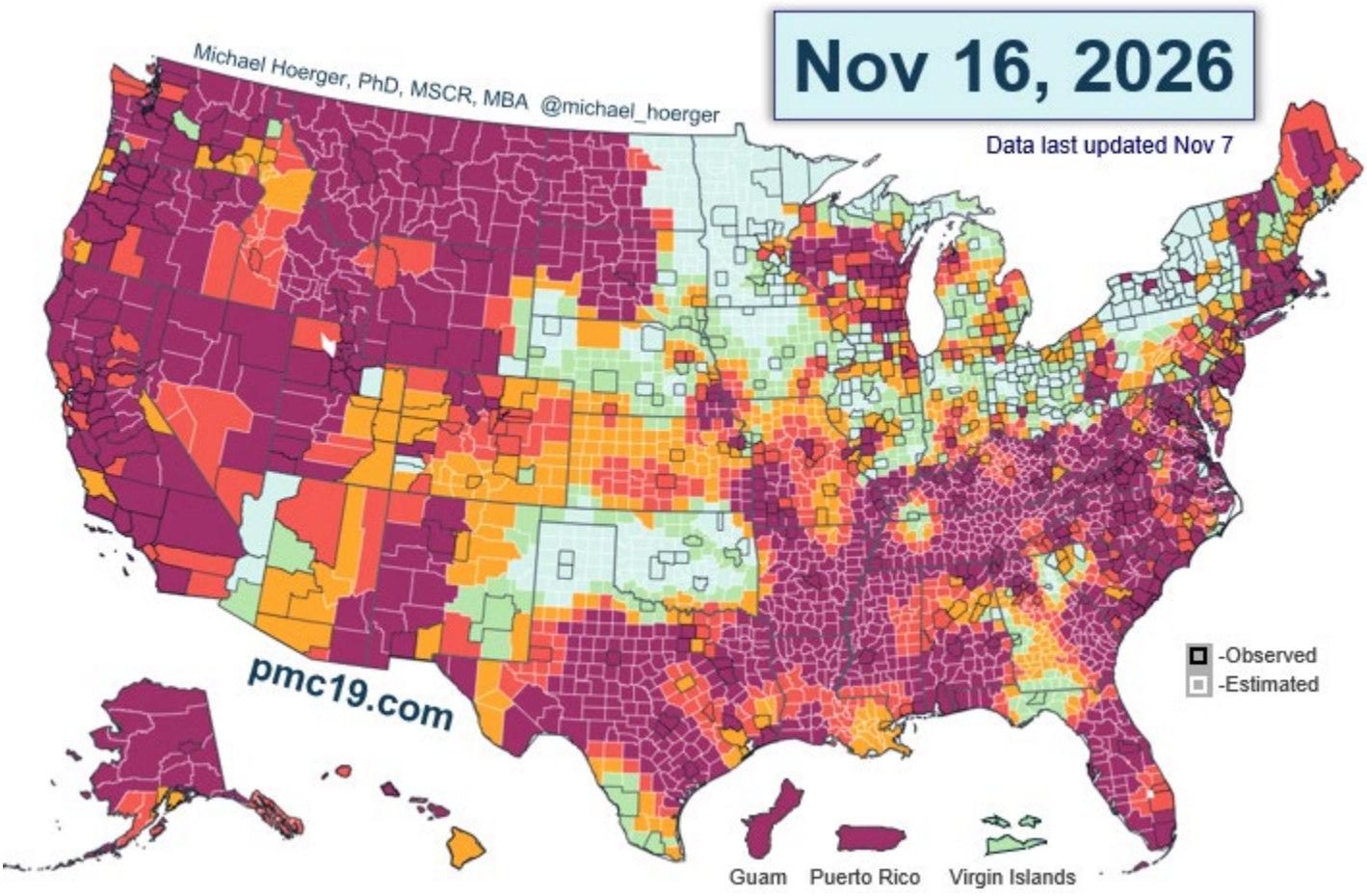
PMC U.S. COVID-19 Report for November 16, 2026. pmc19.com

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



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Announcements

TCC Wave Makers 5K



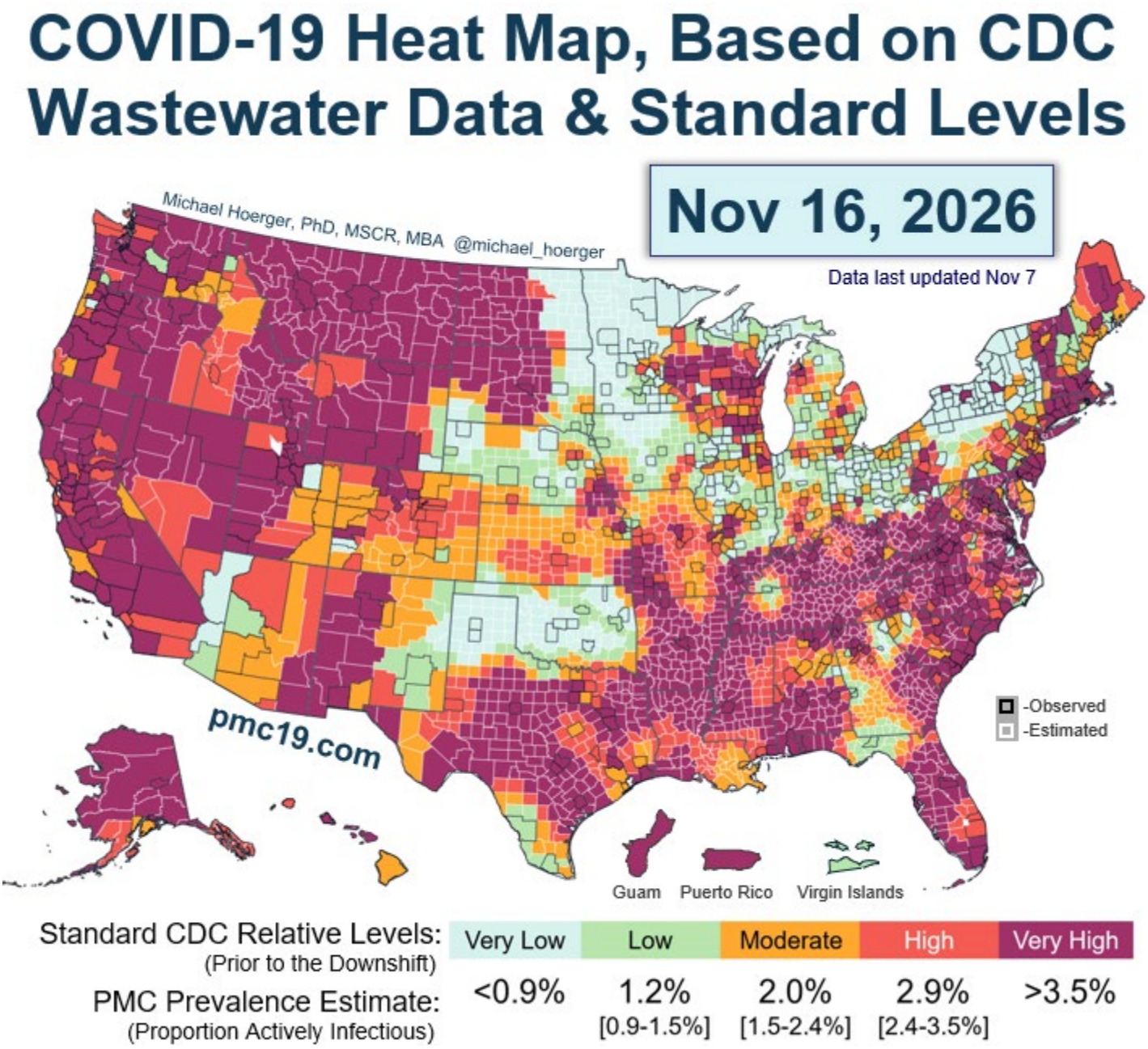
Thanks for your support. Dr. H. successfully completed the 5K on October 18, while wearing 120 N95 masks. Most were fashioned into a cape, aside from what was worn for respiratory protection. The cape masks are individually wrapped and will not go to waste. The run raised over $6,000 to support cancer research, with $50 donated for each mask donned. ***Watch the video on social media or the website***: pmc19.com/run.mp4

Link Shortcut

We have added a URL shortcut to take users to the local data for their zip code on the interactive map. As an example, find Orleans Parish (zip code 70118) by entering pmc19.com/70118 (replace 70118 with your zip code). This will make it easier to quickly access local data, especially by phone. Share tailored links with family and friends.

Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) reported too.
- The CDC has had major upward corrections for the 9th week in a row. Last week's numbers were retroactively increased, as hypothesized; however, the corrections may be normalizing. Some of the older corrections, including in October, were corrected downward.
- Approximately 200 sites went offline due to a CDC/Verily contract issue in late September. Many are coming back online, but this is in the context of others sites experiencing routine temporary outages, so the CDC is still down about 200 sites overall among the 1,200 that have reported at any time in the past 3 months.
- It is fair to say that the 13th wave's national peak could have fallen as early as September 5 and may not have happened yet. In general, monitor local levels and defer to the most pessimistic data source for a cautious approach.



At least 50 US states and territories have COVID outbreaks, an increase from last week. Observed outbreaks span Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Guam, Hawai'i, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Ohio, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, South Dakota,

Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming. Only 4 states/territories lack documented outbreaks: Louisiana, North Dakota, and Oklahoma have poor monitoring, and the US Virgin Islands have low levels. PMC estimates 1.2 million new daily infections, which is an all-time high for this time of year.

COVID-19 State Prevalence Estimates

pmc19.com

Nov 16, 2026

State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Alabama	Moderate	Moderate	1 in 44 (2.3%)	20%	43%	68%	90%
Alaska	High	Moderate	1 in 29 (3.4%)	29%	58%	82%	97%
Arizona	Moderate	Low	1 in 65 (1.5%)	14%	32%	54%	79%
Arkansas	Very High*	Very High*	1 in 18 (5.5%)	43%	75%	94%	>99%
California	Very High	High	1 in 25 (4.1%)	34%	65%	87%	98%
Colorado	High	Moderate	1 in 39 (2.5%)	23%	47%	72%	92%
Connecticut	Very High	Very High	1 in 17 (5.7%)	45%	77%	95%	>99%
Delaware	Moderate	Moderate	1 in 43 (2.3%)	21%	45%	69%	91%
District of Columbia	Very High	Very High	1 in 15 (6.7%)	50%	82%	97%	>99%
Florida	Very High	Very High	1 in 18 (5.5%)	43%	76%	94%	>99%
Georgia	Moderate	Moderate	1 in 43 (2.3%)	21%	44%	69%	90%
Guam (delays)	Very High	High	1 in 23 (4.3%)	36%	67%	89%	99%
Hawaii	High	Moderate	1 in 35 (2.8%)	25%	51%	76%	94%
Idaho	Moderate	Moderate	1 in 43 (2.3%)	21%	44%	69%	90%
Illinois	Low	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Indiana	Moderate	Low	1 in 57 (1.7%)	16%	36%	58%	83%
Iowa	Low	Very Low	1 in 87 (1.2%)	11%	25%	44%	69%
Kansas	Moderate	Low	1 in 52 (1.9%)	18%	38%	62%	86%
Kentucky	Very High	Very High	1 in 19 (5.3%)	42%	74%	93%	>99%
Louisiana	Moderate	Low	1 in 47 (2.1%)	19%	42%	66%	88%
Maine	Moderate	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Maryland	Moderate	Low	1 in 52 (1.9%)	18%	39%	62%	86%
Massachusetts	Very High	Very High	1 in 15 (6.6%)	49%	82%	97%	>99%
Michigan	Low	Very Low	1 in 87 (1.1%)	11%	25%	44%	69%
Minnesota	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Very High*	Moderate*	1 in 28 (3.5%)	30%	59%	84%	97%

* Limited data reporting

Data last updated Nov 7

On August 14, 2026, the CDC revised categorical descriptors downward without notice or rationale for both past and present data. Very High levels were often revised downward to "High," High levels to "Moderate" or "Low," typically one category downward. More at pmc19.com/bluewashing.mp4

COVID-19 State Prevalence Estimates

pmc19.com

Nov 16, 2026

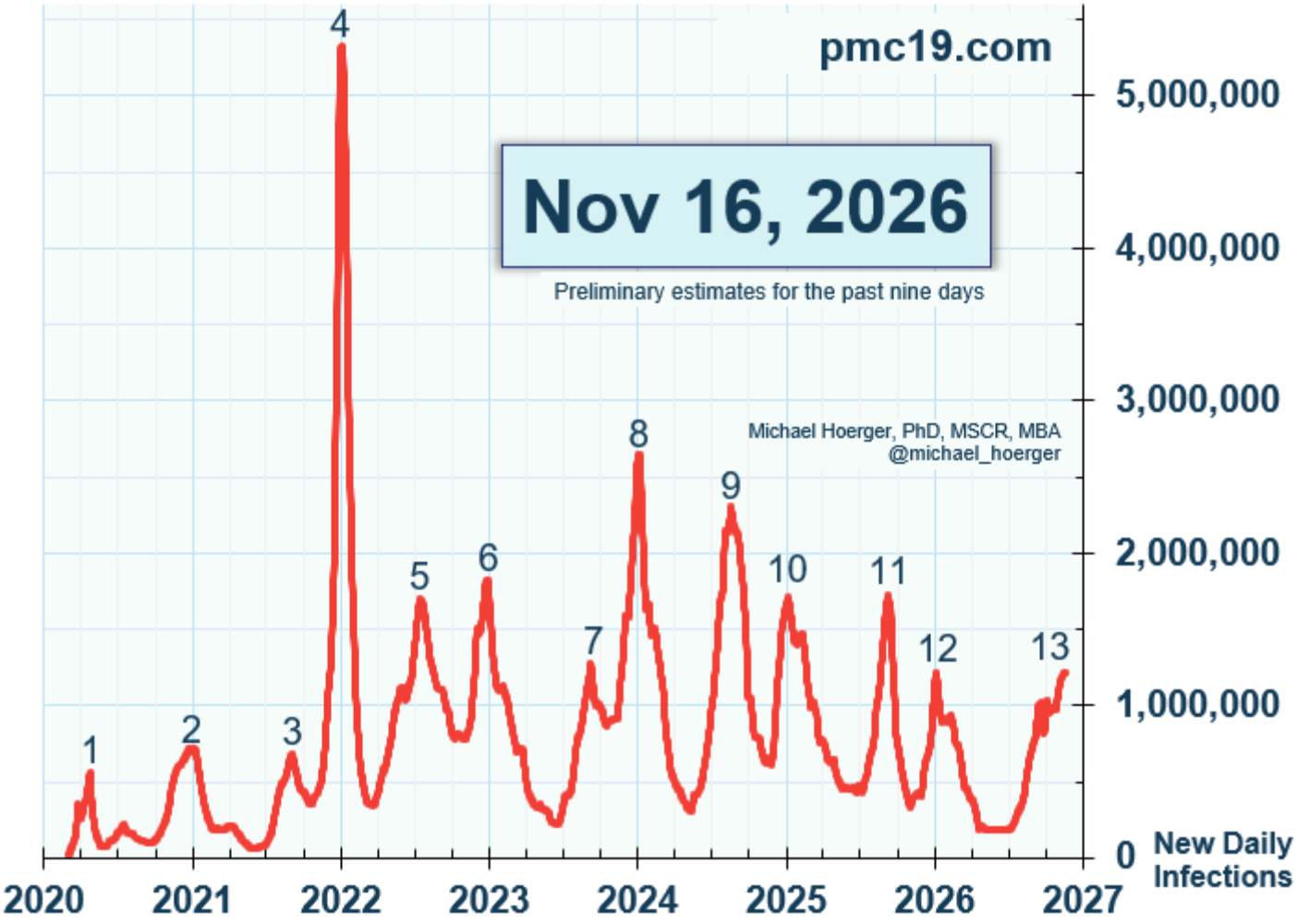
State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Missouri	High	Moderate	1 in 39 (2.6%)	23%	48%	73%	93%
Montana	Very High*	Very High*	1 in 15 (6.7%)	50%	82%	97%	>99%
Nebraska	Low	Low	1 in 77 (1.3%)	12%	28%	48%	73%
Nevada	Very High	High	1 in 25 (4.1%)	34%	65%	87%	98%
New Hampshire	Low*	Low*	1 in 72 (1.4%)	13%	30%	51%	76%
New Jersey	Very High	High	1 in 24 (4.2%)	35%	66%	88%	99%
New Mexico	High	Moderate	1 in 35 (2.9%)	25%	52%	77%	95%
New York	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	Very High	Moderate	1 in 28 (3.5%)	30%	59%	83%	97%
North Dakota	Very High*	Very High*	1 in 26 (3.9%)	33%	63%	86%	98%
Ohio	Low	Very Low	1 in 100 (1.0%)	10%	22%	40%	63%
Oklahoma (delays)	Low*	Low*	1 in 81 (1.2%)	12%	27%	46%	71%
Oregon	Very High	High	1 in 25 (4.0%)	34%	64%	87%	98%
Pennsylvania	Low	Low	1 in 68 (1.5%)	14%	31%	53%	77%
Puerto Rico	Very High*	Very High*	1 in 19 (5.4%)	42%	75%	94%	>99%
Rhode Island	Very High	High	1 in 22 (4.6%)	38%	69%	91%	>99%
South Carolina	Very High*	High*	1 in 21 (4.8%)	39%	71%	92%	>99%
South Dakota	Low	Low	1 in 81 (1.2%)	12%	27%	46%	71%
Tennessee	Very High	High	1 in 20 (4.9%)	40%	72%	92%	>99%
Texas	High	Moderate	1 in 37 (2.7%)	24%	49%	74%	93%
U.S. Virgin Islands	Low	Low	1 in 83 (1.2%)	11%	26%	46%	70%
Utah	Very High	High	1 in 23 (4.3%)	36%	67%	89%	99%
Vermont	Very High	Very High	1 in 17 (6.0%)	46%	79%	95%	>99%
Virginia	Very High	Very High	1 in 15 (6.7%)	50%	82%	97%	>99%
Washington	Very High	High	1 in 20 (4.9%)	40%	72%	92%	>99%
West Virginia	Very High	High	1 in 23 (4.3%)	36%	67%	89%	99%
Wisconsin	High	Moderate	1 in 30 (3.4%)	29%	58%	82%	97%
Wyoming	Very High	High	1 in 27 (3.7%)	31%	61%	85%	98%

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

Data last updated Nov 7

On August 14, 2026, the CDC revised categorical descriptors downward without notice or rationale for both past and present data. Very High levels were often revised downward to "High," High levels to "Moderate" or "Low," typically one category downward. More at pmc19.com/bluewashing.mp4

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



PMC identifies **13** SARS-CoV-2 waves and estimates averages of **5.7** infections per person and **14.0** months between infections.

National COVID-19 Estimates (U.S.)

Nov 16, 2026 pmc19.com

Infections

Proportion Actively Infectious	1 in 41 (2.5%)
New Daily Infections	1,212,000
Infections the Past Week	8,420,000
Infections in 2026	191,000,000
Cumulative Infections per Person	5.73

Long COVID

Long COVID Cases Resulting from New Daily Infections	61,000 to 242,000
Long COVID Cases Resulting from New Weekly Infections	421,000 to 1,680,000

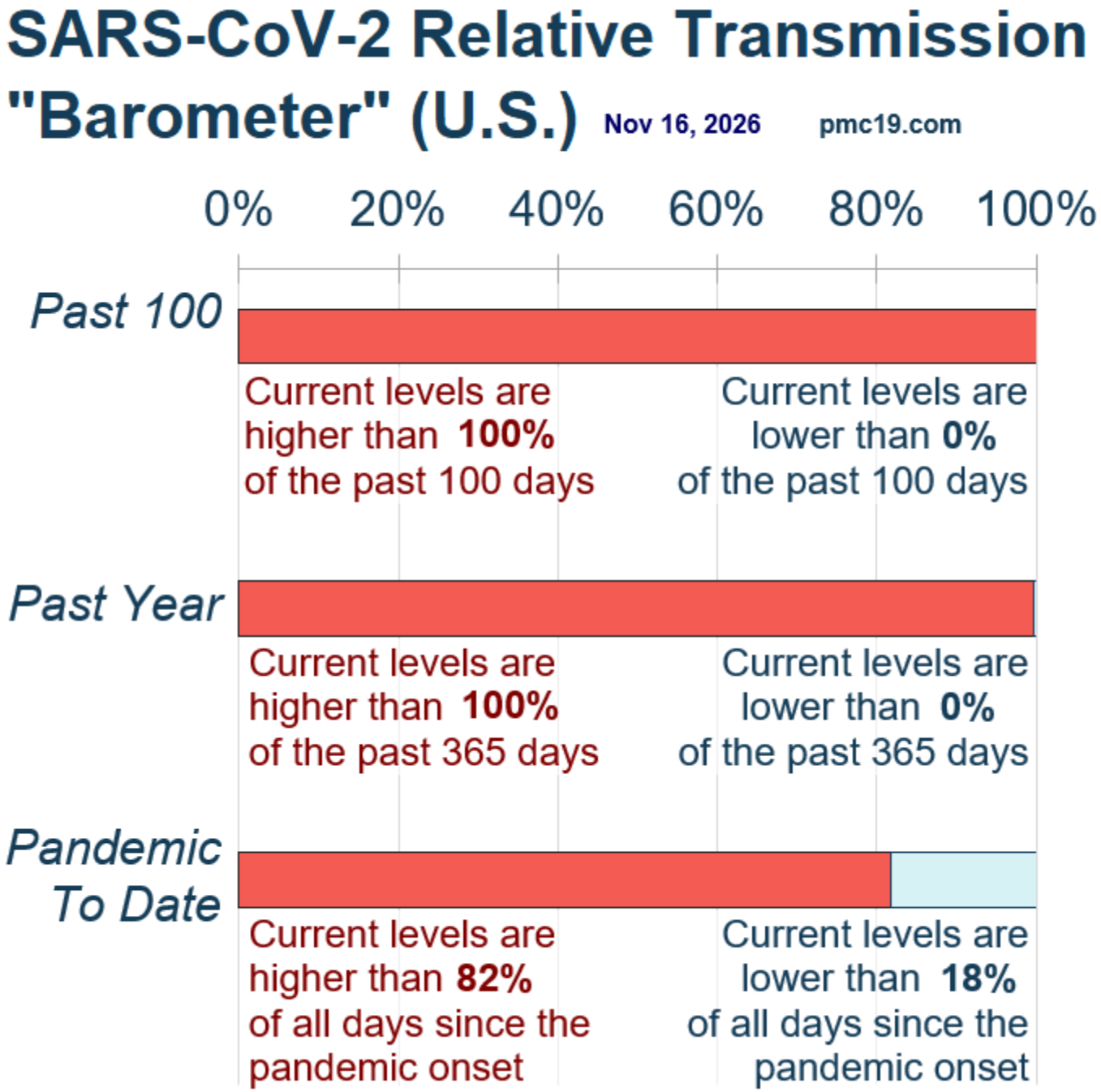
Excess Deaths

Excess Deaths Resulting from New Daily Infections	290 to 520
Excess Deaths Resulting from New Weekly Infections	2,000 to 3,600

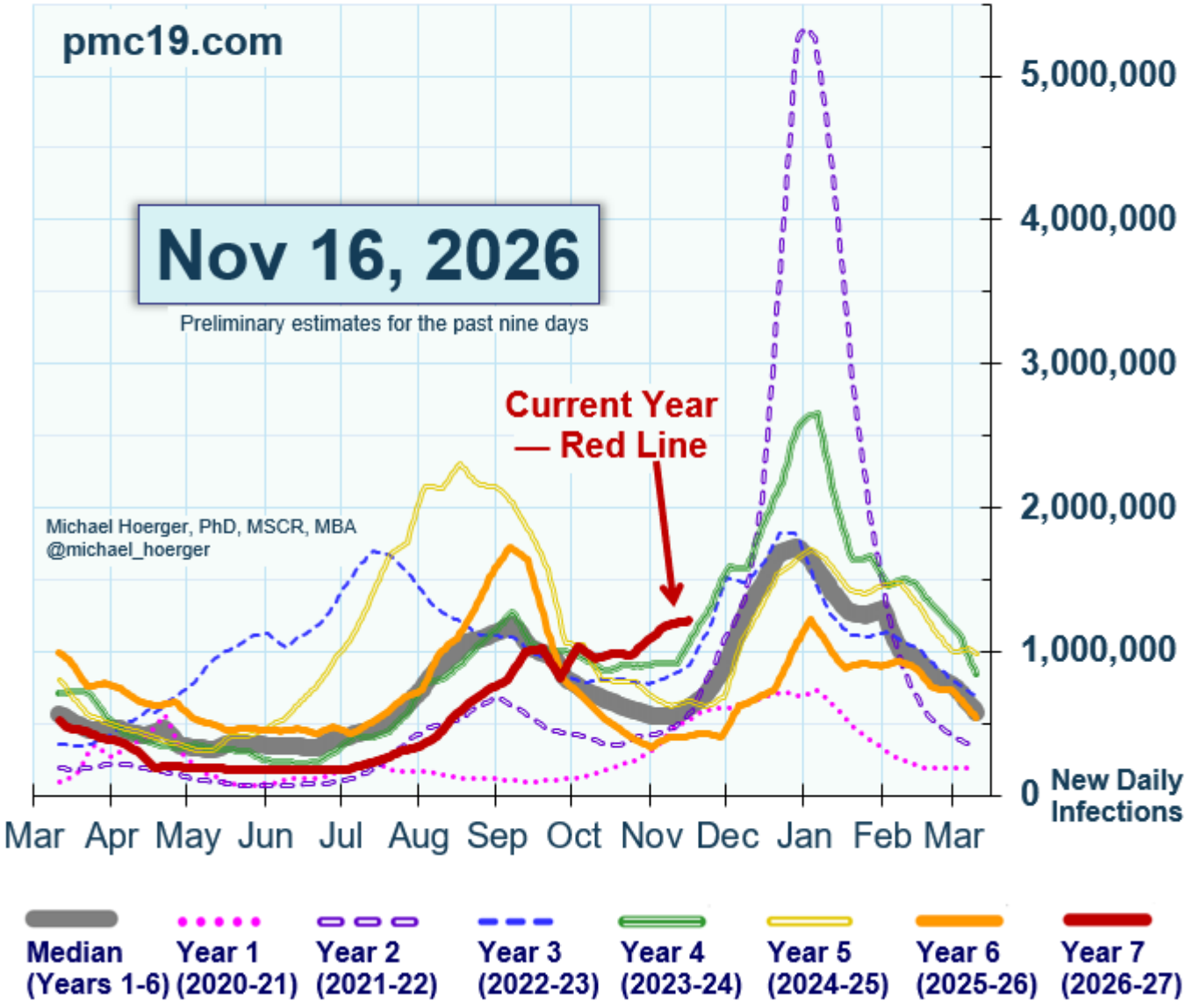
National COVID-19 Risk Table (U.S.)

Nov 16, 2026 **pmc19.com**

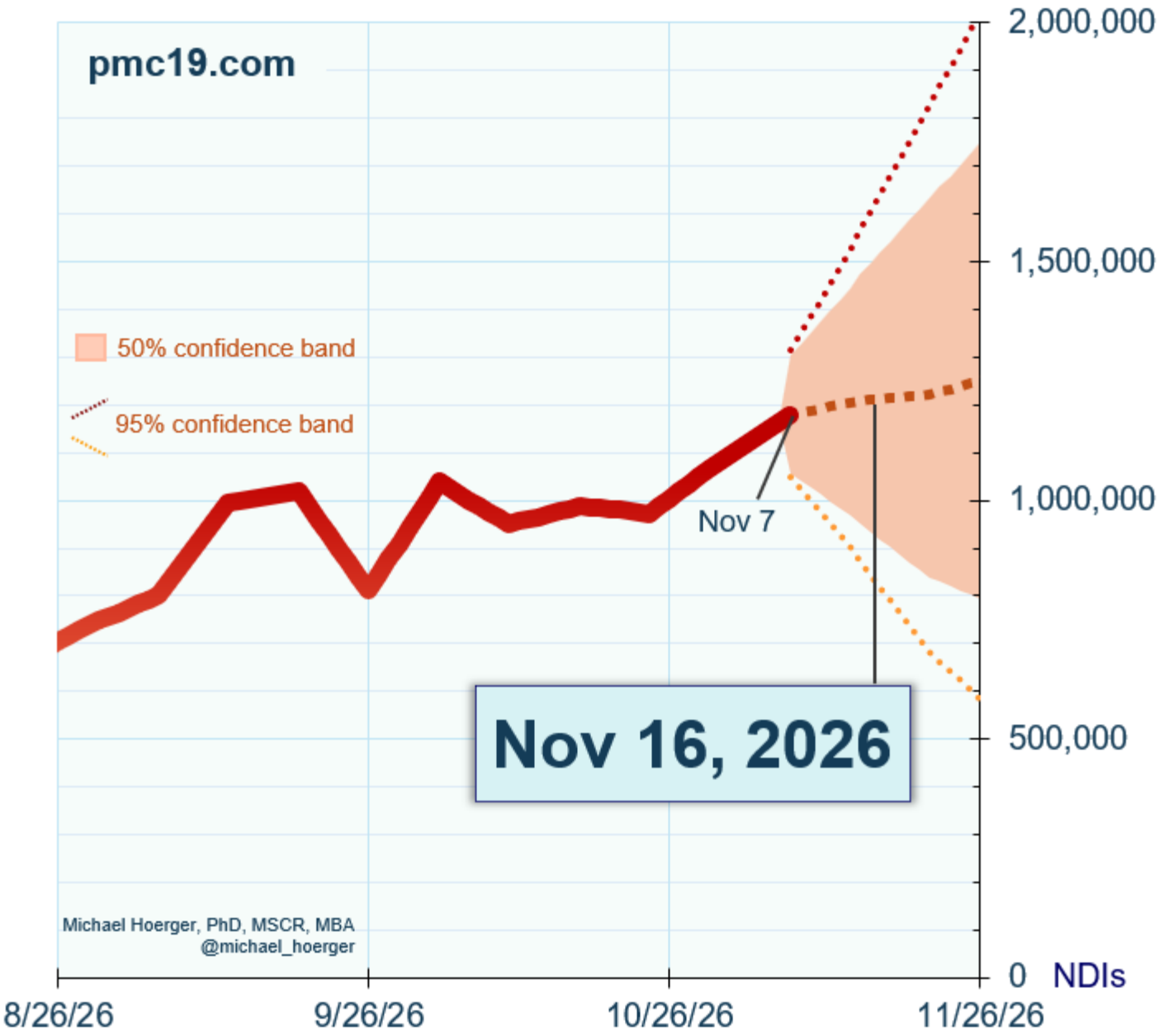
Number of People	Chances Anyone is Infectious
1	2.5%
2	4.9%
3	7.2%
4	9.5%
5	11.7%
10	22.1%
15	31.3%
20	39.3%
25	46.5%
30	52.8%
50	71.3%
75	84.7%
100	91.8%
200	99.3%
300	99.9%


SARS-CoV-2 Relative Transmission "Barometer" (U.S.)
Nov 16, 2026
pmc19.com
0%
20%
40%
60%
80%
100%
Past 100
Current levels are higher than 100% of the past 100 days
Current levels are lower than 0% of the past 100 days
Past Year
Current levels are higher than 100% of the past 365 days
Current levels are lower than 0% of the past 365 days
Pandemic To Date
Current levels are higher than 82% of all days since the pandemic onset
Current levels are lower than 18% of all days since the pandemic onset

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



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



Note, the forecast will remain volatile while the CDC experiences difficulties with real-time reporting.

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.