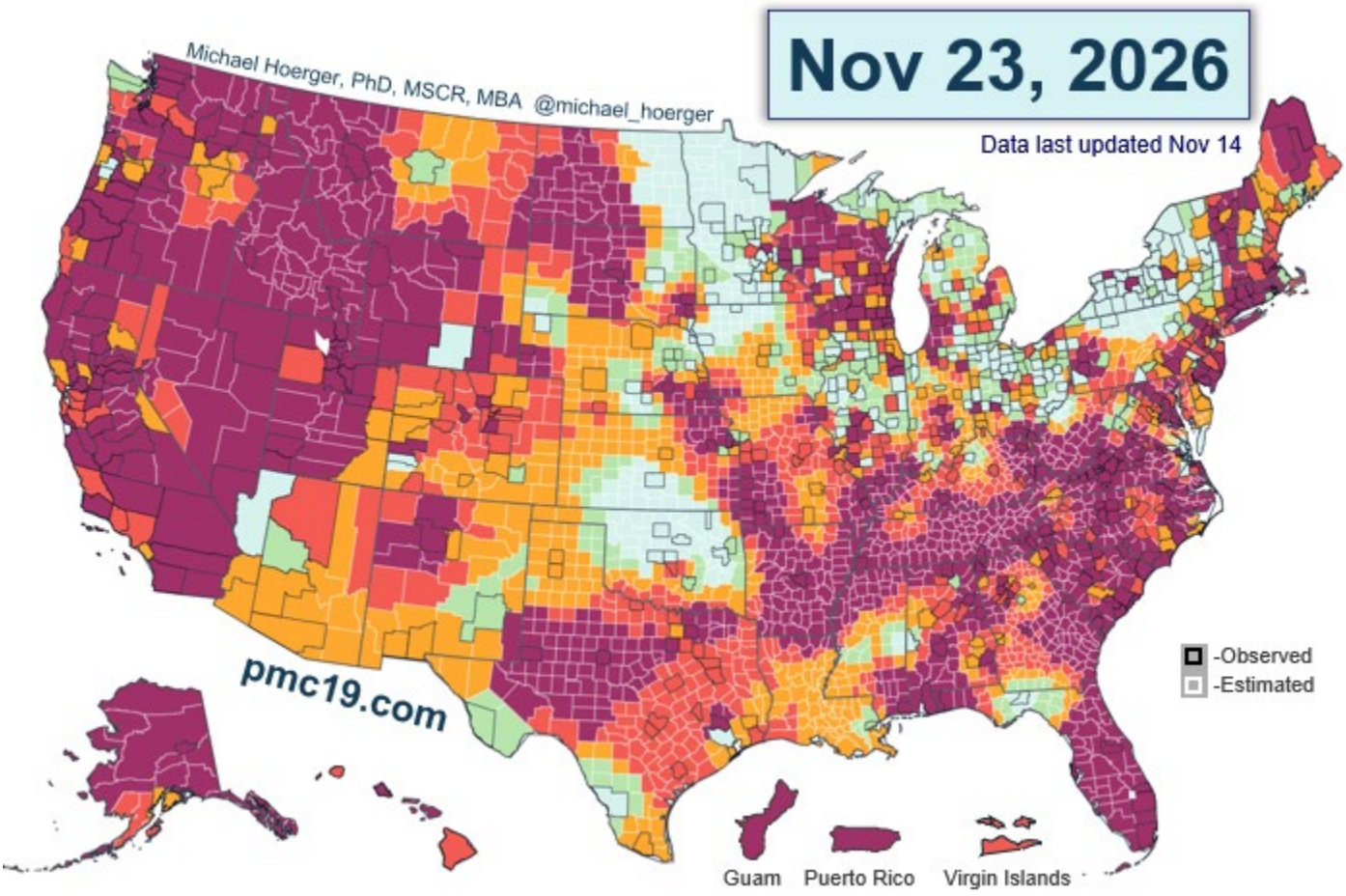
PMC U.S. COVID-19 Report for November 23, 2026. pmc19.com

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Cite as: Hoerger, M. (2026, November 23). *PMC U.S. COVID-19 Report for November 23, 2026*. Pandemic Mitigation Collaborative. http://www.pmc19.com

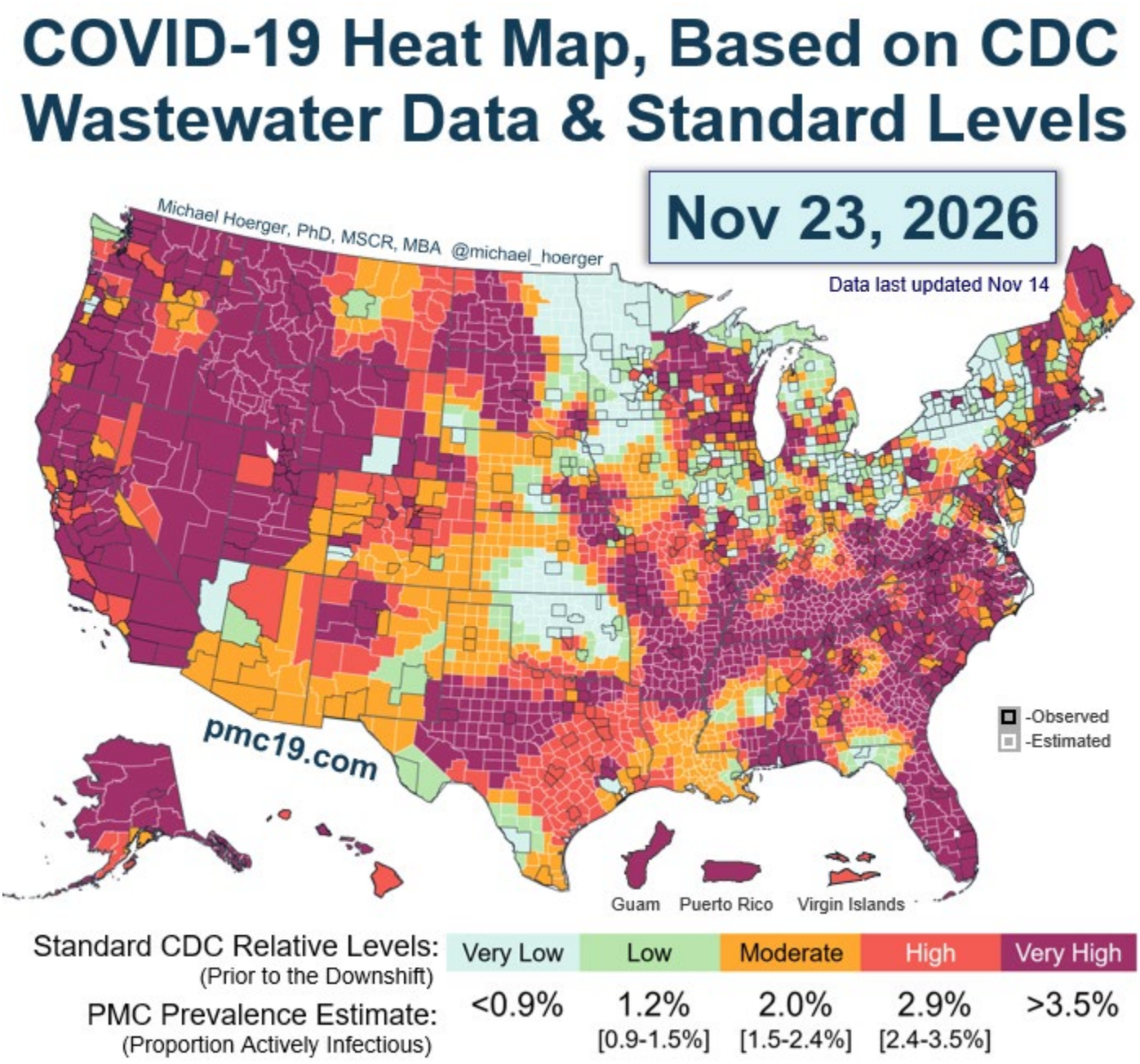
Announcements

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 data continue to experience retroactive corrections, both upward and downward, that make real-time estimates highly volatile.
- Approximately 400 of 1200 CDC wastewater sites are off this week, higher than the usual 200 from the contractor issue. Expect significat retroactive corrections in the next two data releases.



At least 52 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, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, South

Dakota, Tennessee, Texas, United States Virgin Islands, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming. Only 2 states lack documented outbreaks: Louisiana (only monitors in New Orleans) and North Dakota (no monitoring, solely estimated from the nearest sites in other states). PMC estimates 1.4 million new daily infections, which is an all-time high for this time of year and the highest level of transmission in over 14 months.

COVID-19 State Prevalence Estimates

pmc19.com

Nov 23, 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	High	Moderate	1 in 32 (3.1%)	27%	54%	79%	96%
Alaska	Very High	High	1 in 20 (5.1%)	41%	73%	93%	>99%
Arizona	Moderate*	Low*	1 in 59 (1.7%)	16%	35%	57%	82%
Arkansas	Very High*	High*	1 in 21 (4.8%)	39%	71%	91%	>99%
California	Very High	High	1 in 27 (3.7%)	31%	61%	85%	98%
Colorado	Very High*	High*	1 in 25 (4.0%)	33%	64%	87%	98%
Connecticut	Very High	Very High	1 in 18 (5.4%)	43%	75%	94%	>99%
Delaware	Moderate	Low	1 in 47 (2.1%)	19%	41%	65%	88%
District of Columbia	Very High	High	1 in 21 (4.8%)	39%	71%	91%	>99%
Florida	Very High	Very High	1 in 19 (5.3%)	42%	74%	93%	>99%
Georgia	High	Moderate	1 in 33 (3.1%)	27%	54%	79%	96%
Guam (delays)	Very High	High	1 in 23 (4.3%)	36%	67%	89%	99%
Hawaii	High	Moderate	1 in 29 (3.4%)	29%	58%	82%	97%
Idaho	Very High	High	1 in 26 (3.8%)	32%	62%	86%	98%
Illinois	Moderate	Low	1 in 49 (2.1%)	19%	41%	65%	88%
Indiana	Moderate	Low	1 in 48 (2.1%)	19%	41%	65%	88%
Iowa	Low	Low	1 in 80 (1.3%)	12%	27%	47%	72%
Kansas	Moderate	Moderate	1 in 45 (2.2%)	20%	43%	68%	90%
Kentucky	High	Moderate	1 in 38 (2.7%)	24%	49%	74%	93%
Louisiana	Low	Low	1 in 74 (1.4%)	13%	29%	49%	74%
Maine	Moderate	Moderate	1 in 44 (2.3%)	21%	44%	68%	90%
Maryland	High	Moderate	1 in 29 (3.5%)	30%	59%	83%	97%
Massachusetts	Very High	High	1 in 23 (4.4%)	36%	68%	90%	99%
Michigan	Moderate	Low	1 in 59 (1.7%)	16%	35%	58%	82%
Minnesota	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Very High*	High*	1 in 25 (4.0%)	33%	64%	87%	98%

* Limited data reporting

Data last updated Nov 14

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 23, 2026

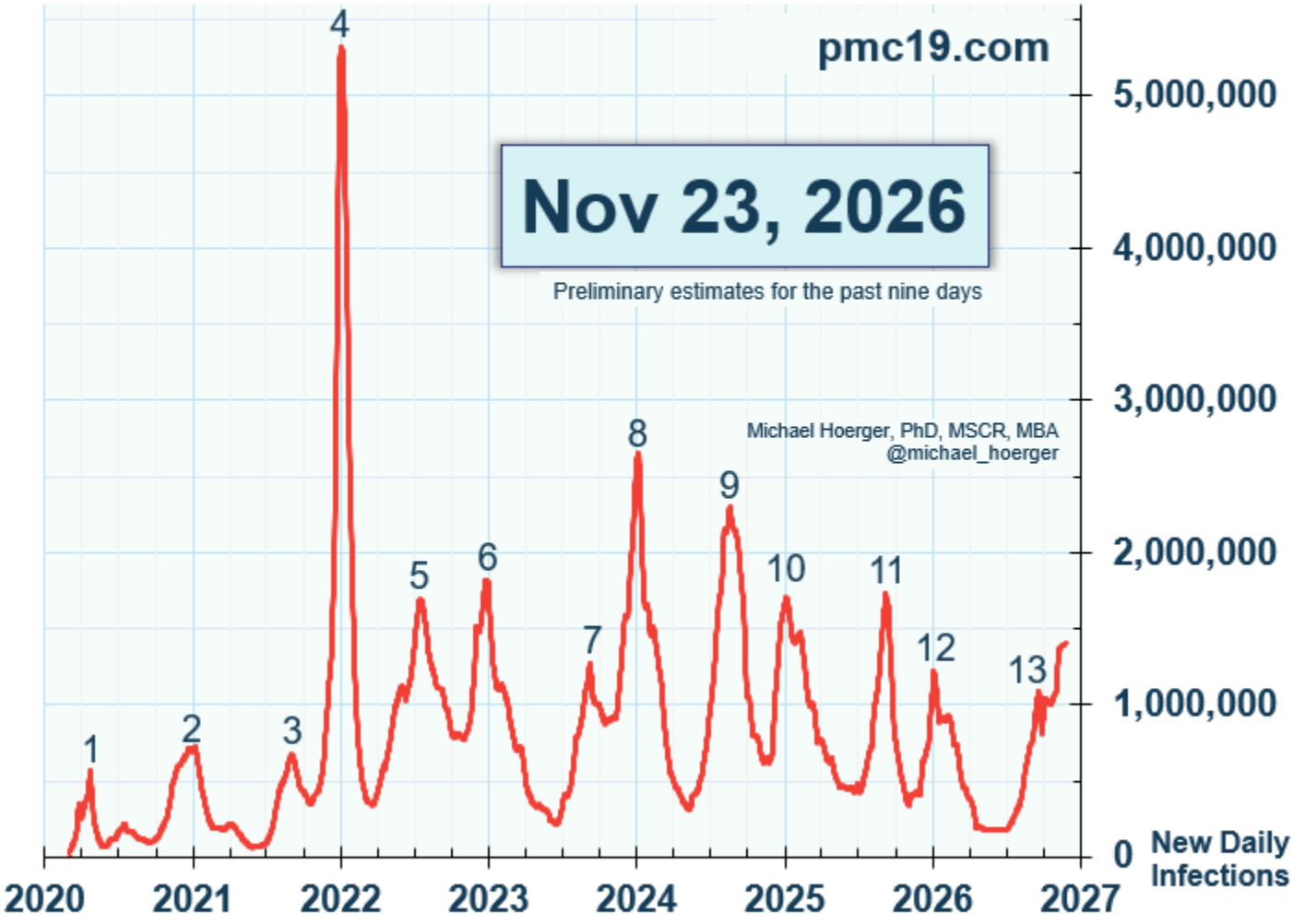
State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Missouri (delays)	High	Moderate	1 in 39 (2.6%)	23%	48%	73%	93%
Montana	Very High*	High*	1 in 20 (4.9%)	39%	71%	92%	>99%
Nebraska	Moderate	Low	1 in 56 (1.8%)	16%	36%	59%	83%
Nevada	Very High	Very High	1 in 16 (6.2%)	47%	80%	96%	>99%
New Hampshire	Moderate	Low	1 in 51 (2.0%)	18%	39%	63%	86%
New Jersey	High	Moderate	1 in 29 (3.4%)	30%	58%	83%	97%
New Mexico	High	Moderate	1 in 38 (2.6%)	23%	49%	74%	93%
New York	Very High*	High*	1 in 24 (4.1%)	34%	65%	88%	99%
North Carolina	Very High	High	1 in 28 (3.6%)	31%	60%	84%	97%
North Dakota	High*	High*	1 in 33 (3.0%)	26%	53%	78%	95%
Ohio	Low	Very Low	1 in 98 (1.0%)	10%	23%	40%	64%
Oklahoma	Very Low*	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Oregon	Very High	High	1 in 26 (3.9%)	33%	63%	86%	98%
Pennsylvania	Moderate	Low	1 in 51 (2.0%)	18%	39%	63%	86%
Puerto Rico	Very High*	Very High*	1 in 19 (5.4%)	42%	75%	94%	>99%
Rhode Island (delays)	Very High	High	1 in 22 (4.6%)	38%	69%	91%	>99%
South Carolina	Very High	High	1 in 22 (4.5%)	37%	68%	90%	99%
South Dakota	Very High	High	1 in 28 (3.6%)	31%	60%	84%	98%
Tennessee	Very High	Very High	1 in 15 (6.7%)	50%	82%	97%	>99%
Texas	High	Moderate	1 in 37 (2.7%)	24%	49%	74%	93%
U.S. Virgin Islands	High	Moderate	1 in 41 (2.5%)	22%	46%	71%	92%
Utah	Very High	Very High	1 in 18 (5.4%)	43%	75%	94%	>99%
Vermont	Moderate	Low	1 in 55 (1.8%)	17%	37%	60%	84%
Virginia	High	Moderate	1 in 31 (3.2%)	28%	56%	80%	96%
Washington	Very High	High	1 in 21 (4.7%)	38%	70%	91%	>99%
West Virginia	Very High	High	1 in 27 (3.8%)	32%	62%	85%	98%
Wisconsin	Very High	High	1 in 24 (4.2%)	35%	66%	88%	99%
Wyoming	Very High	High	1 in 23 (4.4%)	36%	67%	89%	99%

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

Data last updated Nov 14

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 **5.8** infections per person and **14.0** months between infections.

National COVID-19 Estimates (U.S.)

Nov 23, 2026 pmc19.com

Infections

Proportion Actively Infectious	1 in 35 (2.9%)
New Daily Infections	1,405,000
Infections the Past Week	9,730,000
Infections in 2026	204,000,000
Cumulative Infections per Person	5.77

Long COVID

Long COVID Cases Resulting from New Daily Infections	70,000 to 281,000
Long COVID Cases Resulting from New Weekly Infections	487,000 to 1,950,000

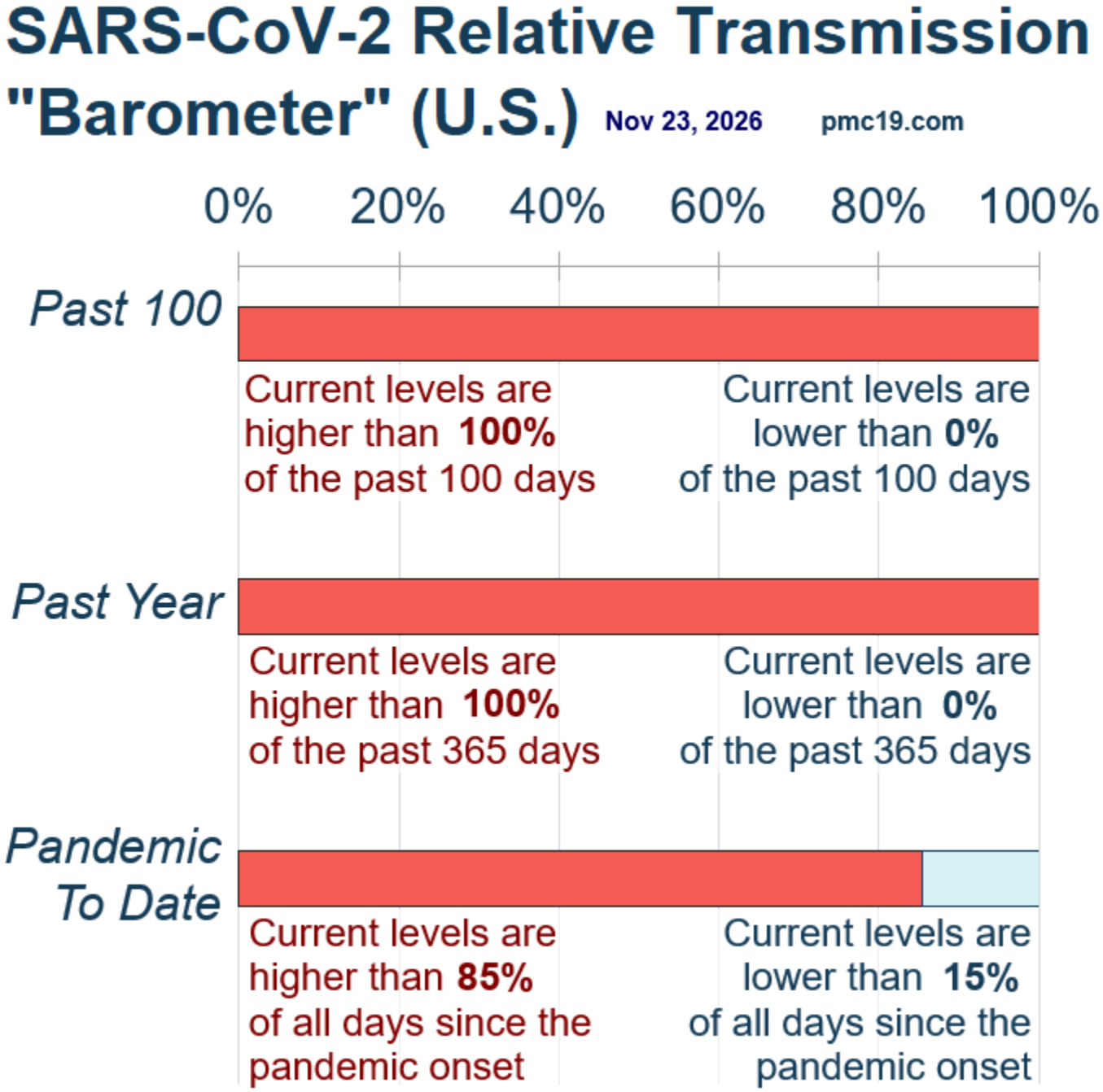
Excess Deaths

Excess Deaths Resulting from New Daily Infections	340 to 600
Excess Deaths Resulting from New Weekly Infections	2,300 to 4,200

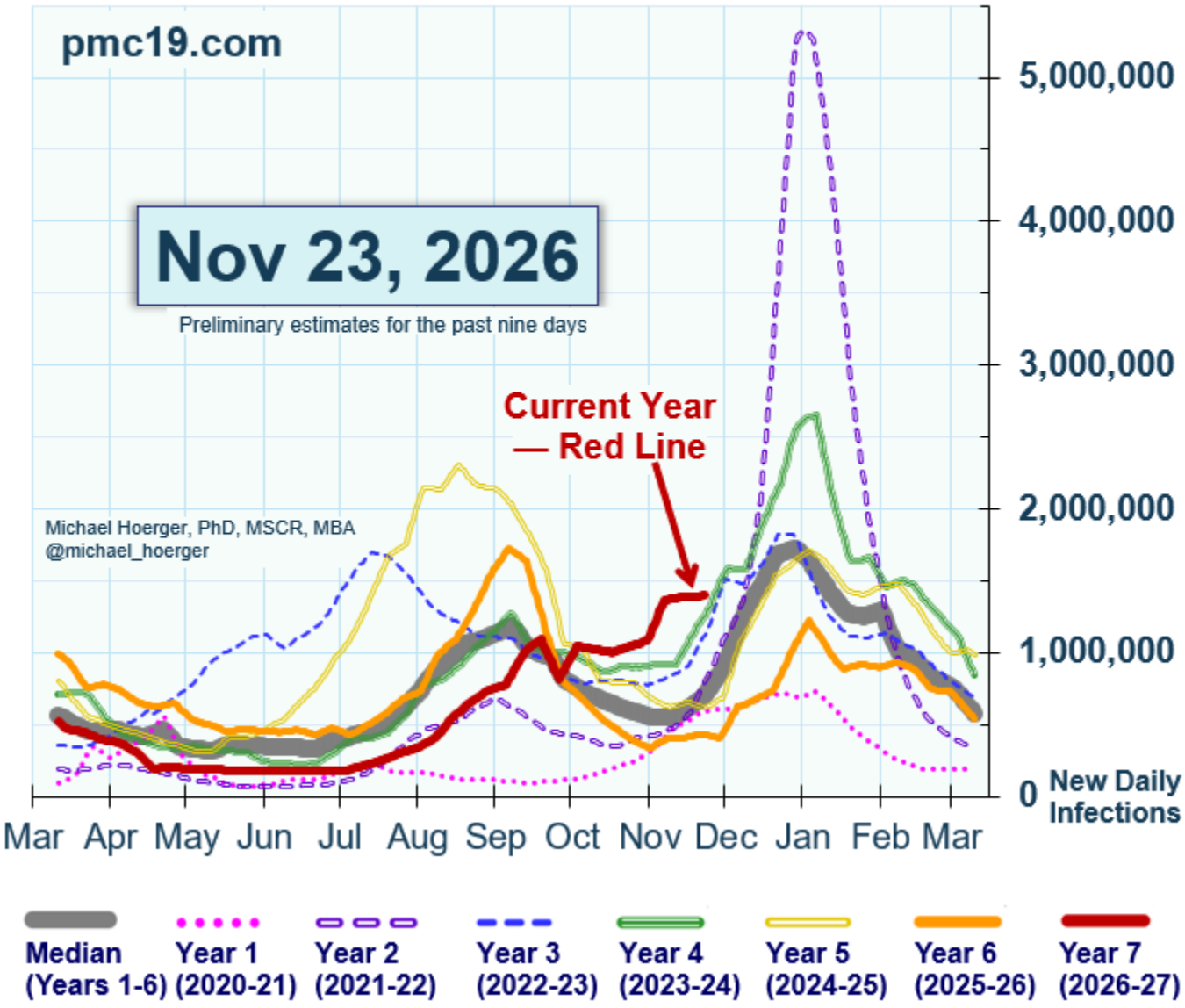
National COVID-19 Risk Table (U.S.)

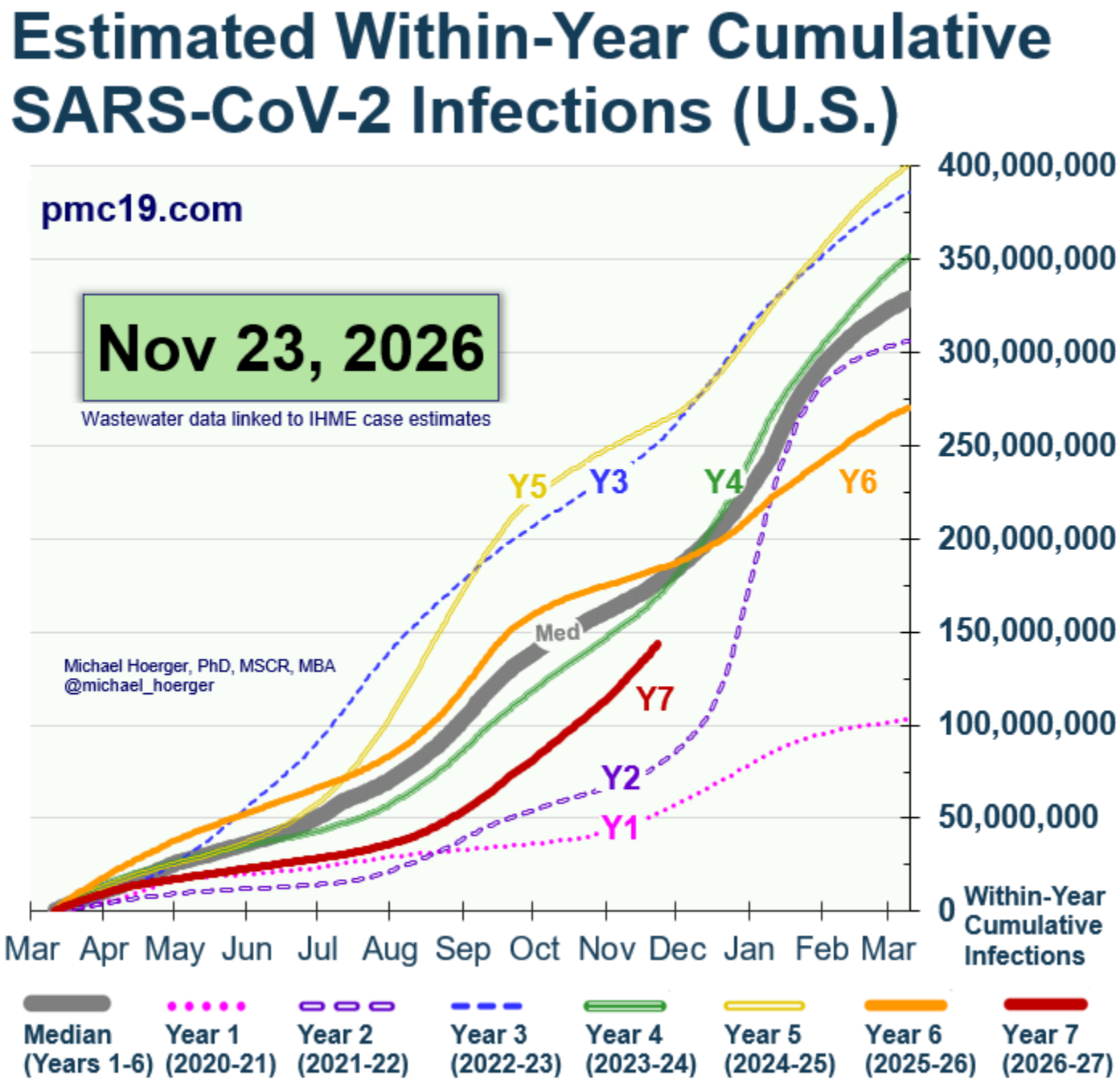
Nov 23, 2026 **pmc19.com**

Number of People	Chances Anyone is Infectious
1	2.9%
2	5.6%
3	8.3%
4	11.0%
5	13.5%
10	25.2%
15	35.3%
20	44.0%
25	51.6%
30	58.1%
50	76.6%
75	88.7%
100	94.5%
200	99.7%
300	100.0%


SARS-CoV-2 Relative Transmission "Barometer" (U.S.)
Nov 23, 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 85% of all days since the pandemic onset
Current levels are lower than 15% of all days since the pandemic onset

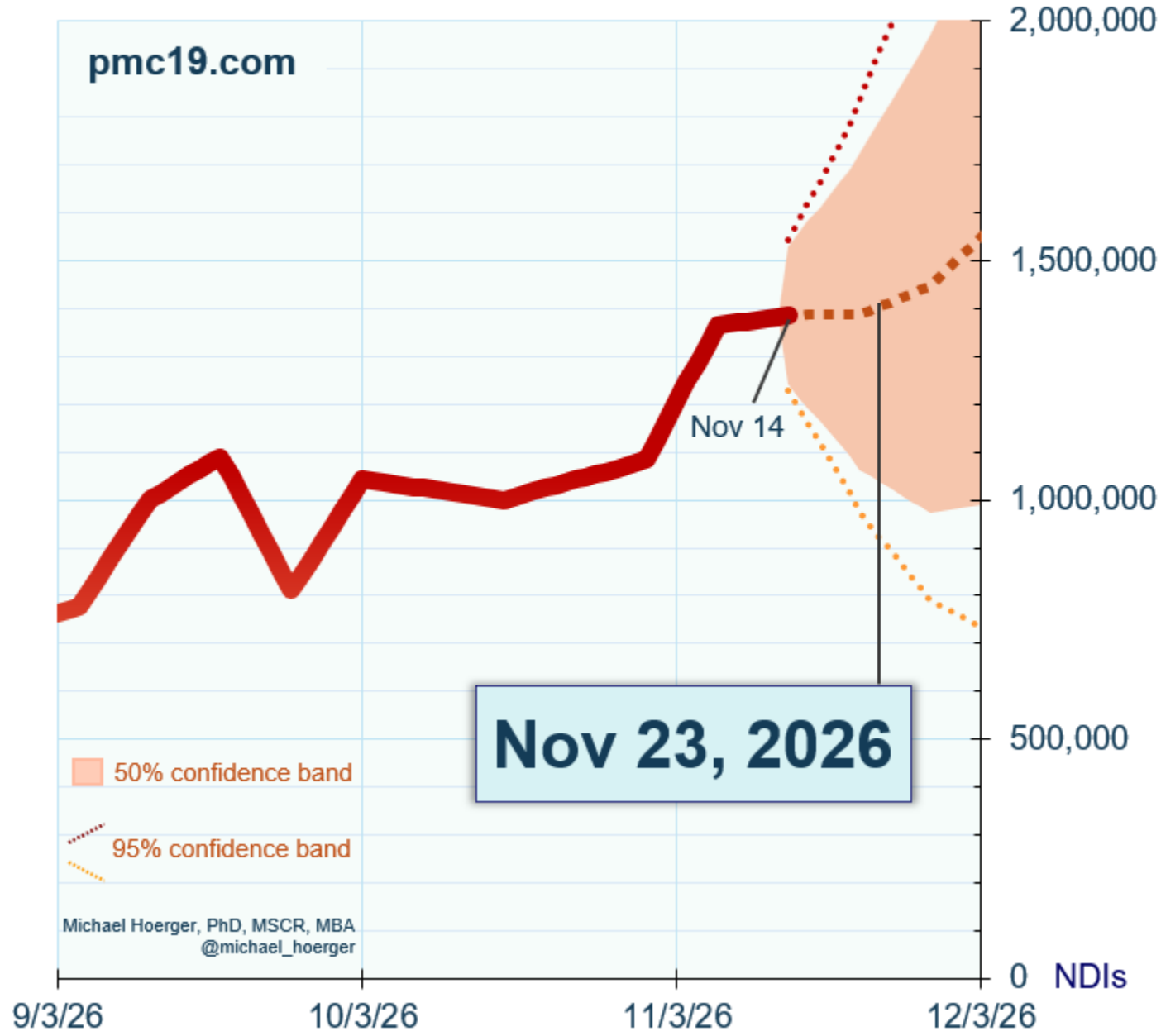
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)





Special Figure. Checking in on within-year cumulative infections, note that levels have continued to catch up in Year 7.

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.