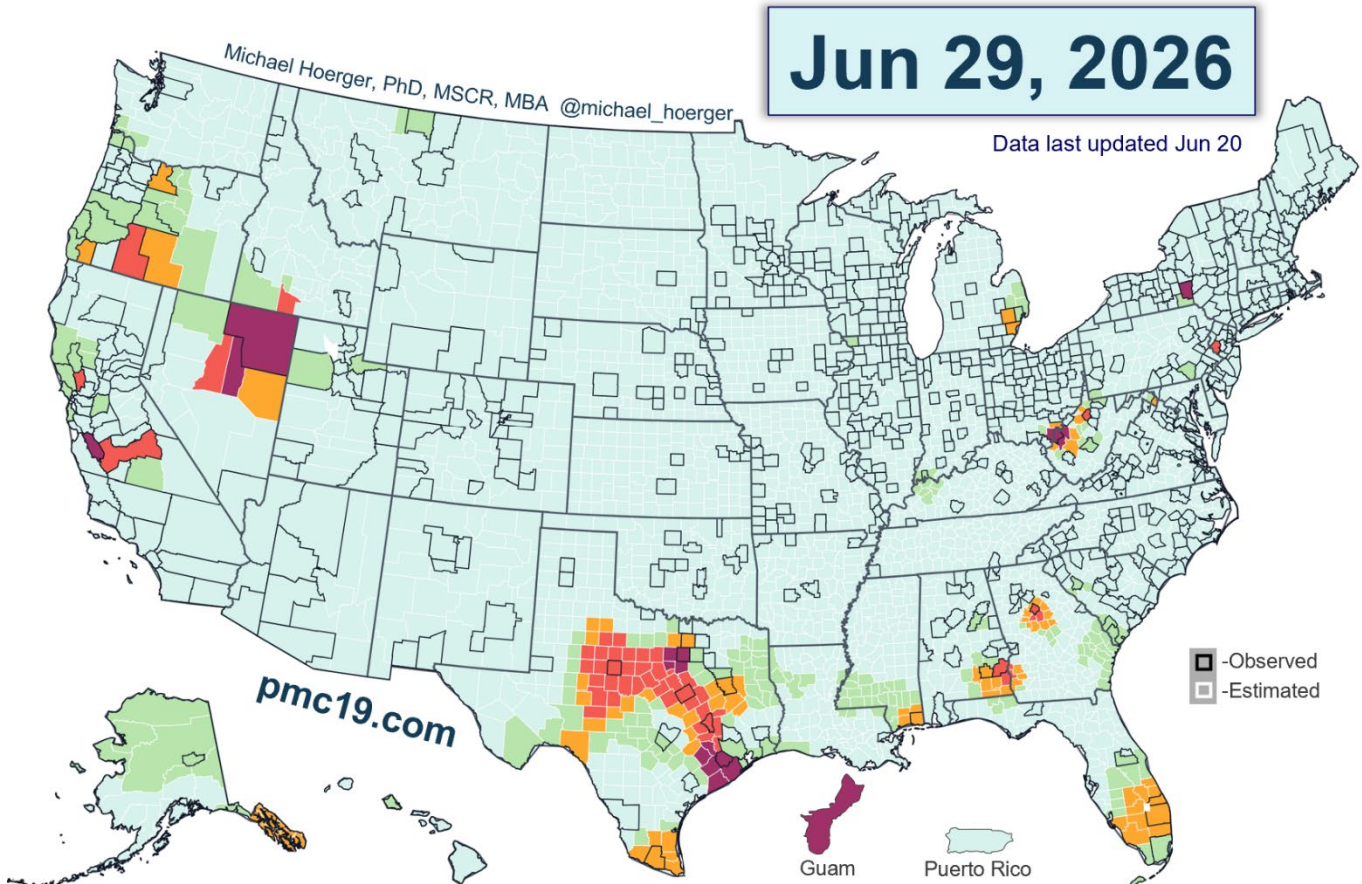


# PMC U.S. COVID-19 Report for June 29, 2026. pmc19.com

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# Announcements

## Minor Methodologic Updates

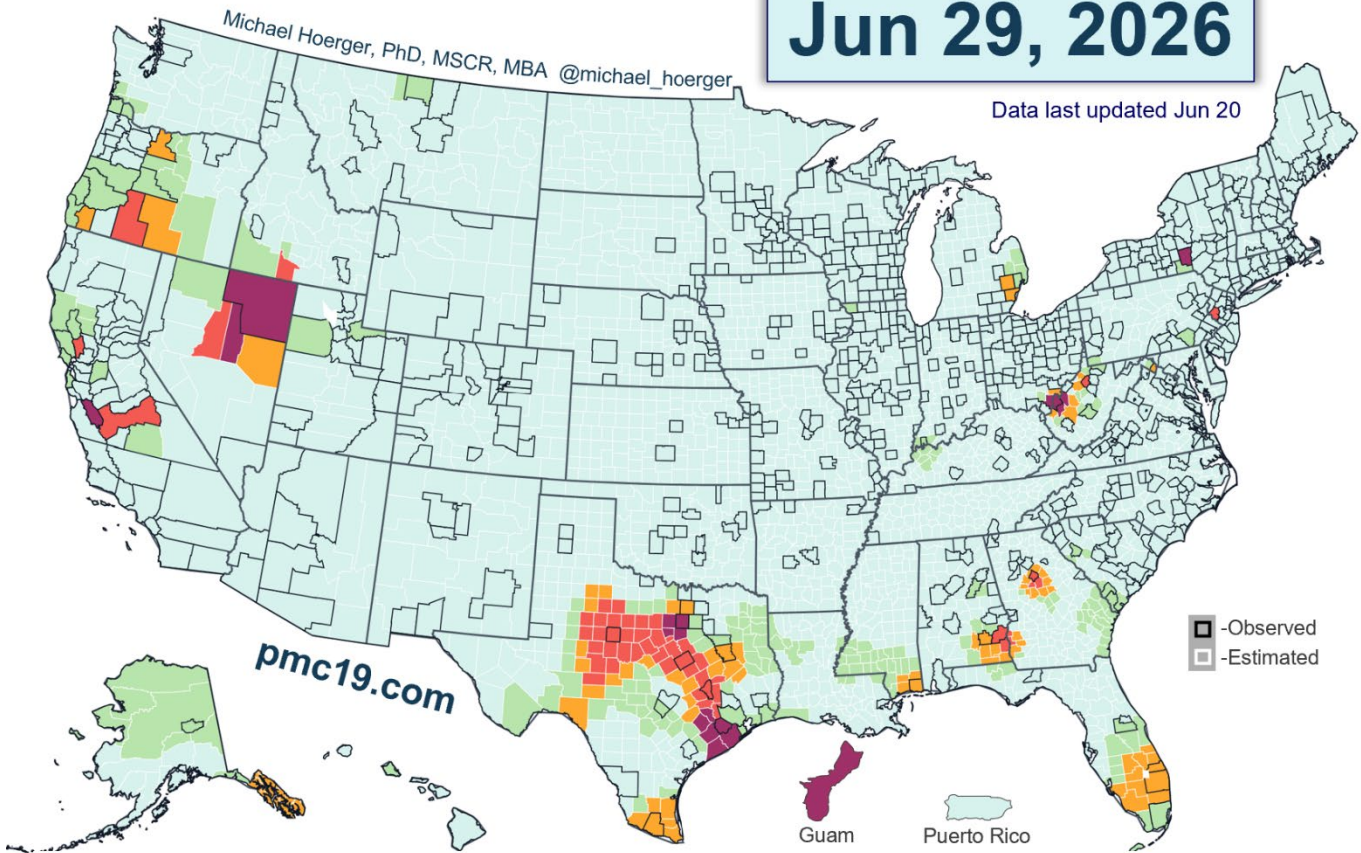
- The state/territory prevalence estimate table now includes Puerto Rico. PR reports data using the CDC conventions through their own non-CDC dashboard. Their work is meticulous and has at times been ahead of the CDC's, including switching to the new color scheme earlier and using numeric values on their y-axes, which the CDC still does not do. Transmission values are measured manually from their wastewater graph.  
<https://datos.salud.pr.gov/covid-19/publicaciones>
- The county-level national heat map has gained significant attention. A minor improvement is that we will allow data that are 1-2 weeks old to contribute to counties with multiple wastewater sites and 1-week-old data to contribute to counties with a single wastewater site. This will negate artificial apparent fluctuations upward or downward when a site goes offline for a week. This has not mattered much so far but will help in states like New York than frequently have reporting problems as well as specific regions that have significant heterogeneity in levels.
- As a minor comment to those reading these reports closely, note that we will sometimes update the interactive heat map earlier than the rest of the website. It is relatively automated and easy to update before the reports are ready. You can access it by clicking the "interactive" link below the heat map or access it directly at <https://pmc19.com/interactive.php> – it may buy a couple extra days warning when that counts.

## Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) did not report. The forecasts are highly unstable because 1) transmission is at a pivotal point at which it may increase, 2) the CDC real-time reporting has been prone to fluctuations and retroactive corrections, and 3) Biobot showed levels ticking up last week but did not report this week.

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

**Jun 29, 2026**



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%]

The US has 10 hot spots. There are major outbreaks in central/southeast Texas (Very High) and Guam (Very High). Other spikes include south central Oregon (Klamath; High), specific counties in California (San Benito, Fresno, Napa; High to Very High), northeast Nevada (Very High), southeast Alabama (High), Newton County in Georgia (High), western West Virginia (High to Very High), Hunterdon County in New Jersey (High), and Chenango County in New York (Very High).

# COVID-19 State Prevalence Estimates

pmc19.com

Jun 29, 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 281 (0.4%)	4%	9%	16%	30%
Alaska	Low	1 in 68 (1.5%)	14%	31%	52%	77%
Arizona	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Arkansas	Very Low*	1 in 331 (0.3%)	3%	7%	14%	26%
California	Very Low	1 in 186 (0.5%)	5%	13%	24%	42%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 672 (0.1%)	1%	4%	7%	14%
Delaware	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
District of Columbia	Very Low	1 in 396 (0.3%)	2%	6%	12%	22%
Florida	Low	1 in 107 (0.9%)	9%	21%	38%	61%
Georgia	Very Low	1 in 258 (0.4%)	4%	9%	18%	32%
<b>Guam</b>	<b>Very High</b>	<b>1 in 24 (4.2%)</b>	<b>35%</b>	<b>66%</b>	<b>88%</b>	<b>99%</b>
Hawaii	Very Low	1 in 140 (0.7%)	7%	16%	30%	51%
Idaho	Very Low	1 in 376 (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 382 (0.3%)	3%	6%	12%	23%
Kentucky	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Louisiana	Very Low	1 in 135 (0.7%)	7%	17%	31%	52%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
Massachusetts	Very Low	1 in 1,232 (0.1%)	1%	2%	4%	8%
Michigan	Very Low	1 in 191 (0.5%)	5%	12%	23%	41%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Moderate*	1 in 52 (1.9%)	18%	39%	62%	86%

\* Limited data reporting

Data last updated Jun 20

# COVID-19 State Prevalence Estimates

pmc19.com

Jun 29, 2026

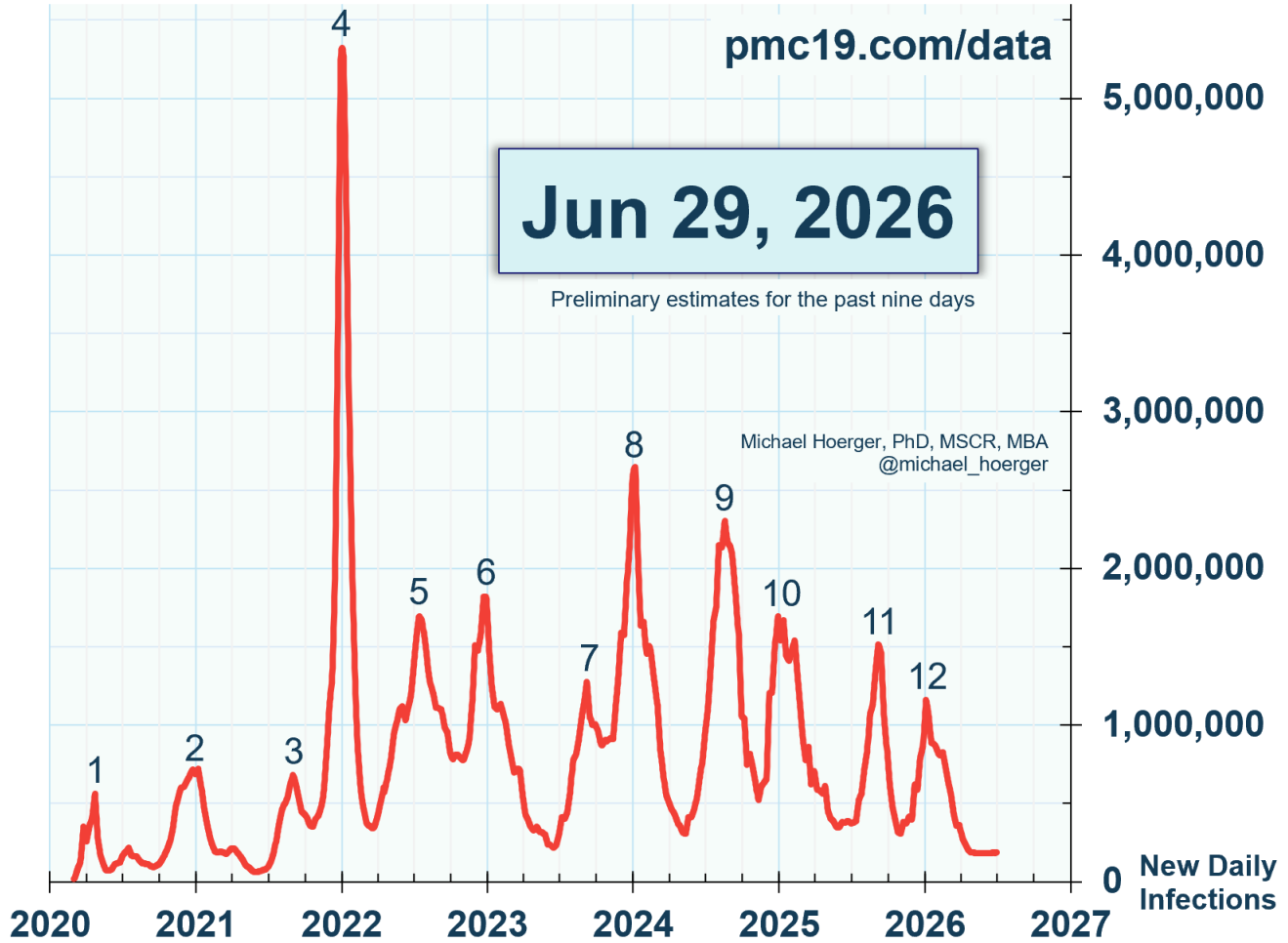
Chances anyone is infectious  
in a room of 10 to 100 people

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 284 (0.4%)	3%	8%	16%	30%
Montana	Very Low	1 in 220 (0.5%)	4%	11%	20%	37%
Nebraska	Very Low	1 in 1,305 (0.1%)	1%	2%	4%	7%
Nevada	Very Low	1 in 296 (0.3%)	3%	8%	16%	29%
New Hampshire	Very Low	1 in 765 (0.1%)	1%	3%	6%	12%
New Jersey	Very Low	1 in 569 (0.2%)	2%	4%	8%	16%
New Mexico	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
New York	Very Low*	1 in 616 (0.2%)	2%	4%	8%	15%
North Carolina	Very Low	1 in 358 (0.3%)	3%	7%	13%	24%
North Dakota	Very Low*	1 in 281 (0.4%)	4%	9%	16%	30%
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 172 (0.6%)	6%	14%	25%	44%
Pennsylvania	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Puerto Rico	Very Low*	1 in 175 (0.6%)	6%	13%	25%	44%
Rhode Island	Very Low	1 in 672 (0.1%)	1%	4%	7%	14%
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 418 (0.2%)	2%	6%	11%	21%
Texas	Low	1 in 109 (0.9%)	9%	21%	37%	60%
Utah	Very Low	1 in 554 (0.2%)	2%	4%	9%	17%
Vermont	Very Low	1 in 296 (0.3%)	3%	8%	16%	29%
Virginia	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Washington	Very Low*	1 in 541 (0.2%)	2%	5%	9%	17%
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 222 (0.5%)	4%	11%	20%	36%

\* Limited reporting; ND averages MN, MT, SD; PR from PR dashboard Data last updated Jun 20

Note that while Puerto Rico has been added to the table with this update.

# 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 **14.2** months between infections.

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

Jun 29, 2026

pmc19.com

## Infections

Proportion Actively Infectious	1 in 264 (0.4%)
New Daily Infections	186,000
Infections the Past Week	1,300,000
Infections in 2026	83,000,000
Cumulative Infections per Person	5.33

## Long COVID

Long COVID Cases Resulting from New Daily Infections	9,000 to 37,000
Long COVID Cases Resulting from New Weekly Infections	65,000 to 260,000

## Excess Deaths

Excess Deaths Resulting from New Daily Infections	50 to 80
Excess Deaths Resulting from New Weekly Infections	300 to 600

Note: the cumulative infection count was set with a maximum date that become outdated and prevented the value from updating, creating the apparent jump from last week to this week, 5.16 to 5.33.

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Jun 29, 2026

pmc19.com

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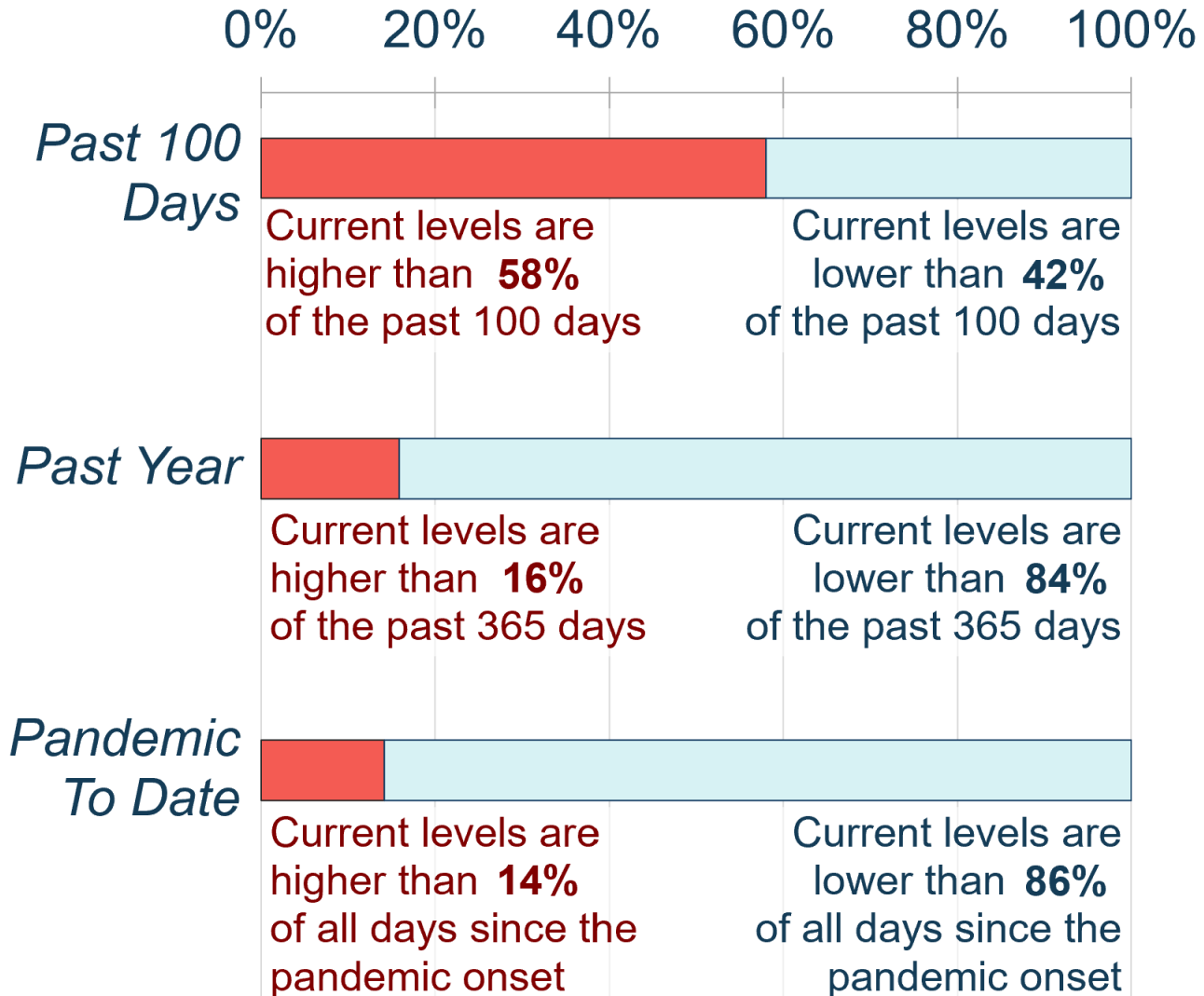
## Excess Deaths

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

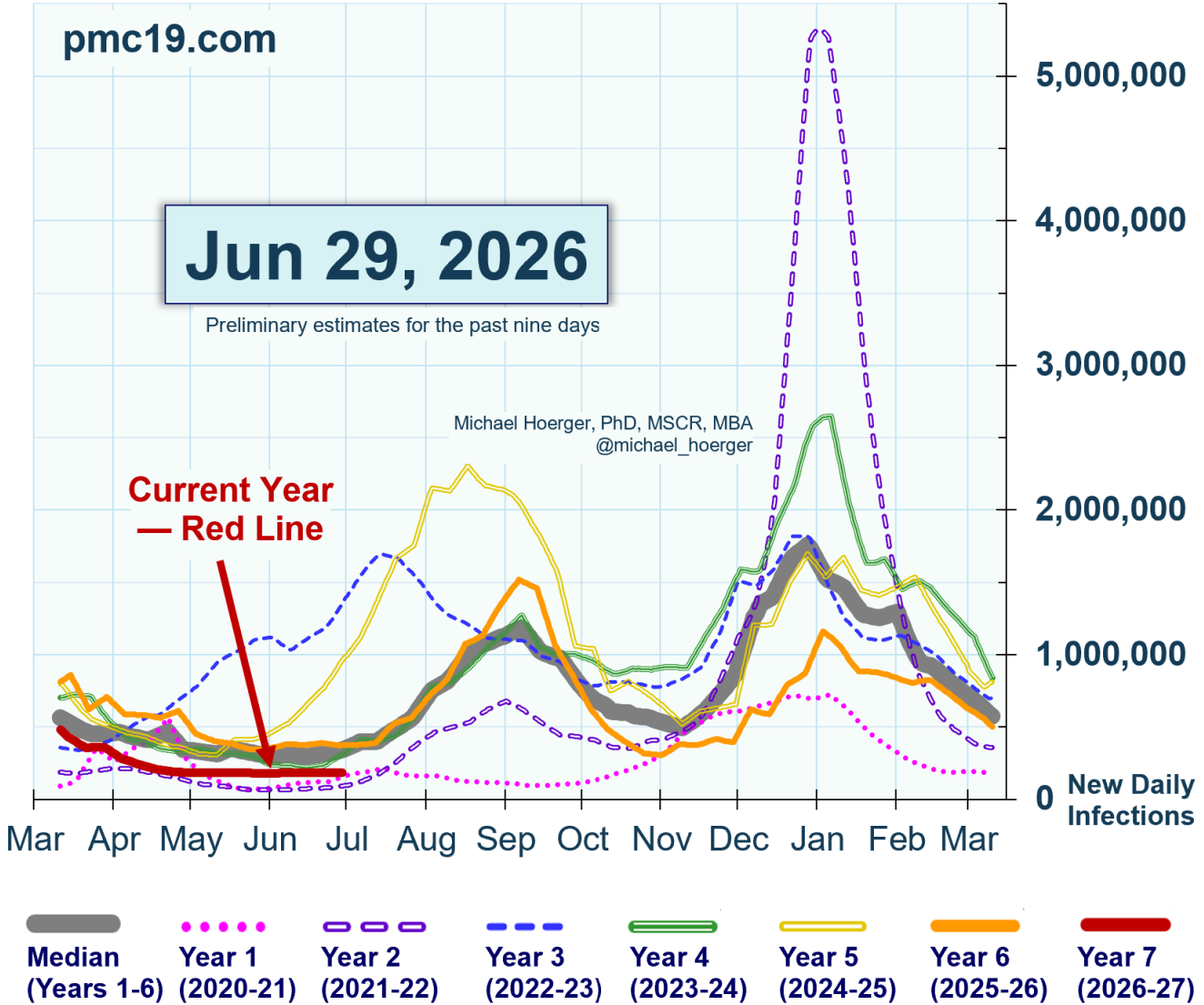
Jun 29, 2026

pmc19.com

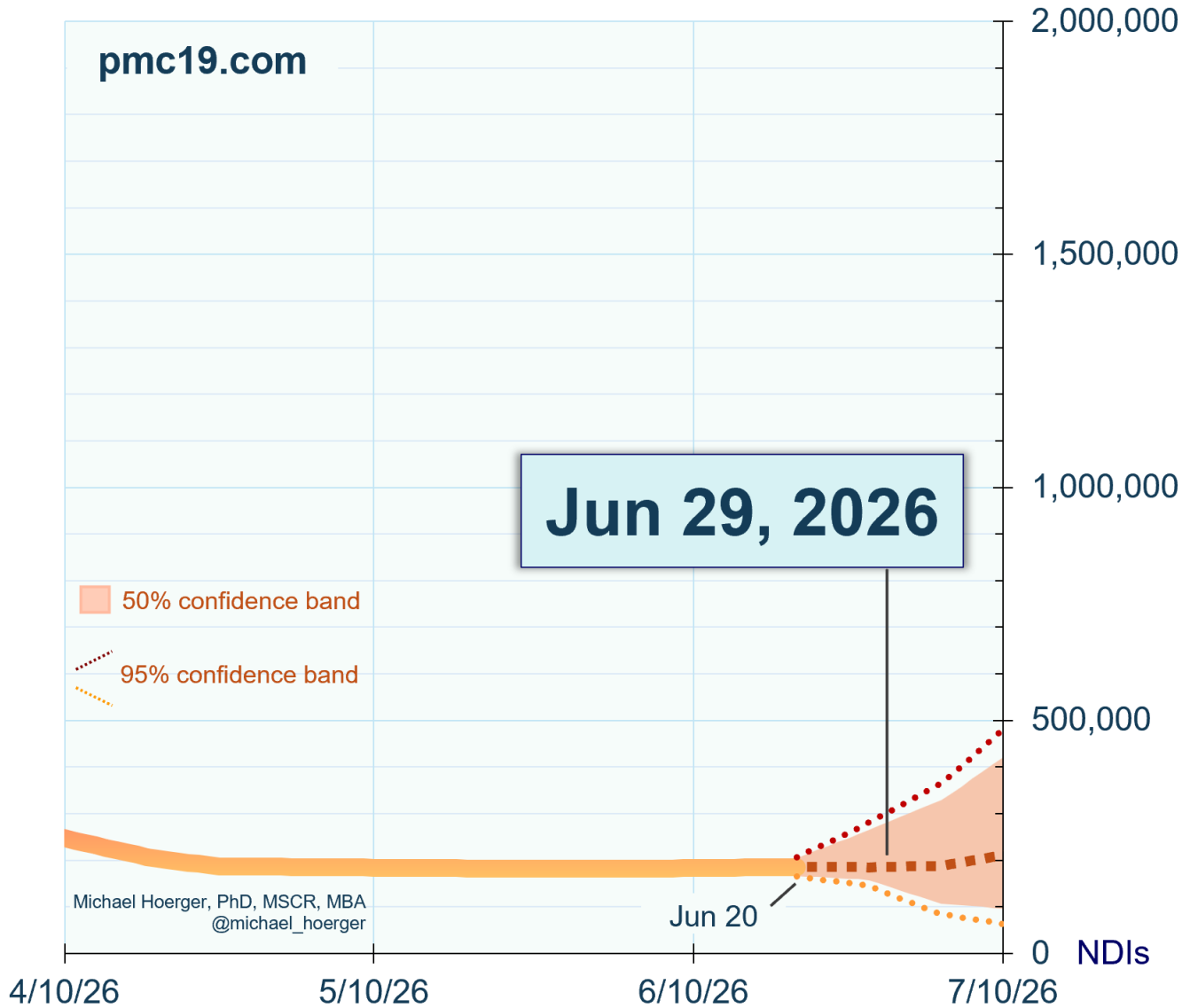


These estimates are volatile and may be corrected significantly upward or downward next time Biobot reports or if CDC reports of transmission increase faster than anticipated.

# 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.**