lull,” an estimated 1.2 million Americans are getting infected per week, resulting in significant morbidity and 300-500 eventual excess deaths. Note that levels are about 3 times that of the estimated low point of the pandemic in late May of 2021.

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

Jun 1, 2026

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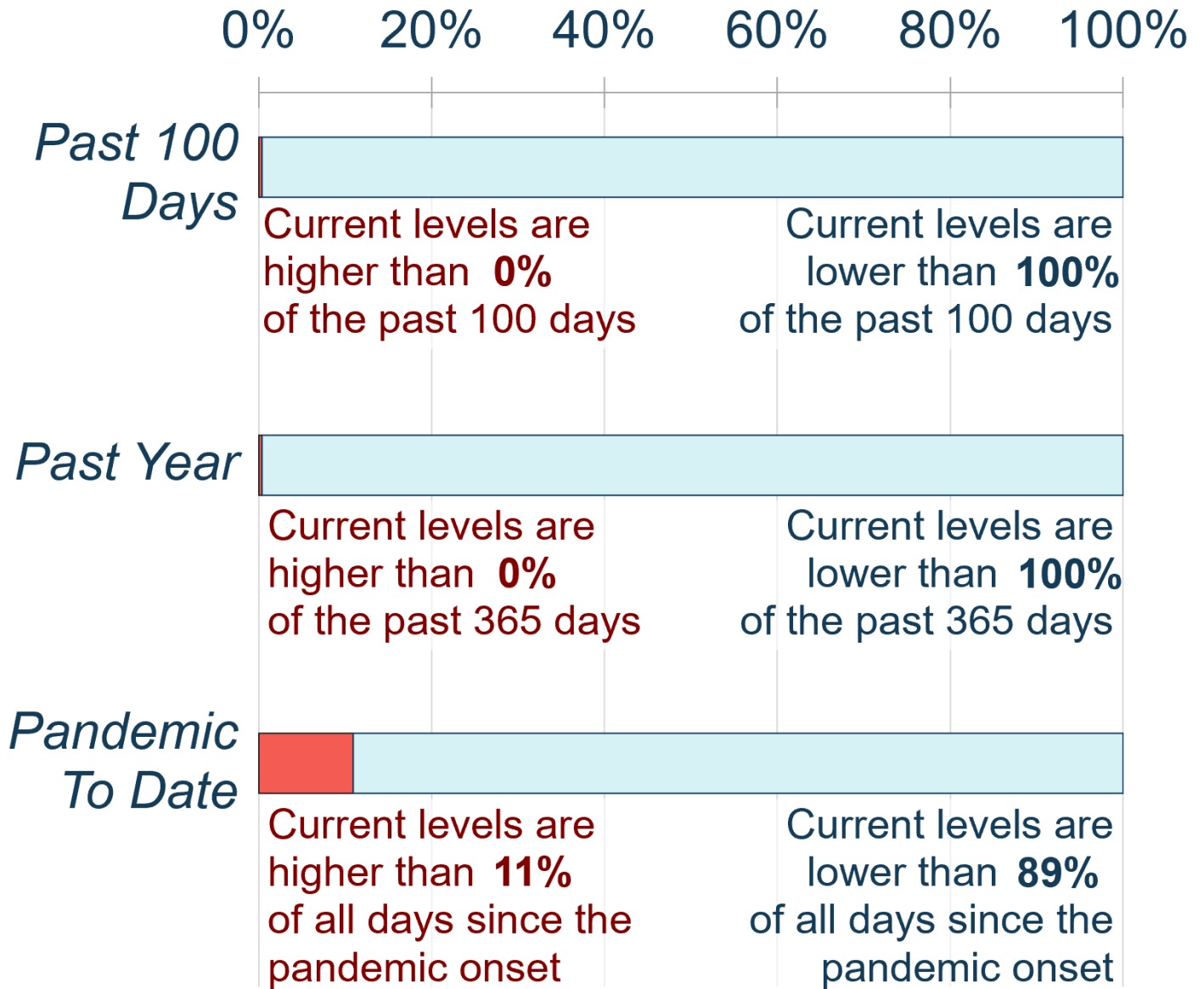
<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.4%
2	0.7%
3	1.1%
4	1.4%
5	1.8%
10	3.5%
15	5.3%
20	7.0%
25	8.6%
30	10.3%
50	16.5%
75	23.7%
100	30.3%
200	51.4%
300	66.2%

In a room of 25 people representative of the U.S. population, there would be a 1-in-12 chance of an exposure if there were no testing and isolation protocols.

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

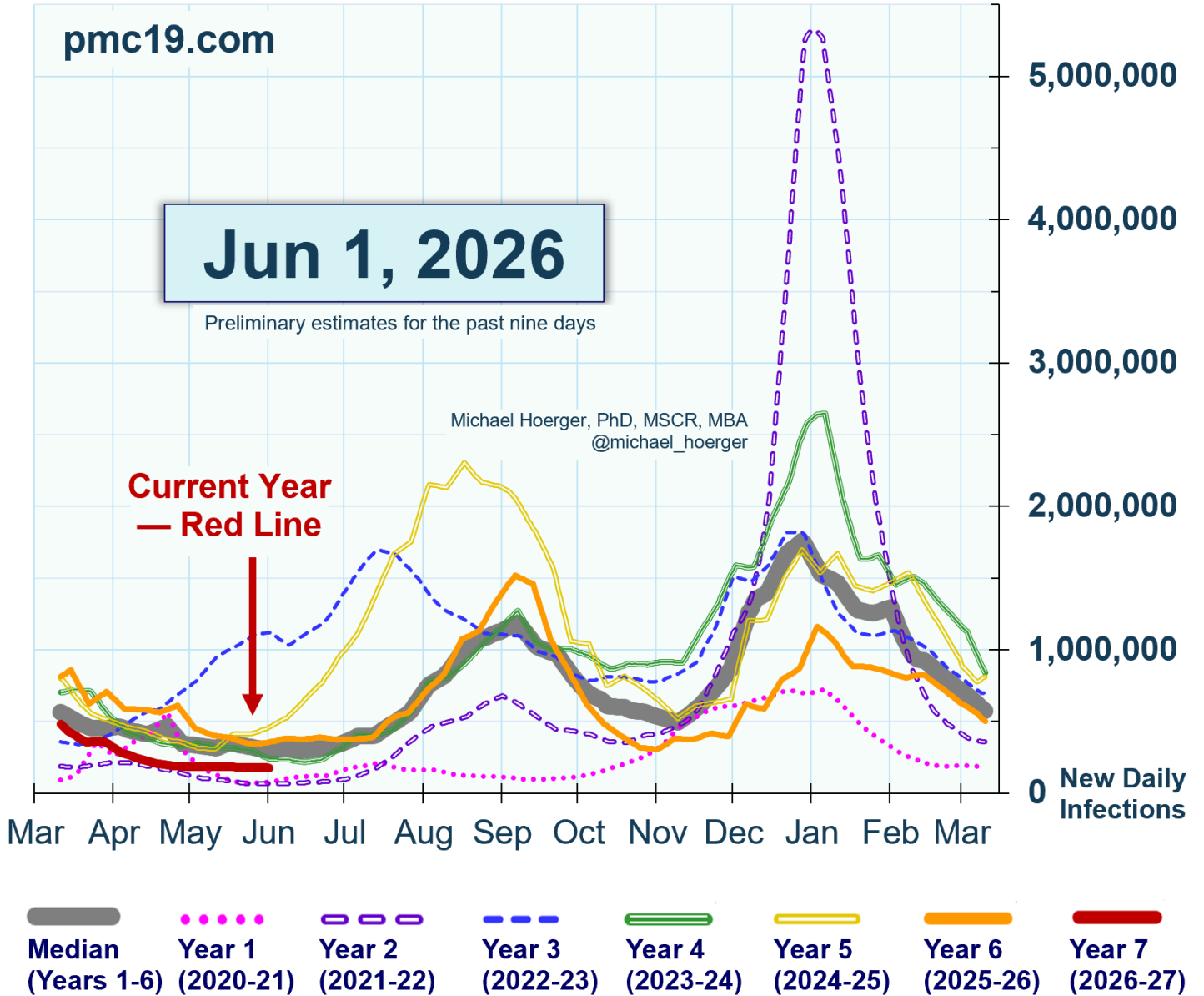
Jun 1, 2026

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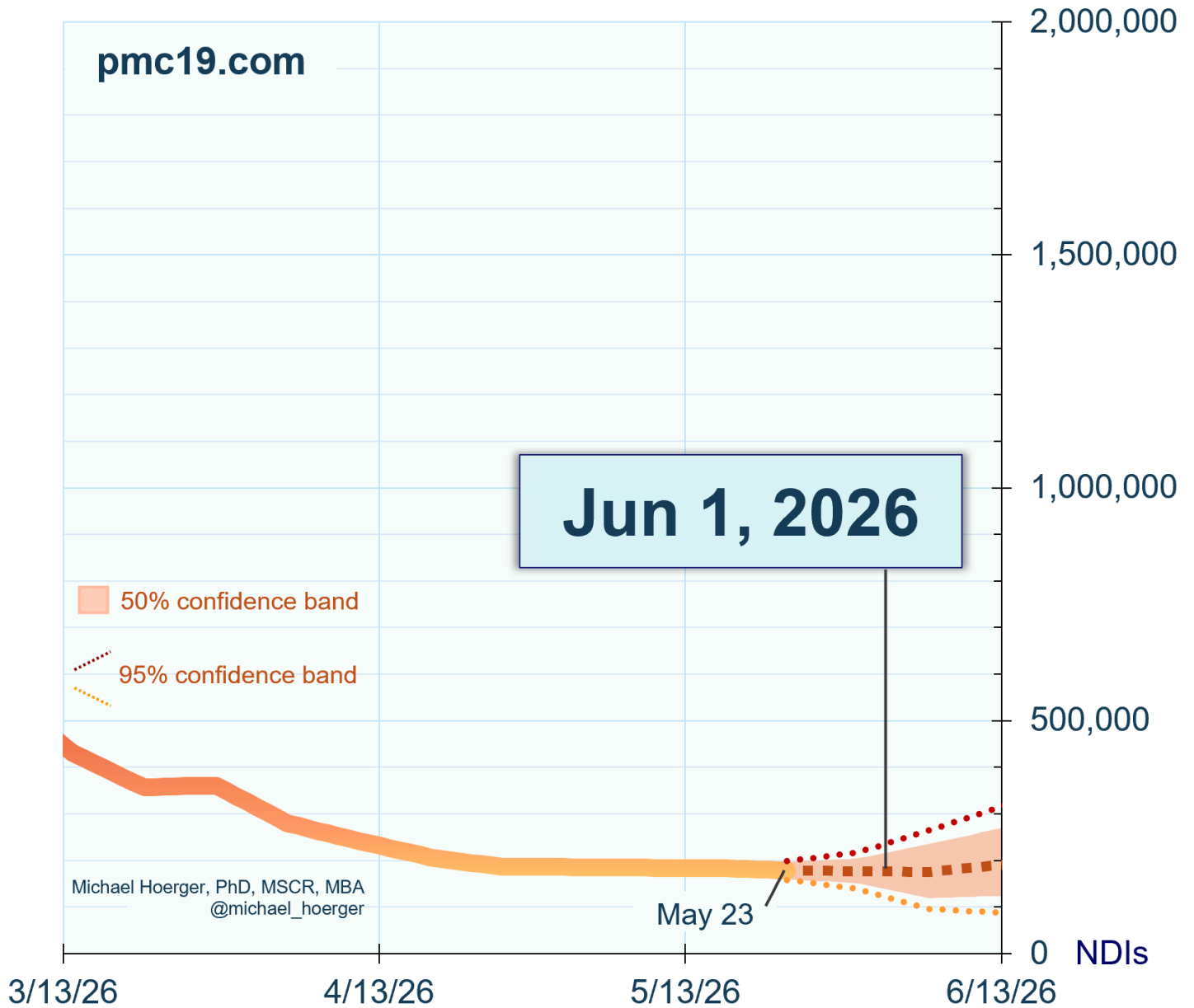
Current transmission is very low relative to the past 100 days, past year, and overall time span since pandemic onset.

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



Notice that while transmission is lower than in recent years and the median (gray line), levels have flatlined.

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



The forecast is for stable transmission in a relative “lull” hovering just below 200,000 new daily infections.

**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.**