PMC U.S. COVID-19 Report for June 15, 2026. pmc19.com

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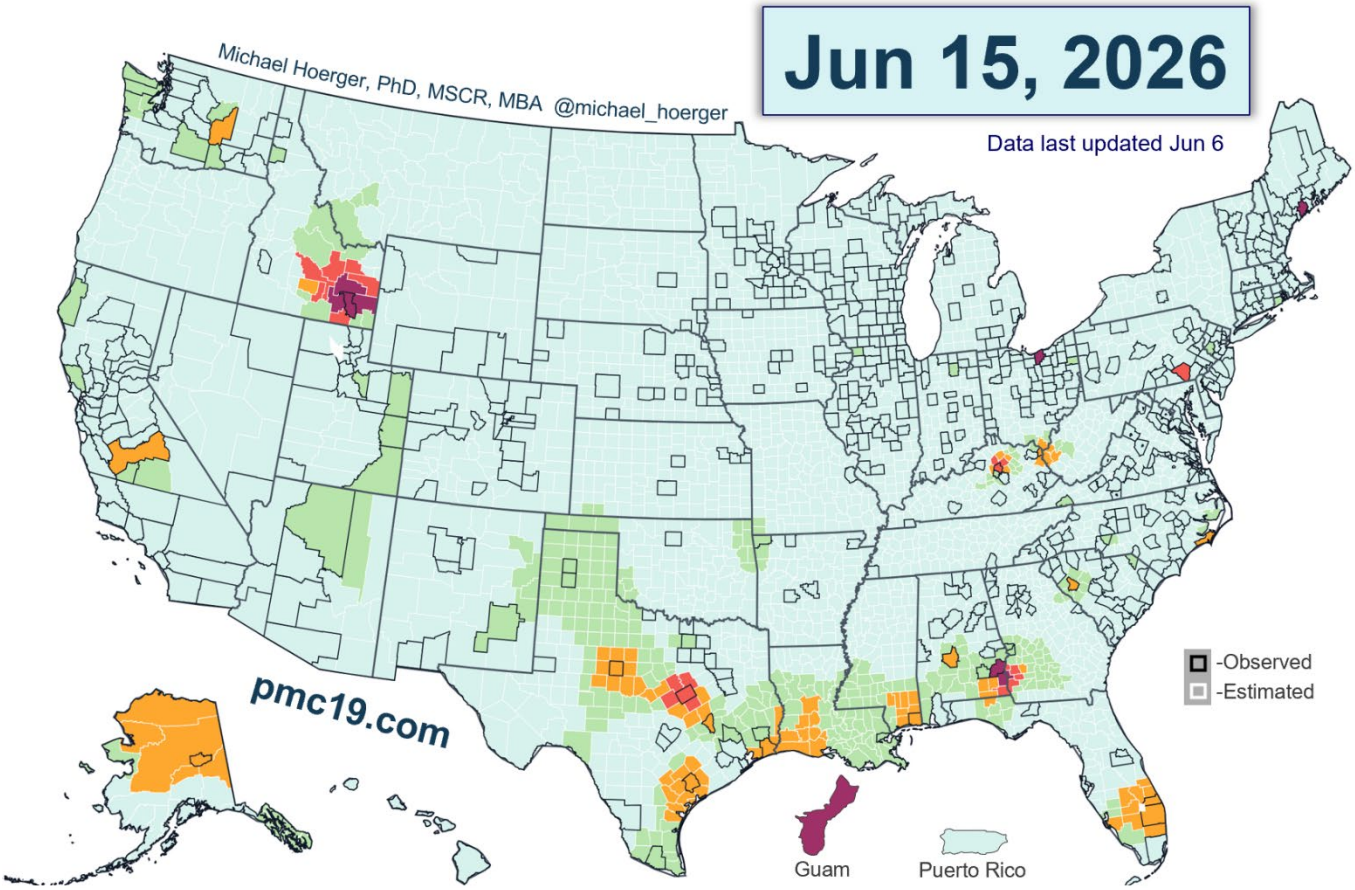

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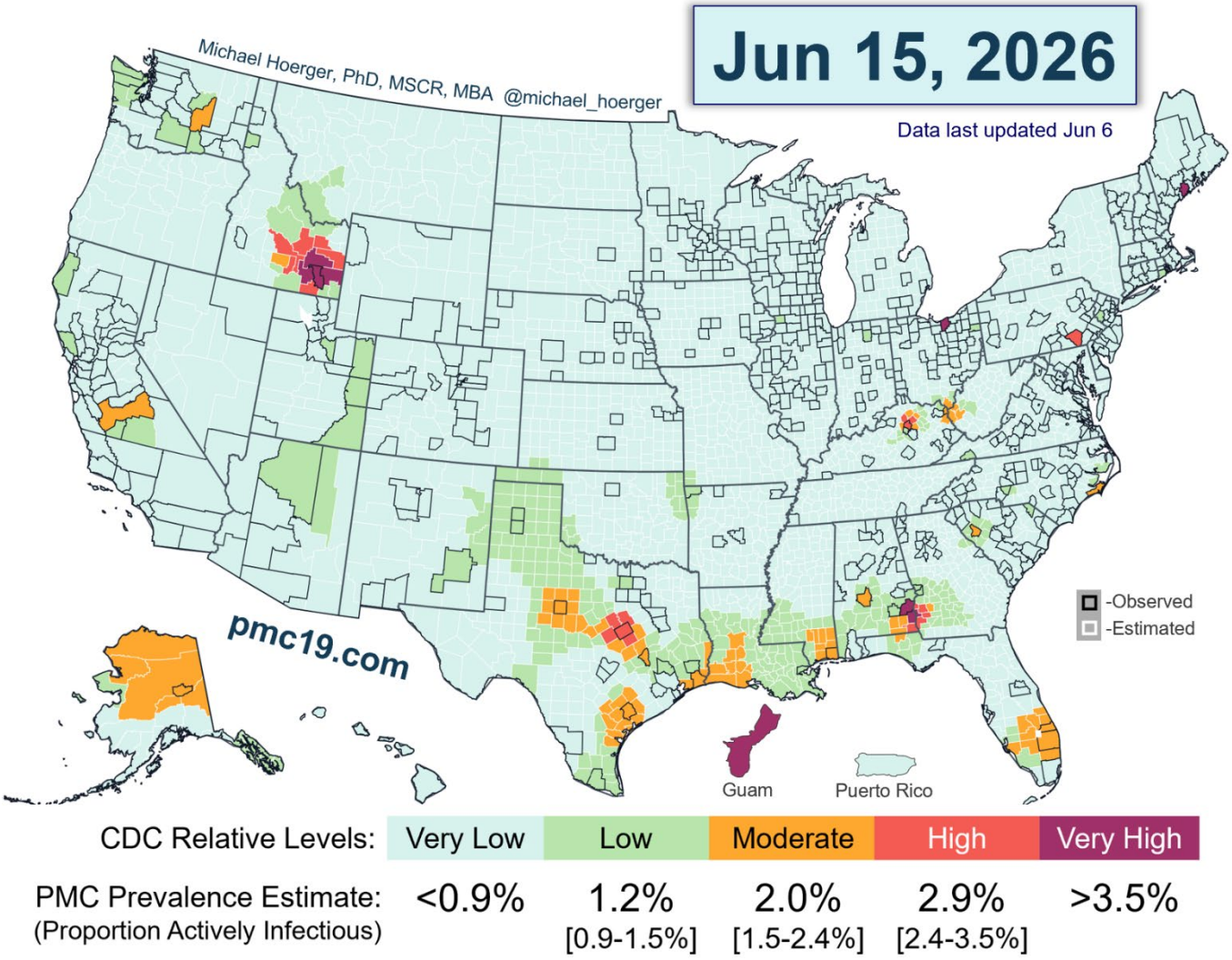
Announcements

Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) has not reported the past 3 weeks; expect minor retroactive corrections when they update.

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



Estimated levels are at their lowest since July 2021. Levels are mostly “very low” nationwide. The following areas have elevated transmission: Guam (Very High), Southeast Idaho (Very High), Southeast Alabama (Very High), Lorain, Ohio (Very High), Waldoboro, Maine (Very High), Waco, Texas (High), Lexington, Kentucky (High), and Lancaster, Pennsylvania (High).

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COVID-19 State Prevalence Estimates

pmc19.com

Jun 15, 2026

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 222 (0.5%)	4%	11%	20%	36%
Alaska	Very Low	1 in 127 (0.8%)	8%	18%	33%	55%
Arizona	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Arkansas	Very Low*	1 in 364 (0.3%)	3%	7%	13%	24%
California	Very Low	1 in 190 (0.5%)	5%	12%	23%	41%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 472 (0.2%)	2%	5%	10%	19%
Delaware	Very Low	1 in 341 (0.3%)	3%	7%	14%	25%
District of Columbia	Very Low	1 in 382 (0.3%)	3%	6%	12%	23%
Florida	Very Low	1 in 179 (0.6%)	5%	13%	24%	43%
Georgia	Very Low	1 in 229 (0.4%)	4%	10%	20%	35%
Guam	**Very High**	1 in 28 (3.6%)	31%	60%	84%	97%
Hawaii	Very Low	1 in 220 (0.5%)	4%	11%	20%	37%
Idaho	Very Low	1 in 352 (0.3%)	3%	7%	13%	25%
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 370 (0.3%)	3%	7%	13%	24%
Kentucky	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Louisiana	Low	1 in 91 (1.1%)	10%	24%	42%	67%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 252 (0.4%)	4%	9%	18%	33%
Massachusetts	Very Low	1 in 599 (0.2%)	2%	4%	8%	15%
Michigan	Very Low	1 in 244 (0.4%)	4%	10%	19%	34%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Moderate*	1 in 45 (2.2%)	20%	43%	68%	90%

* Limited data reporting

Data last updated Jun 6

COVID-19 State Prevalence Estimates

pmc19.com *Jun 15, 2026*

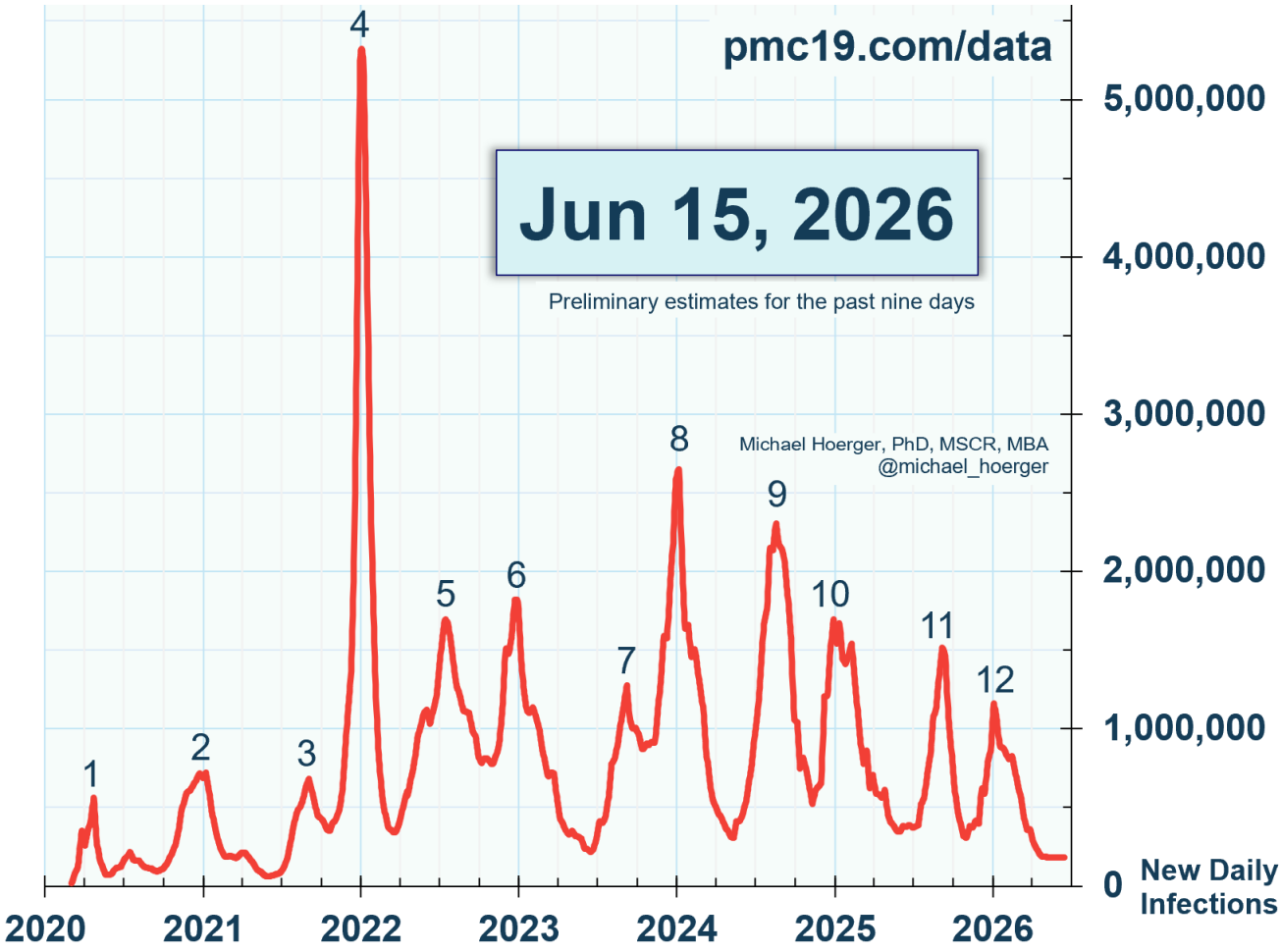
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Montana (1 week lag)	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 444 (0.2%)	2%	5%	11%	20%
Nevada	Very Low	1 in 207 (0.5%)	5%	11%	21%	38%
New Hampshire	Very Low	1 in 1,008 (0.1%)	1%	2%	5%	9%
New Jersey	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
New Mexico	Very Low	1 in 198 (0.5%)	5%	12%	22%	40%
New York	Very Low*	1 in 376 (0.3%)	3%	6%	12%	23%
North Carolina	Very Low	1 in 376 (0.3%)	3%	6%	12%	23%
North Dakota	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Ohio	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma	Very Low*	1 in 887 (0.1%)	1%	3%	5%	11%
Oregon (1 week lag)	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 336 (0.3%)	3%	7%	14%	26%
South Carolina	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
South Dakota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Tennessee	Very Low	1 in 462 (0.2%)	2%	5%	10%	19%
Texas	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
Utah	Very Low	1 in 482 (0.2%)	2%	5%	10%	19%
Vermont	Very Low	1 in 765 (0.1%)	1%	3%	6%	12%
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 541 (0.2%)	2%	5%	9%	17%
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 Jun 6

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 **14.6** months between infections.

Notice that the current levels are comparable to “lulls” in recent years. Current levels are estimated at their lowest since July 2021. Expect the trough shape to adjust marginally when Biobot data return.

National COVID-19 Estimates (U.S.)

Jun 15, 2026 **pmc19.com**

Infections

Proportion Actively Infectious	1 in 269 (0.4%)
New Daily Infections	182,000
Infections the Past Week	1,270,000
Infections in 2026	81,000,000
Cumulative Infections per Person	5.16

Long COVID

Long COVID Cases Resulting from New Daily Infections	9,000 to 36,000
Long COVID Cases Resulting from New Weekly Infections	64,000 to 250,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	40 to 80
Excess Deaths Resulting from New Weekly Infections	300 to 600

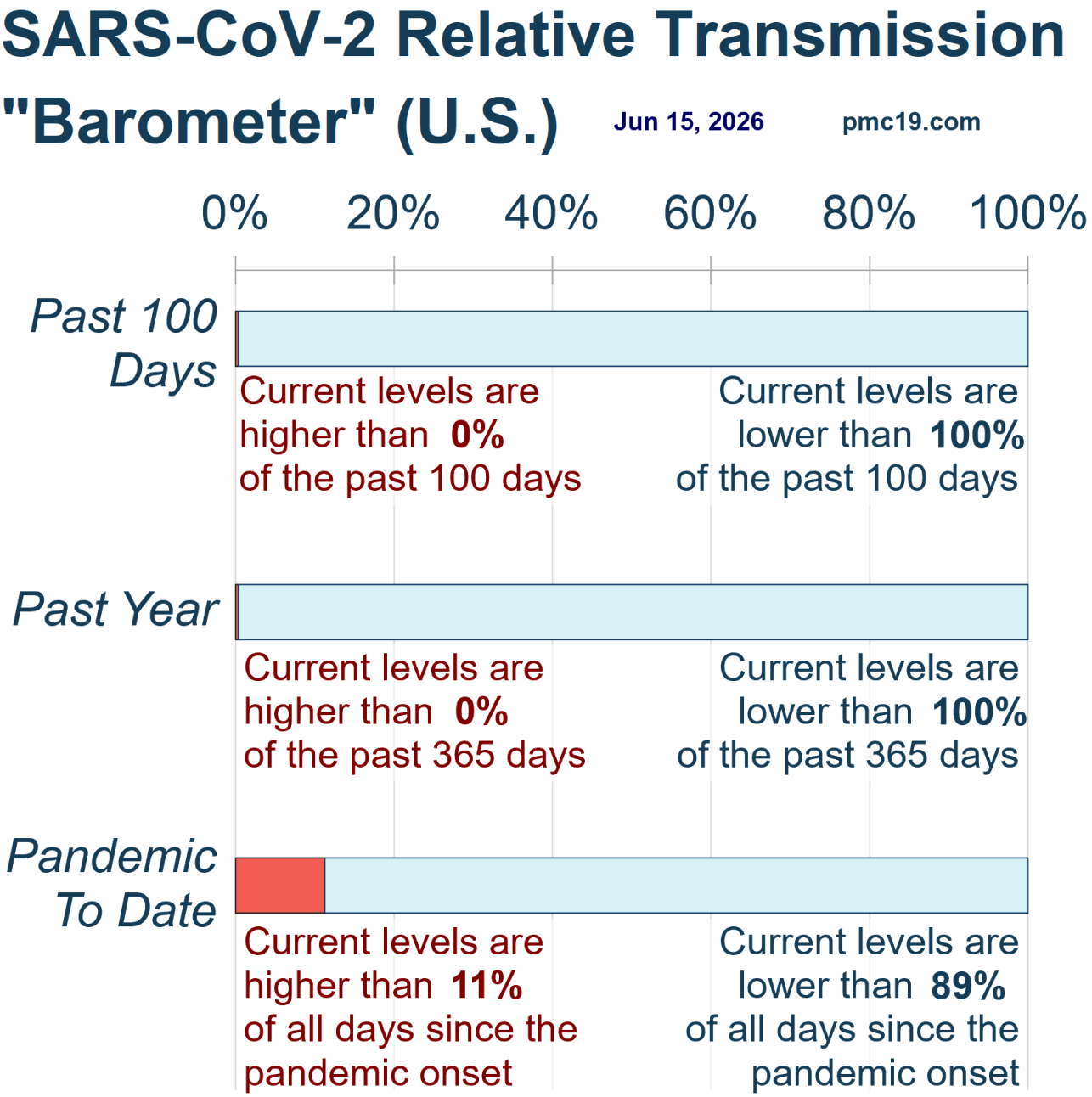
During this relative “lull,” an estimated 1.3 million Americans are getting infected per week, resulting in significant morbidity and 300-600 eventual excess deaths. Note that last week’s level were adjusted upward. This week’s numbers are flat relative to that upward correction.

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

Jun 15, 2026 **pmc19.com**

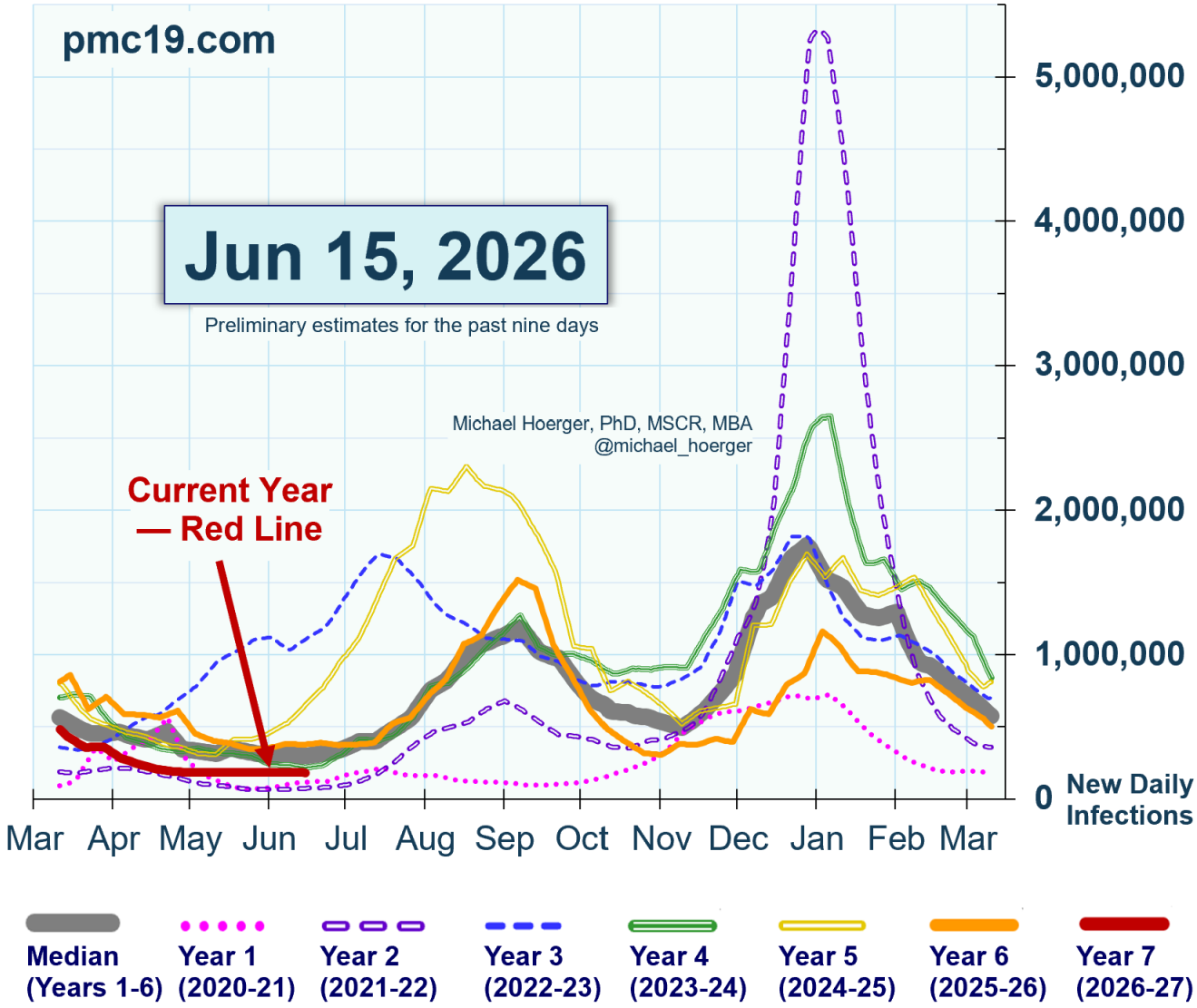
Number of People	Chances Anyone is Infectious
1	0.4%
2	0.7%
3	1.1%
4	1.5%
5	1.8%
10	3.7%
15	5.4%
20	7.2%
25	8.9%
30	10.6%
50	17.0%
75	24.3%
100	31.1%
200	52.5%
300	67.2%

In a room of 25 people representative of the U.S. population, there would be a 1-in-11 chance of an exposure if there were no testing and isolation protocols.



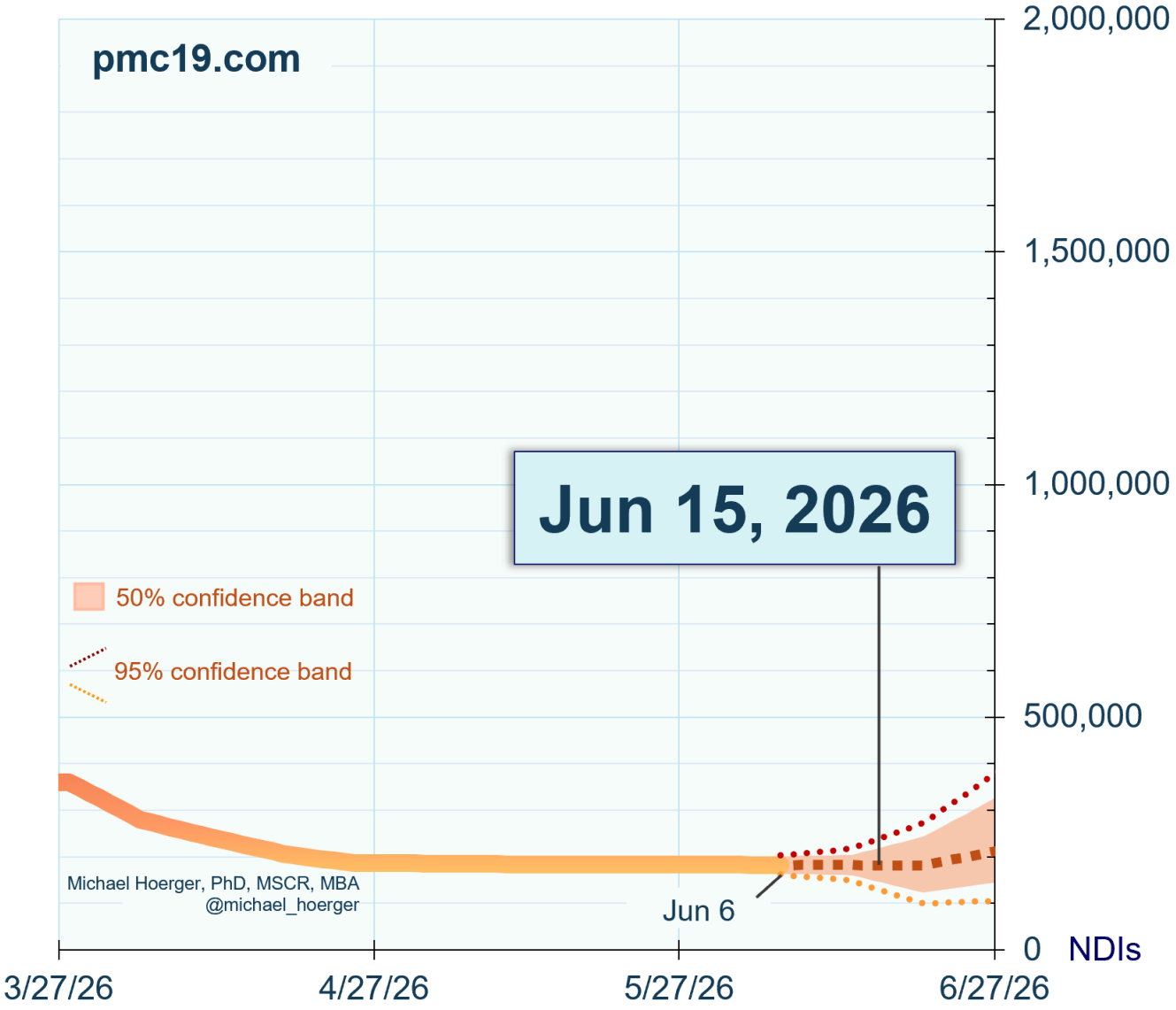
Current transmission is very low relative to the past 100 days, past year, and overall time span since pandemic onset.

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



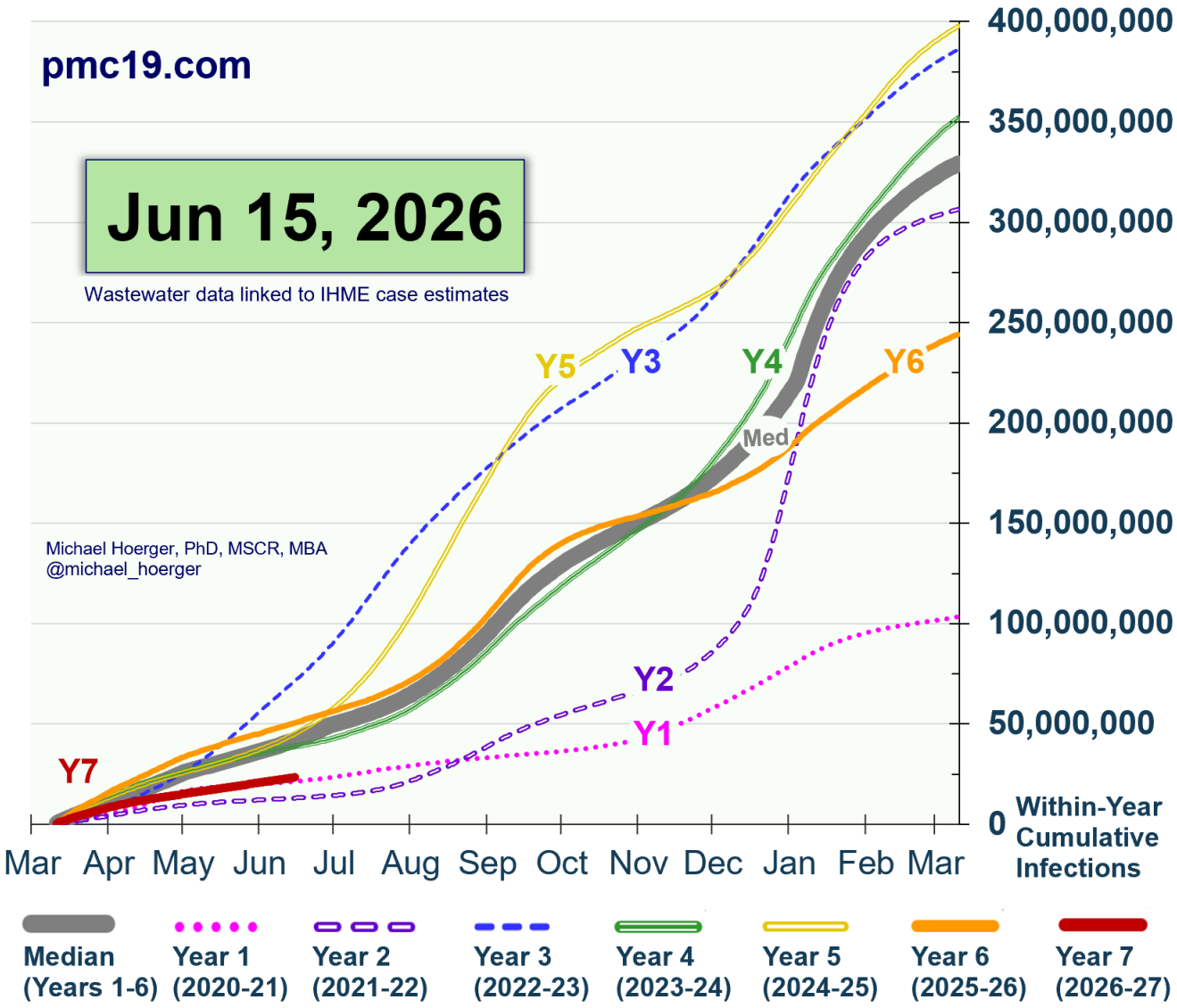
Notice that transmission is no longer far off of that from June 2023.

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



The forecast is for stable transmission in a relative “lull” hovering at 180,000 to 200,000 new daily infections.

Estimated Within-Year Cumulative SARS-CoV-2 Infections (U.S.)



Checking in on the within-year cumulative estimates (posted periodically), note that current levels are still tracking closely the pattern of transmission in Year 1, when multi-layered mitigation was in place. This has been a reprieve for many individuals, but notice that transmission can change quickly (Y2, Y5).

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.