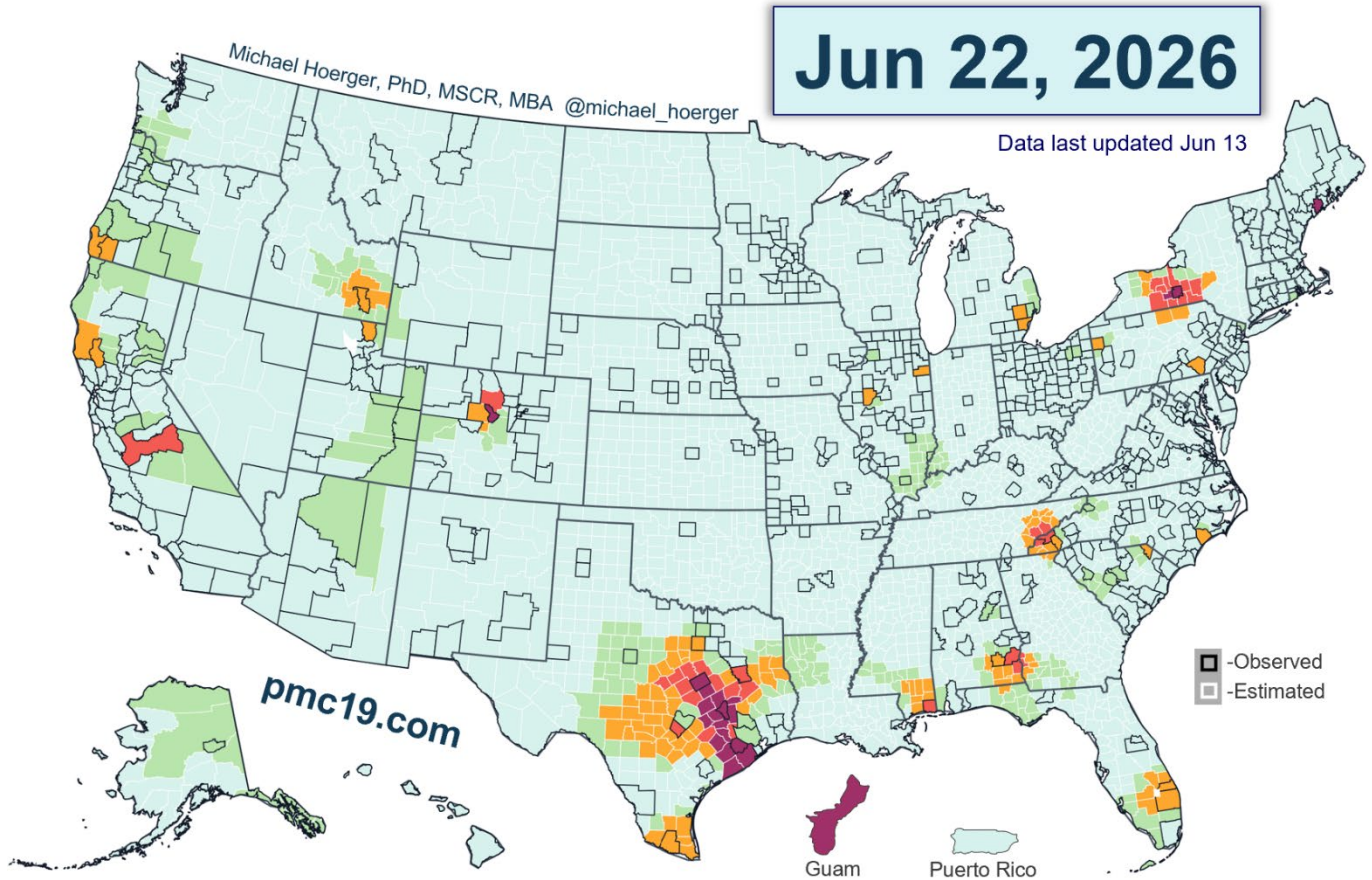


PMC U.S. COVID-19 Report for June 22, 2026. pmc19.com

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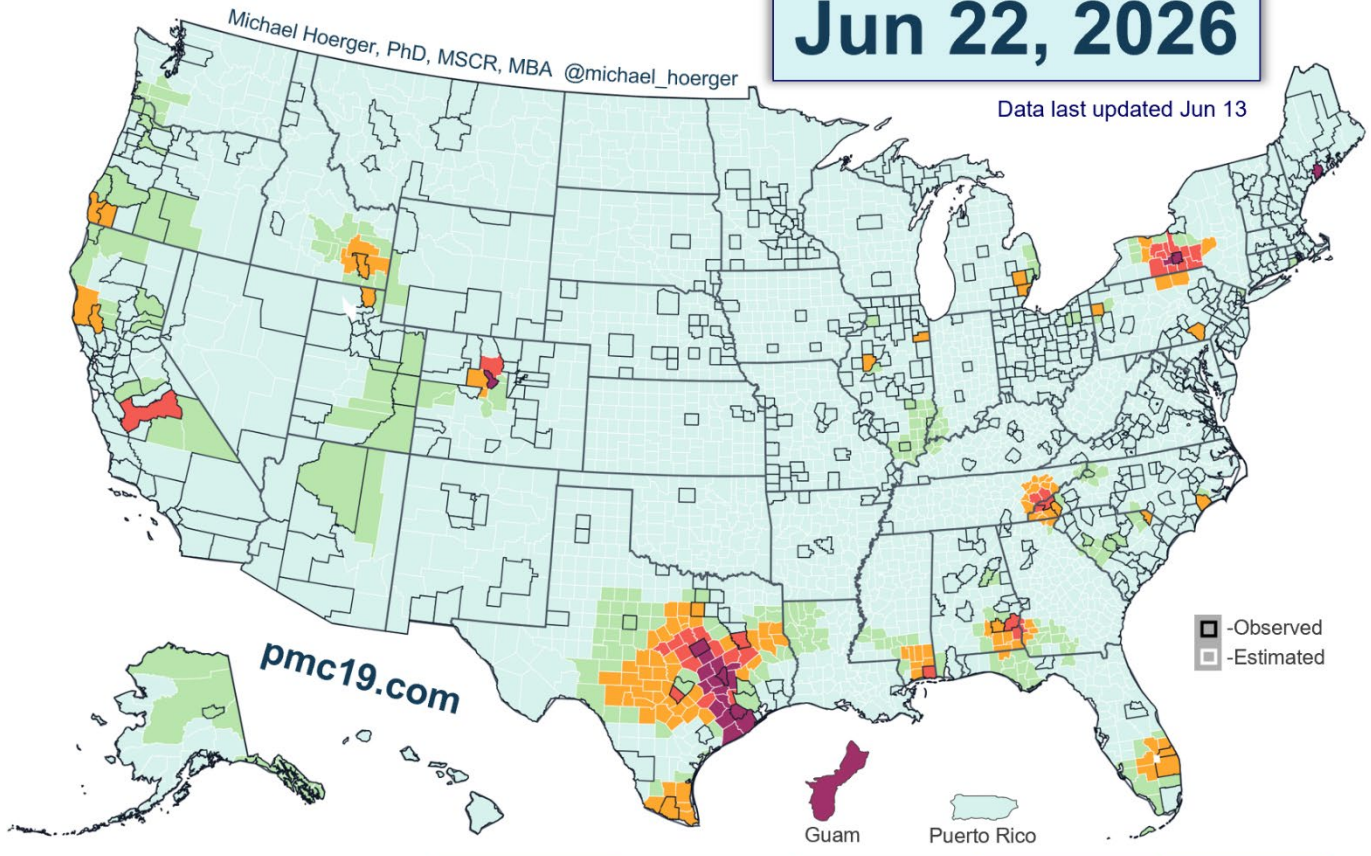
Announcements

Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) reported for the first time in a month. The CDC data show a sizable relative reduction in transmission compared to a week ago, whereas Biobot shows a sizable relative increase.

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

Jun 22, 2026



CDC Relative Levels:	Very Low	Low	Moderate	High	Very High
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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%]	

The US has 9 hot spots. There are major outbreaks in Central/Southeast Texas (High/Very High) and Guam (Very High). Other spikes are at individual wastewater sites: Summit County, Colorado (Very High); Tompkins County, New York (Very High); Lincoln County, Maine (Very High); Fresno County, California (High); Jackson County, Mississippi (High); Barbour County, Alabama (High); and Swain Country, North Carolina (High). Note, New York state only has two CDC sites reporting; their state-run dashboard suggests the outbreak may be more isolated than depicted here.

COVID-19 State Prevalence Estimates

pmc19.com

Jun 22, 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 222 (0.5%)	4%	11%	20%	36%
Alaska	Low	1 in 110 (0.9%)	9%	20%	37%	60%
Arizona	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Arkansas	Very Low*	1 in 569 (0.2%)	2%	4%	8%	16%
California	Very Low	1 in 213 (0.5%)	5%	11%	21%	38%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 652 (0.2%)	2%	4%	7%	14%
Delaware	Very Low	1 in 261 (0.4%)	4%	9%	17%	32%
District of Columbia	Very Low	1 in 312 (0.3%)	3%	8%	15%	27%
Florida	Very Low	1 in 167 (0.6%)	6%	14%	26%	45%
Georgia	Very Low	1 in 427 (0.2%)	2%	6%	11%	21%
Guam	Very High	1 in 25 (4.0%)	33%	64%	87%	98%
Hawaii	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Idaho	Very Low	1 in 453 (0.2%)	2%	5%	10%	20%
Illinois	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Indiana	Very Low*	1 in 1,167 (0.1%)	1%	2%	4%	8%
Iowa	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Kansas	Very Low	1 in 853 (0.1%)	1%	3%	6%	11%
Kentucky	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Louisiana	Very Low	1 in 217 (0.5%)	5%	11%	21%	37%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 652 (0.2%)	2%	4%	7%	14%
Massachusetts	Very Low	1 in 444 (0.2%)	2%	5%	11%	20%
Michigan	Very Low	1 in 211 (0.5%)	5%	11%	21%	38%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	High*	1 in 39 (2.5%)	23%	47%	72%	92%

* Limited data reporting

Data last updated Jun 13

COVID-19 State Prevalence Estimates

pmc19.com

Jun 22, 2026

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

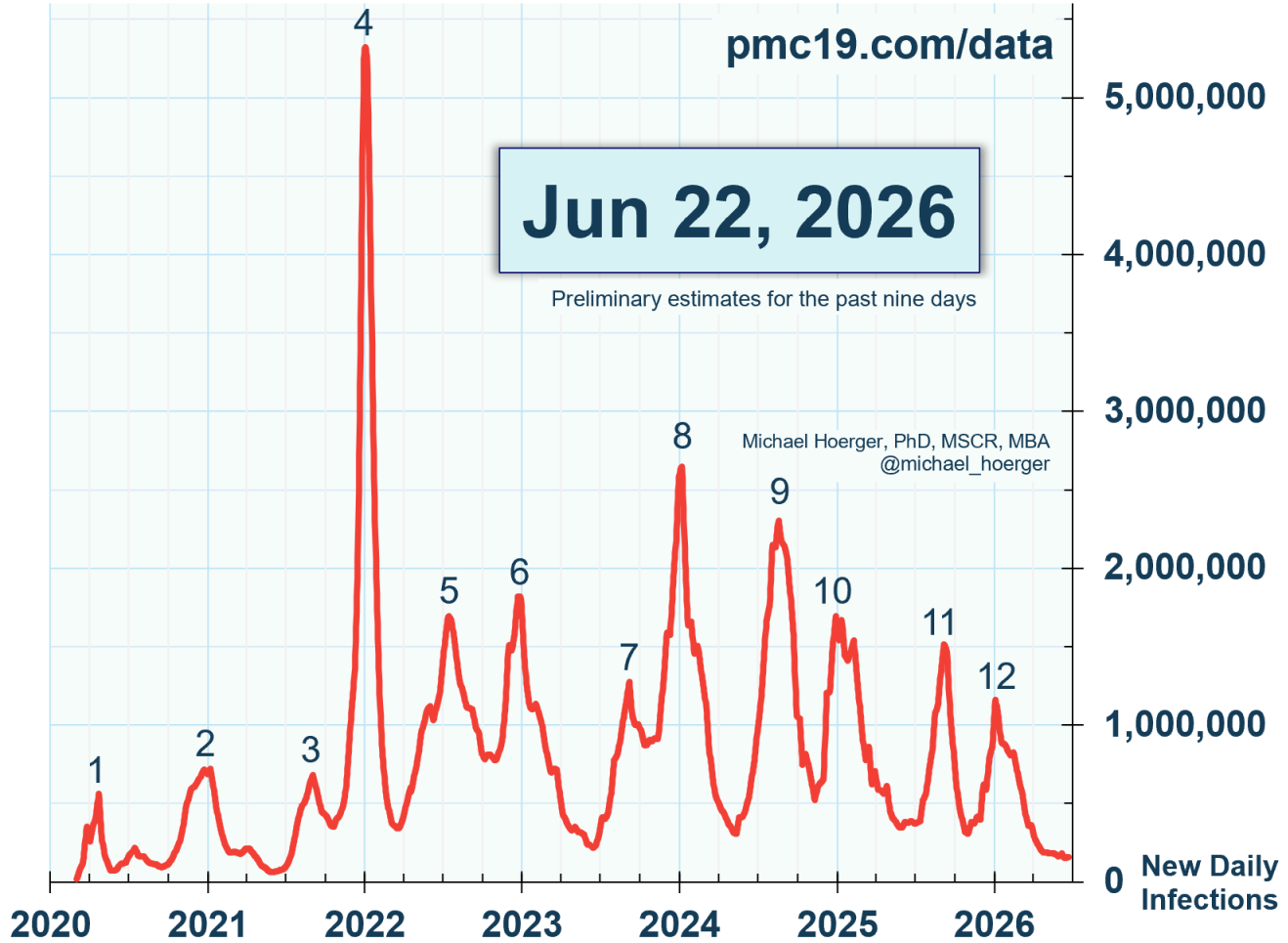
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 288 (0.3%)	3%	8%	16%	29%
Montana	Very Low	1 in 284 (0.4%)	3%	8%	16%	30%
Nebraska	Very Low	1 in 453 (0.2%)	2%	5%	10%	20%
Nevada	Very Low	1 in 207 (0.5%)	5%	11%	21%	38%
New Hampshire	Very Low	1 in 821 (0.1%)	1%	3%	6%	11%
New Jersey	Very Low	1 in 376 (0.3%)	3%	6%	12%	23%
New Mexico	Very Low	1 in 220 (0.5%)	4%	11%	20%	37%
New York	Moderate*	1 in 50 (2.0%)	18%	40%	64%	87%
North Carolina	Very Low	1 in 321 (0.3%)	3%	7%	14%	27%
North Dakota	Very Low*	1 in 311 (0.3%)	3%	8%	15%	28%
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	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
Pennsylvania	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Rhode Island	Very Low	1 in 403 (0.2%)	2%	6%	12%	22%
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 482 (0.2%)	2%	5%	10%	19%
Texas	Very Low	1 in 121 (0.8%)	8%	19%	34%	56%
Utah	Very Low	1 in 528 (0.2%)	2%	5%	9%	17%
Vermont	Very Low	1 in 1,386 (0.1%)	1%	2%	4%	7%
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 1,848 (0.1%)	1%	1%	3%	5%
Wisconsin	Very Low	1 in 739 (0.1%)	1%	3%	7%	13%
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 13

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.

National COVID-19 Estimates (U.S.)

Jun 22, 2026

pmc19.com

Infections

Proportion Actively Infectious	1 in 310 (0.3%)
New Daily Infections	158,000
Infections the Past Week	1,100,000
Infections in 2026	81,000,000
Cumulative Infections per Person	5.16

Long COVID

Long COVID Cases Resulting from New Daily Infections	8,000 to 32,000
Long COVID Cases Resulting from New Weekly Infections	55,000 to 220,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	40 to 70
Excess Deaths Resulting from New Weekly Infections	300 to 500

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

Jun 22, 2026

pmc19.com

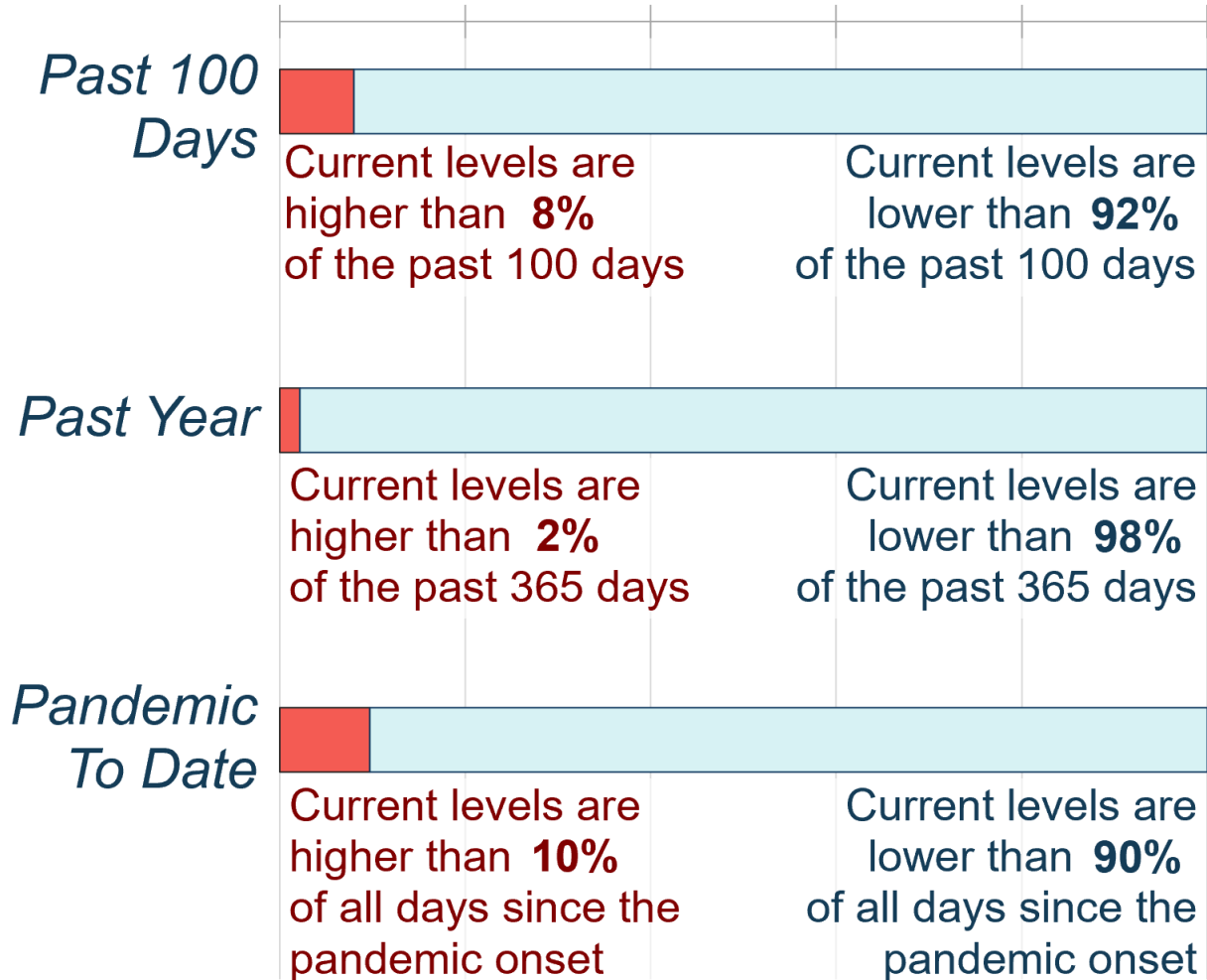
<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.3%
2	0.6%
3	1.0%
4	1.3%
5	1.6%
10	3.2%
15	4.7%
20	6.3%
25	7.8%
30	9.2%
50	14.9%
75	21.5%
100	27.6%
200	47.6%
300	62.1%

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

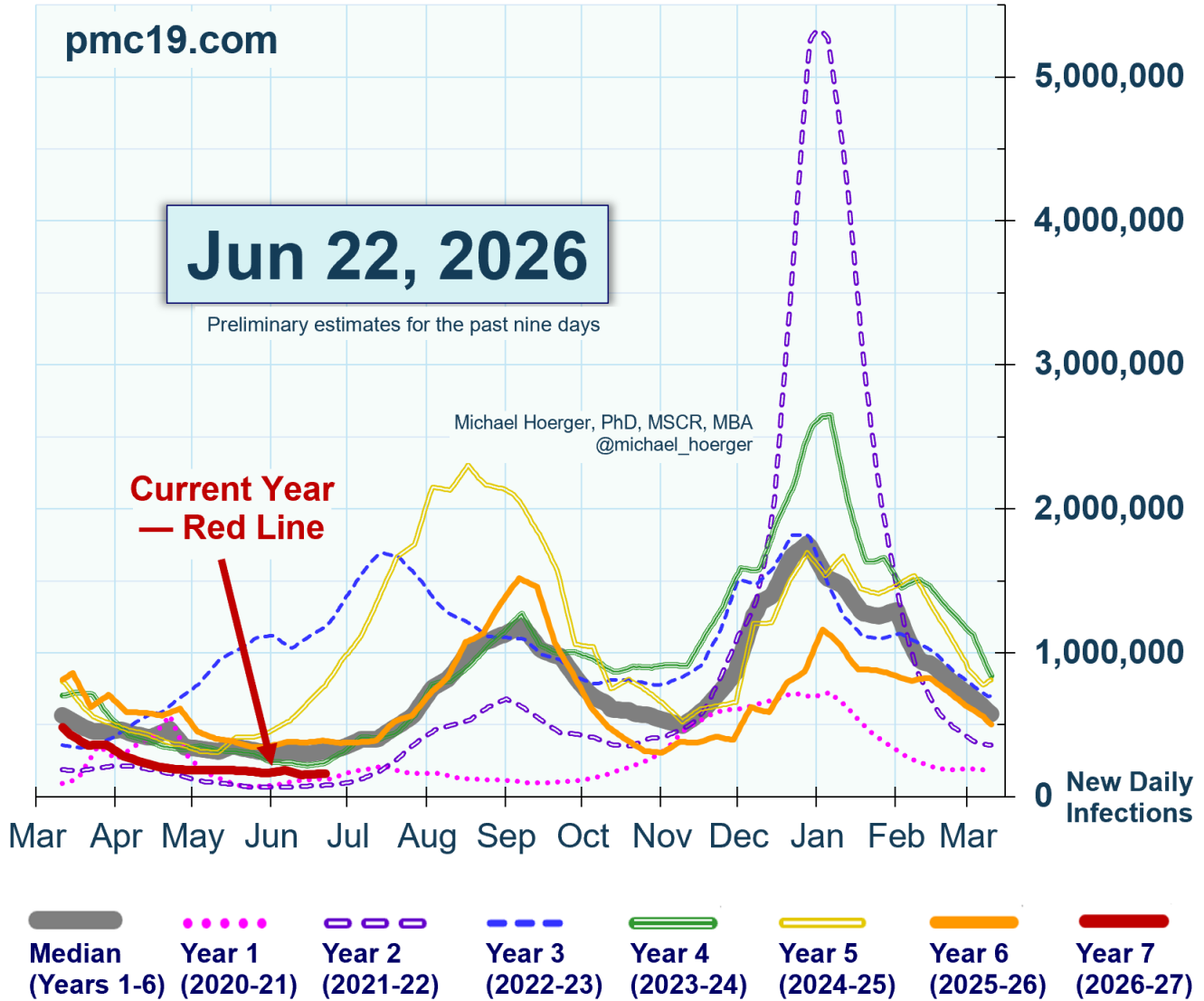
Jun 22, 2026

pmc19.com

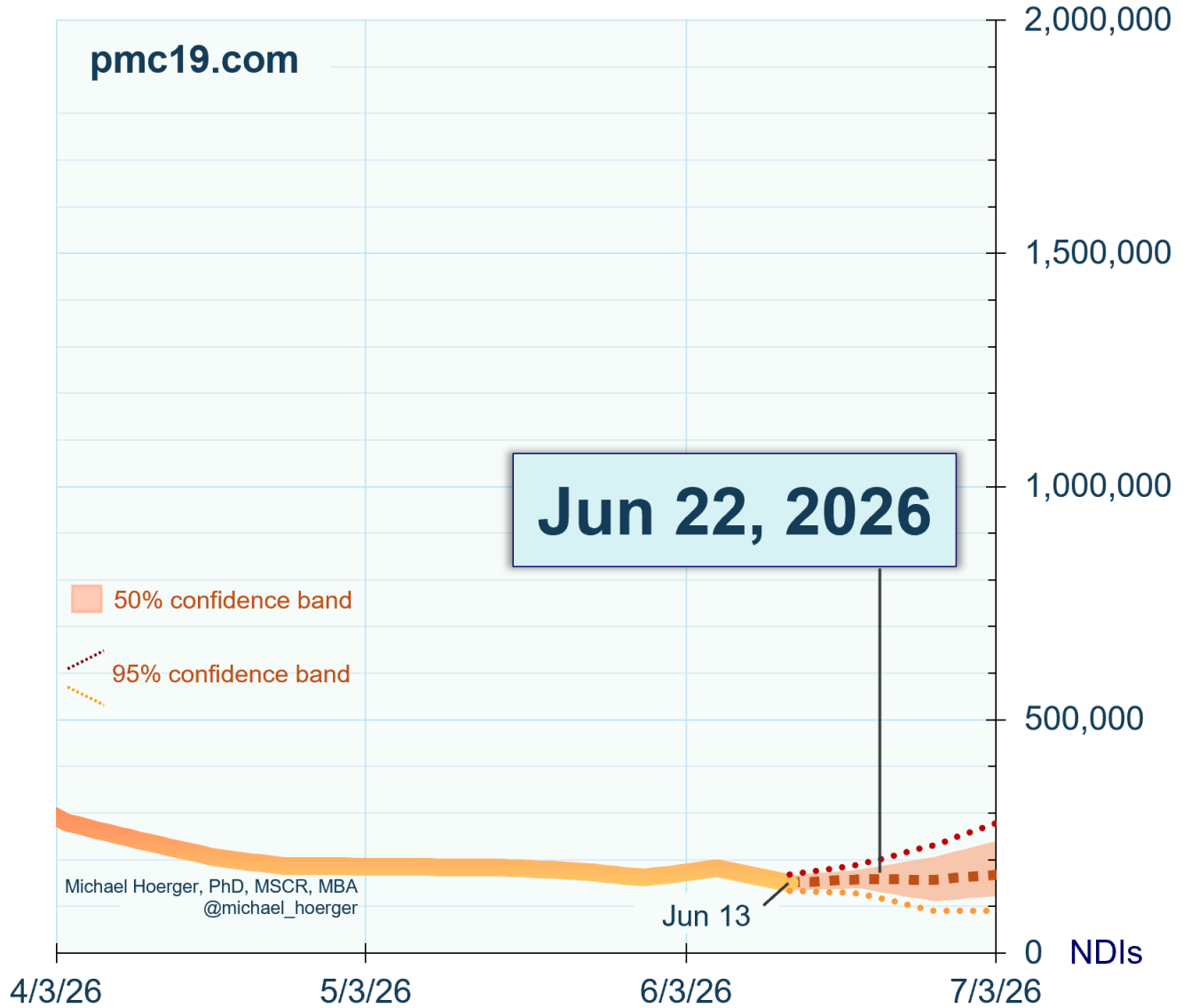
0% 20% 40% 60% 80% 100%



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.