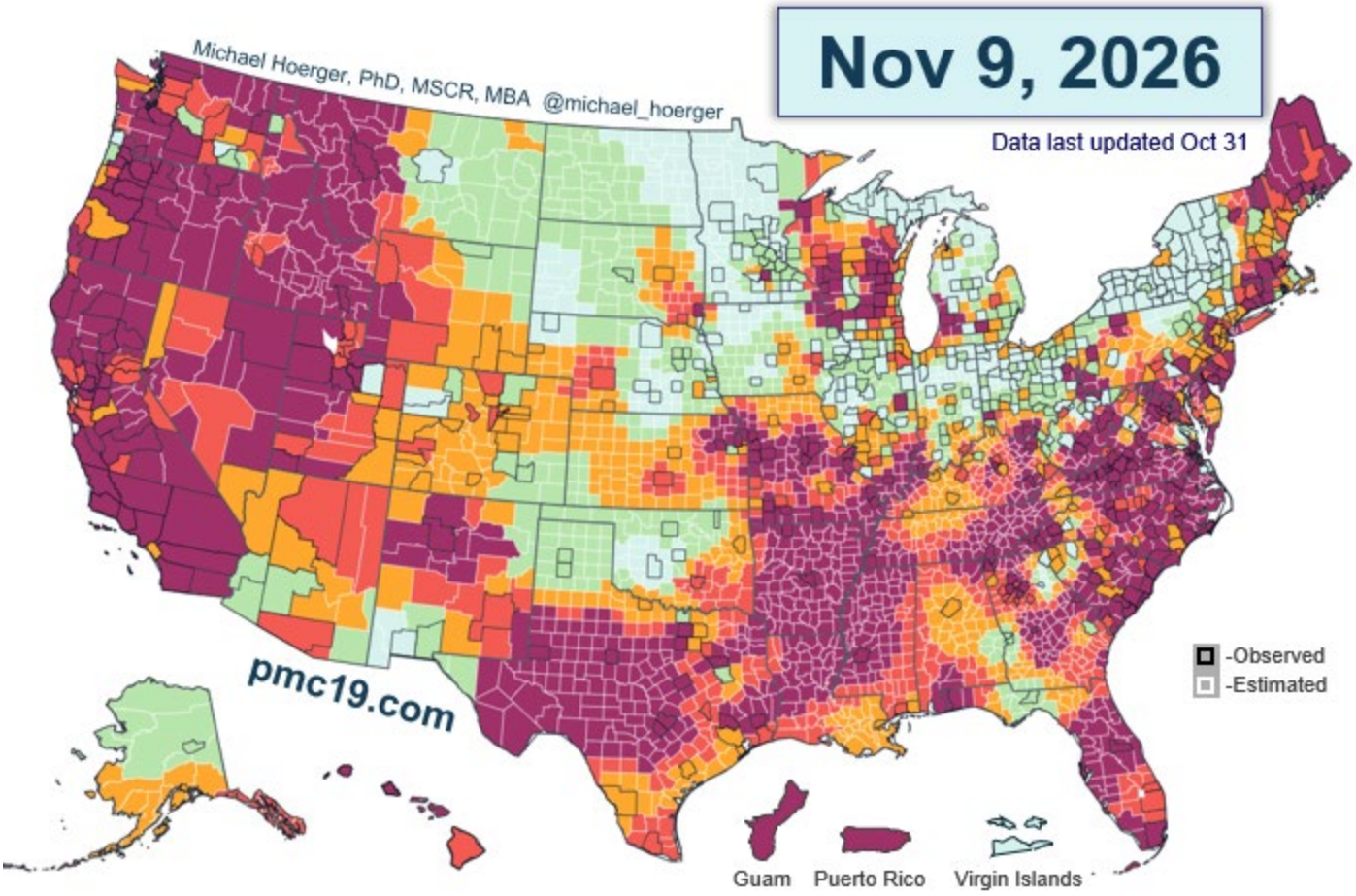
PMC U.S. COVID-19 Report for November 9, 2026. pmc19.com

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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

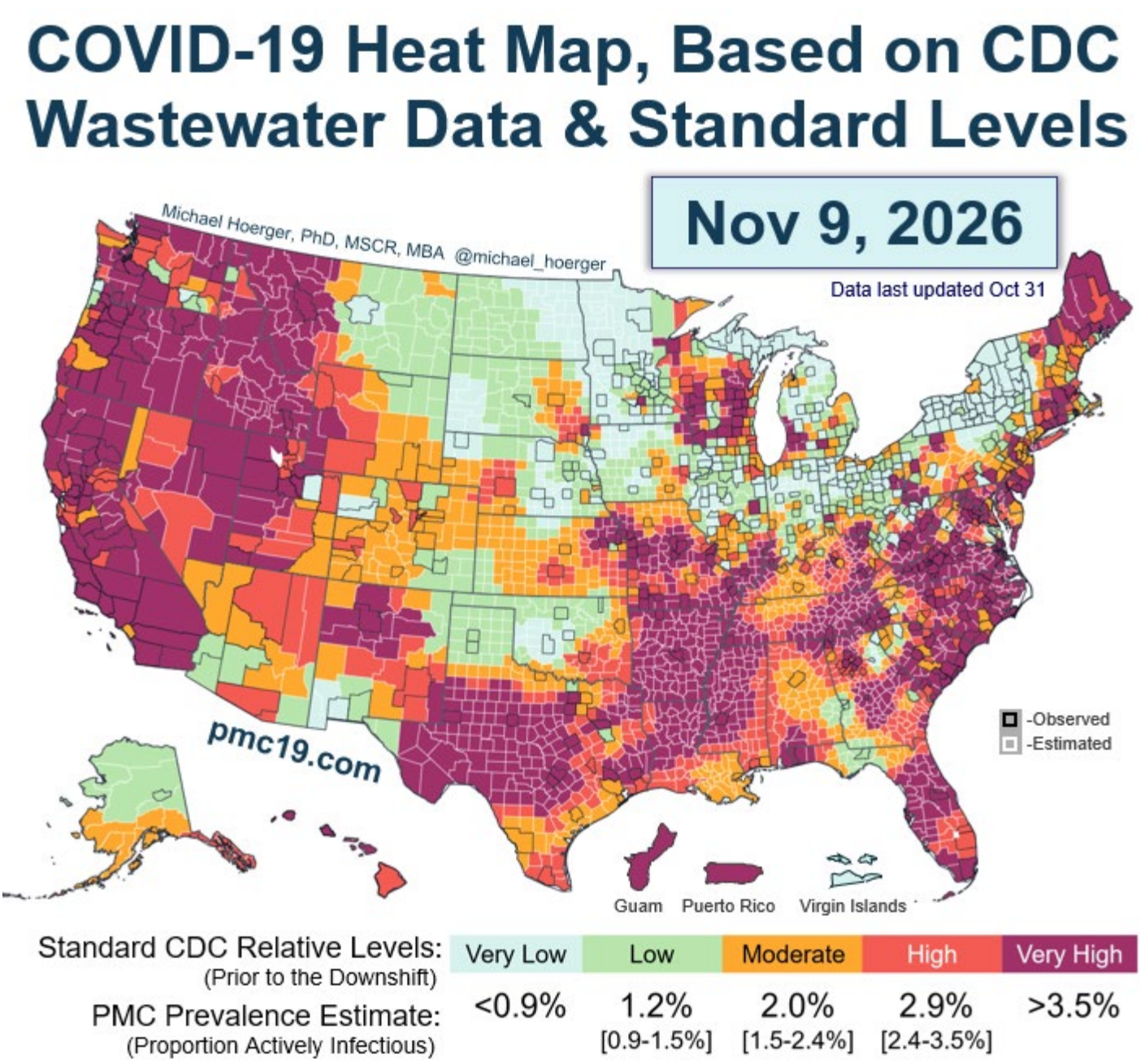


Link Shortcut

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 8th week in a row. These weekly upward corrections extend back through July 1, which is highly atypical, and have shifted the observed wave magnitude from small to large. The past two weeks, the magnitude of the retroactive corrections has started to decline, so hopefully the reporting issues are starting to stablize.
- 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.



As least 49 US states and territories have COVID outbreaks, an increase from last week. Observed outbreaks span 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, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, South Dakota,

Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming. Additional states with poor monitoring likely have outbreaks based on high levels in bordering counties in adjacent states.

National COVID levels exceeded 1 million estimated new daily infections from October 2 to 28. Reported national levels declined in the most recent CDC update, while the total number of states with outbreaks rose. It is unclear whether the observed dip is real or artifactual; for example, the observed national decline in transmission of 17.5% shrinks to just 2.0% when restricting analysis to sites that reported both of the last 2 weeks. The observed decline in Texas may be most prone to upward correction. Since PMC incorporates week-delayed data into the map, Texas looks worse here than on the CDC page that ignores all delayed data.

COVID-19 State Prevalence Estimates

pmc19.com

Nov 9, 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	Low	1 in 46 (2.2%)	20%	42%	66%	89%
Alaska	Low	Low	1 in 76 (1.3%)	12%	28%	49%	74%
Arizona	Low*	Low*	1 in 83 (1.2%)	11%	26%	45%	70%
Arkansas	Very High*	Very High*	1 in 17 (5.9%)	46%	78%	95%	>99%
California	Very High	High	1 in 27 (3.6%)	31%	61%	84%	98%
Colorado	Moderate	Low	1 in 51 (2.0%)	18%	39%	63%	86%
Connecticut	Very High	High	1 in 25 (4.0%)	34%	64%	87%	98%
Delaware	High	Moderate	1 in 36 (2.8%)	25%	51%	76%	94%
District of Columbia	Very High	Very High	1 in 16 (6.4%)	49%	81%	96%	>99%
Florida	Very High	High	1 in 25 (4.0%)	33%	64%	87%	98%
Georgia	High	Moderate	1 in 36 (2.8%)	24%	50%	75%	94%
Guam (delays)	Very High	High	1 in 23 (4.3%)	36%	67%	89%	99%
Hawaii	Very High	High	1 in 23 (4.4%)	36%	67%	89%	99%
Idaho	High	Moderate	1 in 30 (3.4%)	29%	58%	82%	97%
Illinois	Moderate	Low	1 in 59 (1.7%)	16%	35%	58%	82%
Indiana	Low	Very Low	1 in 95 (1.1%)	10%	23%	41%	65%
Iowa	Low	Very Low	1 in 94 (1.1%)	10%	23%	41%	66%
Kansas	Moderate	Low	1 in 45 (2.2%)	20%	43%	67%	89%
Kentucky	Moderate	Low	1 in 49 (2.0%)	19%	40%	64%	87%
Louisiana	Moderate	Low	1 in 56 (1.8%)	17%	36%	60%	84%
Maine	High	Moderate	1 in 37 (2.7%)	24%	49%	74%	93%
Maryland	Moderate	Low	1 in 59 (1.7%)	16%	35%	57%	82%
Massachusetts	Very High	Very High	1 in 18 (5.5%)	43%	75%	94%	>99%
Michigan	Low	Very Low	1 in 106 (0.9%)	9%	21%	38%	61%
Minnesota	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	High	Moderate	1 in 33 (3.0%)	26%	54%	78%	95%

* Limited data reporting

Data last updated Oct 31

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 9, 2026

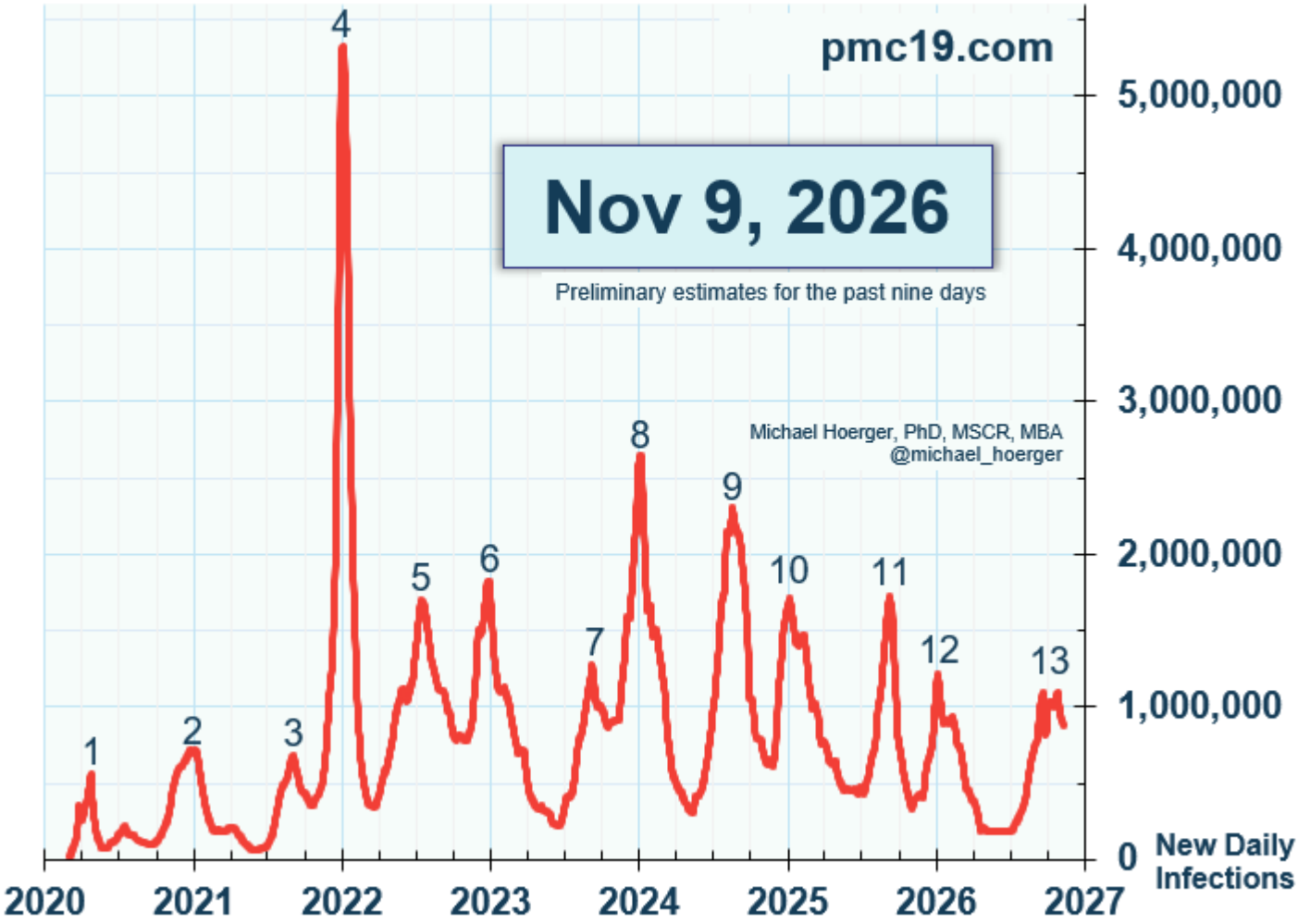
State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Missouri	Very High	High	1 in 24 (4.2%)	35%	66%	88%	99%
Montana	Very High*	High*	1 in 25 (4.0%)	33%	64%	87%	98%
Nebraska	Low	Low	1 in 85 (1.2%)	11%	26%	45%	69%
Nevada	Moderate	Low	1 in 47 (2.1%)	20%	42%	66%	89%
New Hampshire	Moderate	Low	1 in 53 (1.9%)	17%	38%	62%	85%
New Jersey	High	Moderate	1 in 34 (3.0%)	26%	53%	78%	95%
New Mexico	Low	Low	1 in 68 (1.5%)	14%	31%	52%	77%
New York	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	High	Moderate	1 in 32 (3.1%)	27%	55%	80%	96%
North Dakota	Moderate*	Moderate*	1 in 42 (2.4%)	21%	45%	70%	91%
Ohio	Low	Low	1 in 85 (1.2%)	11%	26%	45%	69%
Oklahoma (delays)	Low*	Low*	1 in 81 (1.2%)	12%	27%	46%	71%
Oregon	Very High	High	1 in 24 (4.2%)	35%	66%	88%	99%
Pennsylvania	Moderate	Moderate	1 in 45 (2.2%)	20%	43%	68%	89%
Puerto Rico	Very High*	Very High*	1 in 19 (5.4%)	42%	75%	94%	>99%
Rhode Island	Moderate	Low	1 in 49 (2.0%)	19%	40%	64%	87%
South Carolina	High	Moderate	1 in 29 (3.4%)	30%	58%	83%	97%
South Dakota	High	Moderate	1 in 37 (2.7%)	24%	50%	75%	94%
Tennessee	Very High	High	1 in 22 (4.5%)	37%	68%	90%	>99%
Texas	Moderate	Low	1 in 56 (1.8%)	16%	36%	59%	83%
U.S. Virgin Islands	Very Low	Very Low	1 in 134 (0.7%)	7%	17%	31%	53%
Utah	Very High	High	1 in 27 (3.6%)	31%	60%	84%	98%
Vermont	Moderate	Low	1 in 56 (1.8%)	16%	36%	59%	83%
Virginia	Very High	High	1 in 22 (4.6%)	38%	69%	91%	>99%
Washington	High	Moderate	1 in 30 (3.3%)	28%	57%	81%	96%
West Virginia	Moderate	Low	1 in 47 (2.1%)	19%	41%	66%	88%
Wisconsin	High	Moderate	1 in 36 (2.8%)	24%	50%	75%	94%
Wyoming	Moderate	Low	1 in 48 (2.1%)	19%	41%	65%	88%

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

Data last updated Oct 31

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 **12** 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 9, 2026 pmc19.com

Infections

Proportion Actively Infectious	1 in 56 (1.8%)
New Daily Infections	873,000
Infections the Past Week	6,310,000
Infections in 2026	182,000,000
Cumulative Infections per Person	5.70

Long COVID

Long COVID Cases Resulting from New Daily Infections	44,000 to 175,000
Long COVID Cases Resulting from New Weekly Infections	316,000 to 1,260,000

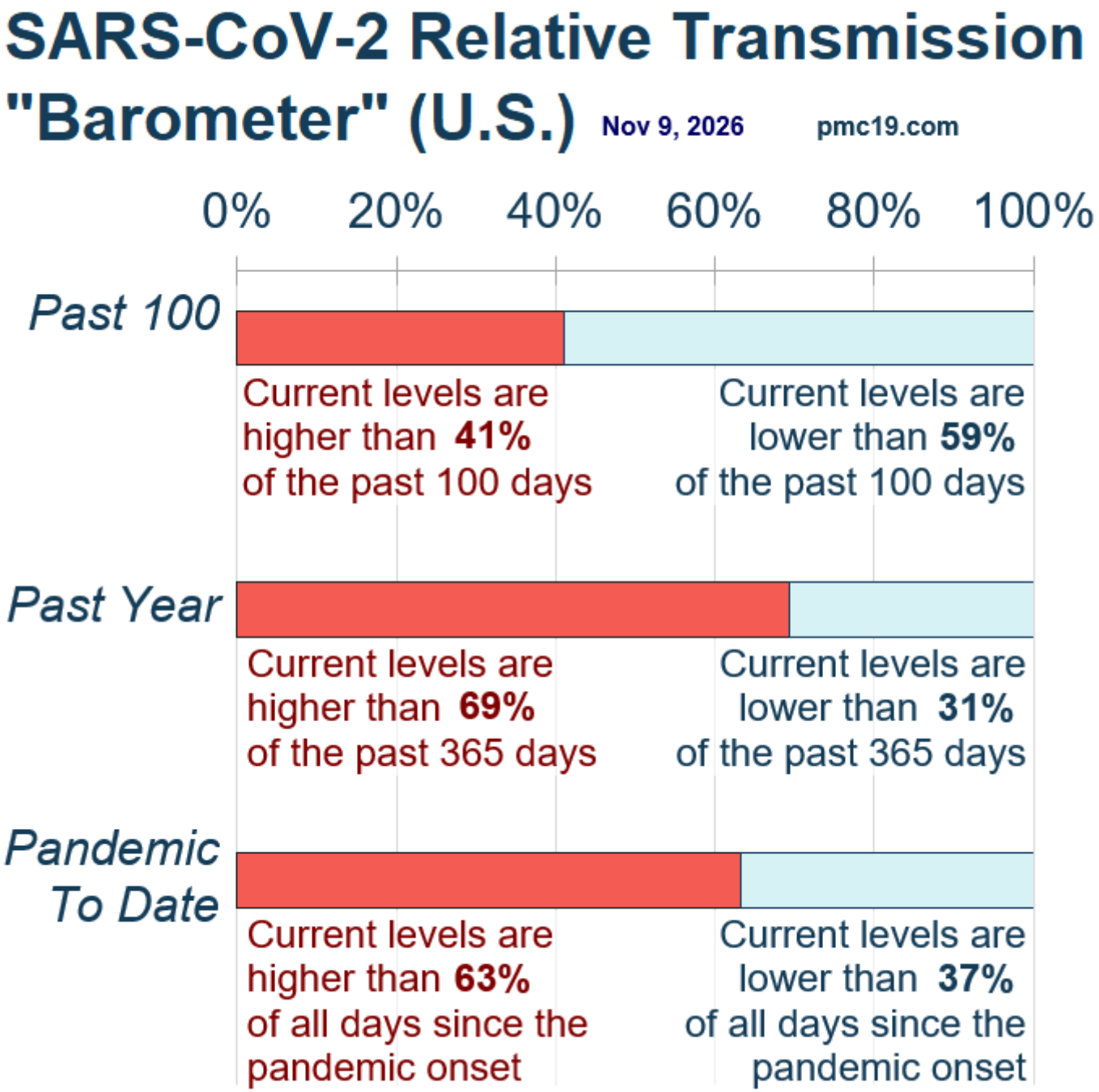
Excess Deaths

Excess Deaths Resulting from New Daily Infections	210 to 370
Excess Deaths Resulting from New Weekly Infections	1,500 to 2,700

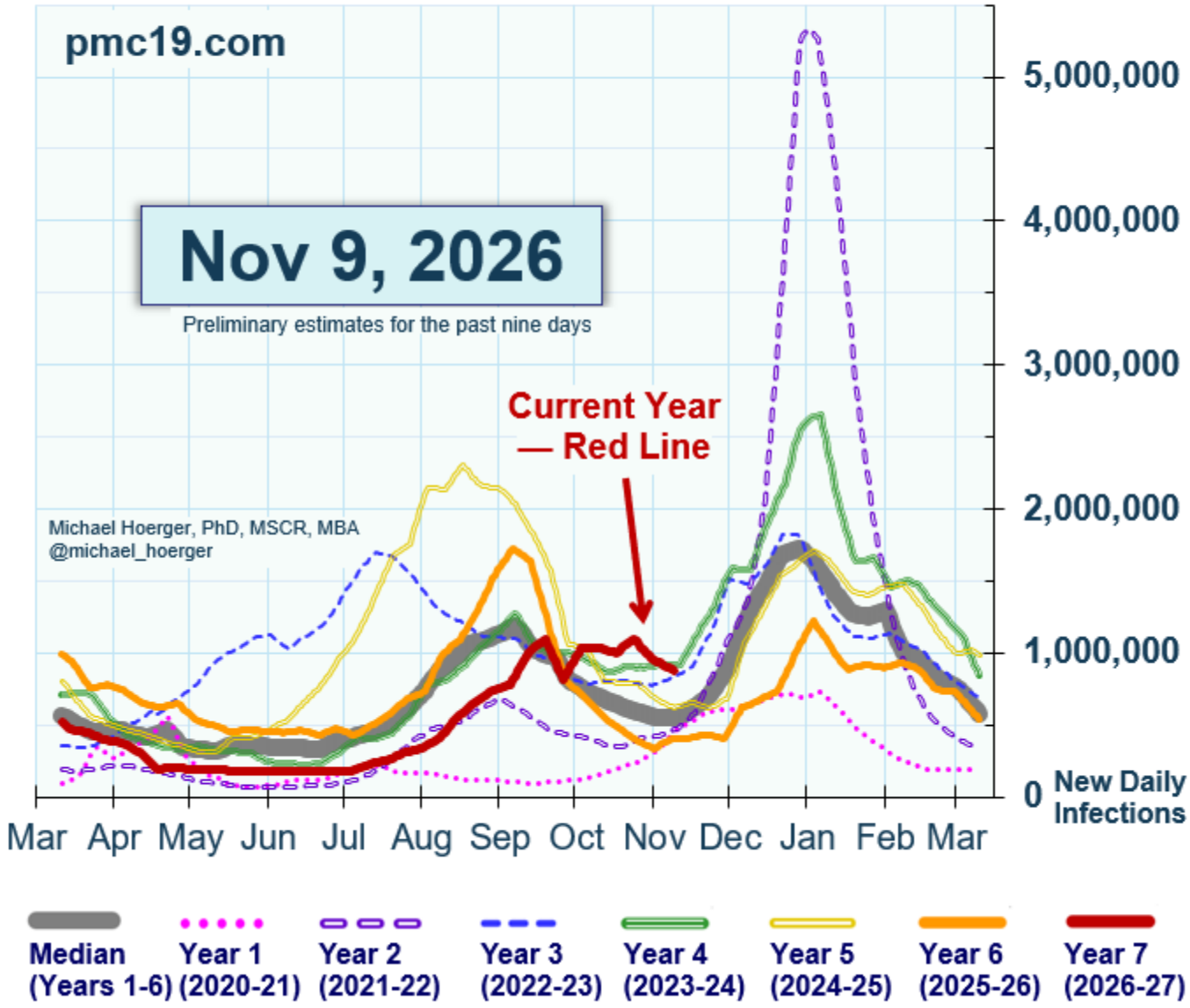
National COVID-19 Risk Table (U.S.)

Nov 9, 2026 **pmc19.com**

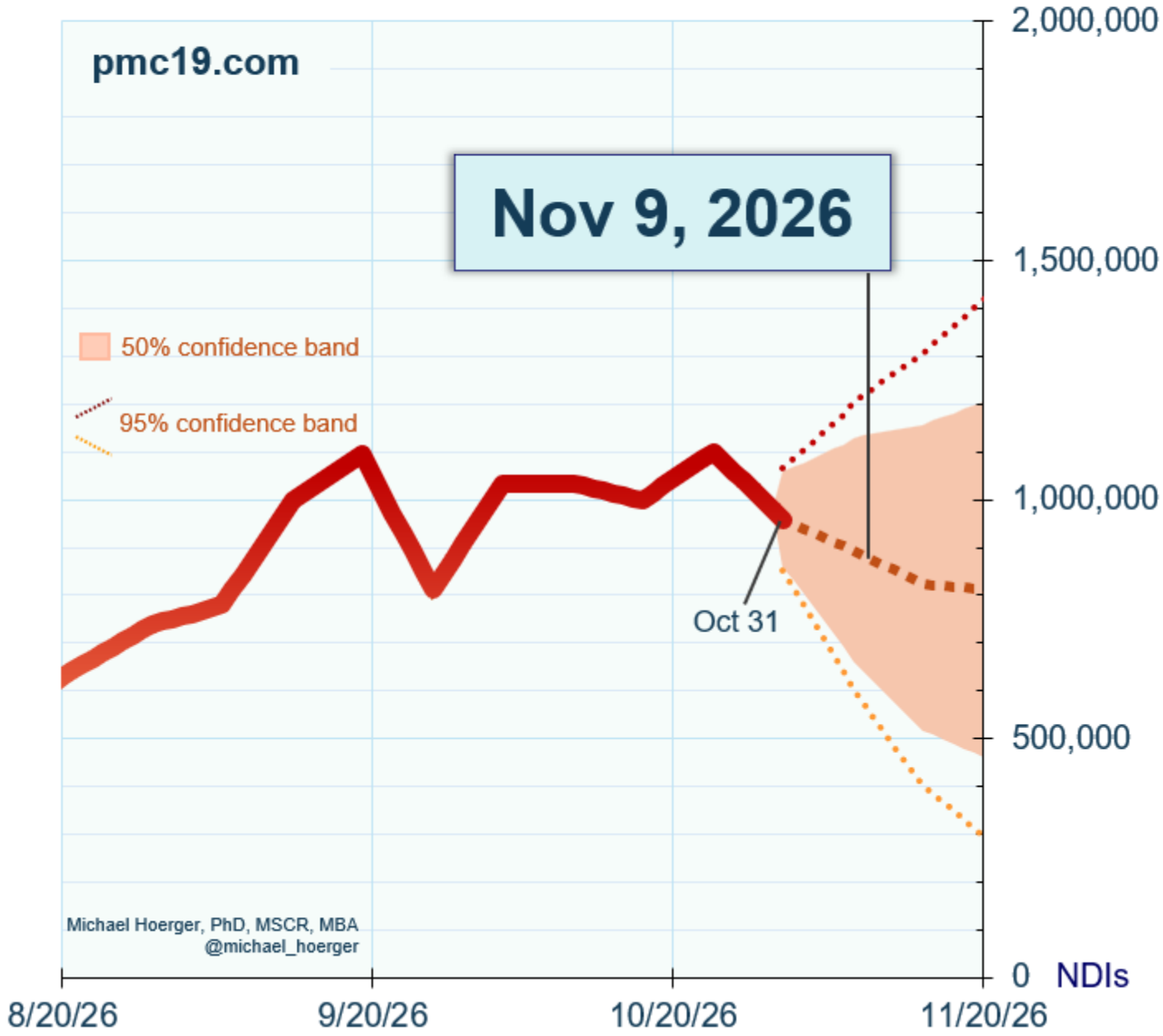
Number of People	Chances Anyone is Infectious
1	1.8%
2	3.5%
3	5.2%
4	6.9%
5	8.6%
10	16.4%
15	23.6%
20	30.2%
25	36.1%
30	41.6%
50	59.2%
75	74.0%
100	83.4%
200	97.2%
300	99.5%


SARS-CoV-2 Relative Transmission "Barometer" (U.S.)
Nov 9, 2026
pmc19.com
0%
20%
40%
60%
80%
100%
Past 100
Current levels are higher than 41% of the past 100 days
Current levels are lower than 59% of the past 100 days
Past Year
Current levels are higher than 69% of the past 365 days
Current levels are lower than 31% of the past 365 days
Pandemic To Date
Current levels are higher than 63% of all days since the pandemic onset
Current levels are lower than 37% 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. It is unclear whether the reported dip represents a transition toward a short lull or whether it will merely be retroactively corrected upward. As an example, about half the sites in TX did not report this week and last-reported levels at offline sites are 2-3x times higher than reporting sites.

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.