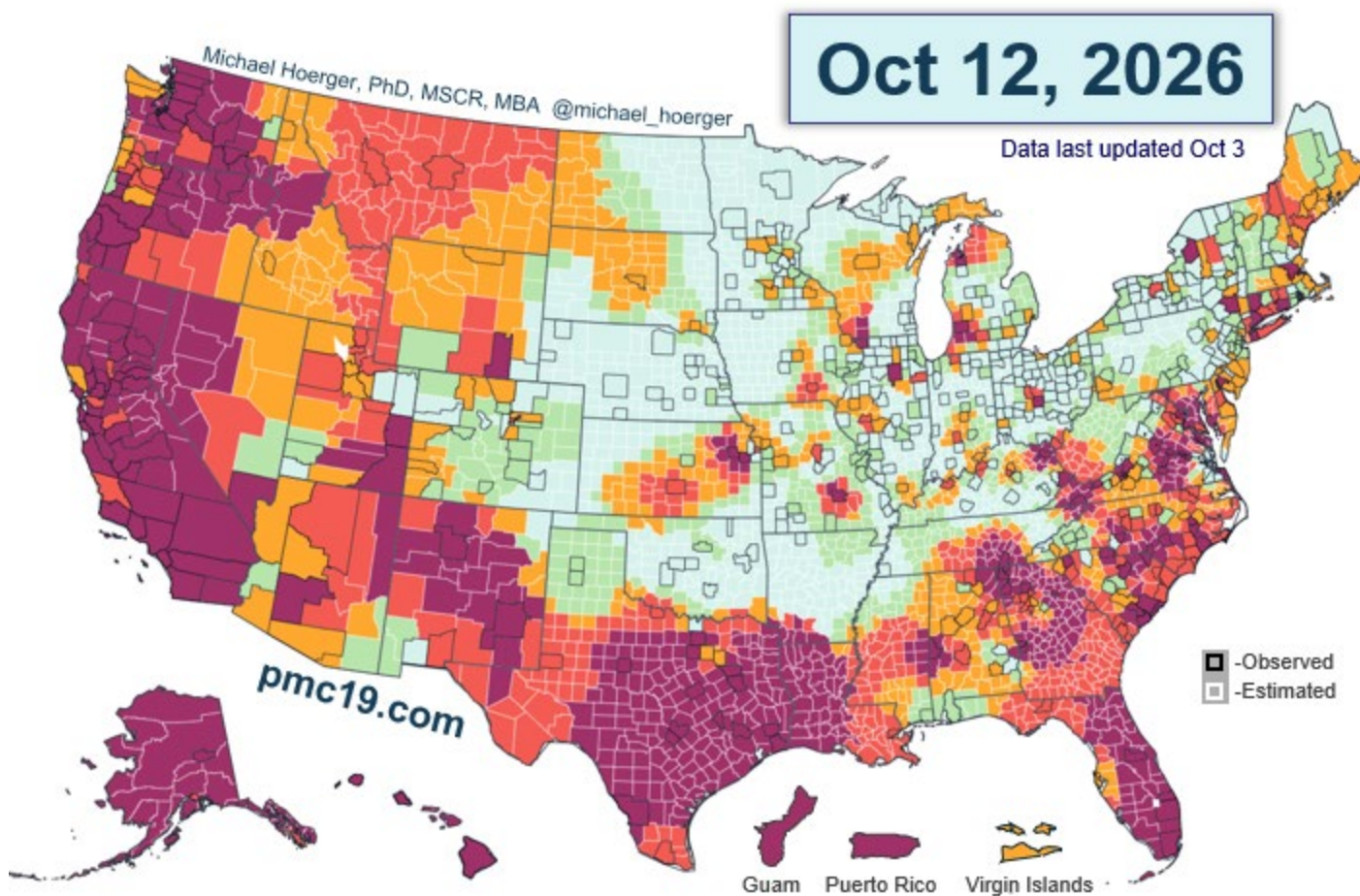


PMC U.S. COVID-19 Report for October 12, 2026.

pmc19.com

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Announcements

TCC Wave Makers 5K

On October 18, Dr. H. is running a 5K to support local cancer research. To promote masking, he will run the race in an N95 and wear an additional N95 mask on his person for every \$50 donated (sash, cape, etc.). All proceeds go to cancer research. Dr. H. will not apply for those funds, so there is no financial conflict of interest.

<https://runsignup.com/mask>

MASKED 5K



Oct 18

Dr. Hoerger
TCC Wave Makers 5K

FIGHT CANCER

runsignup.com/mask

**“Even a penny
would help”**

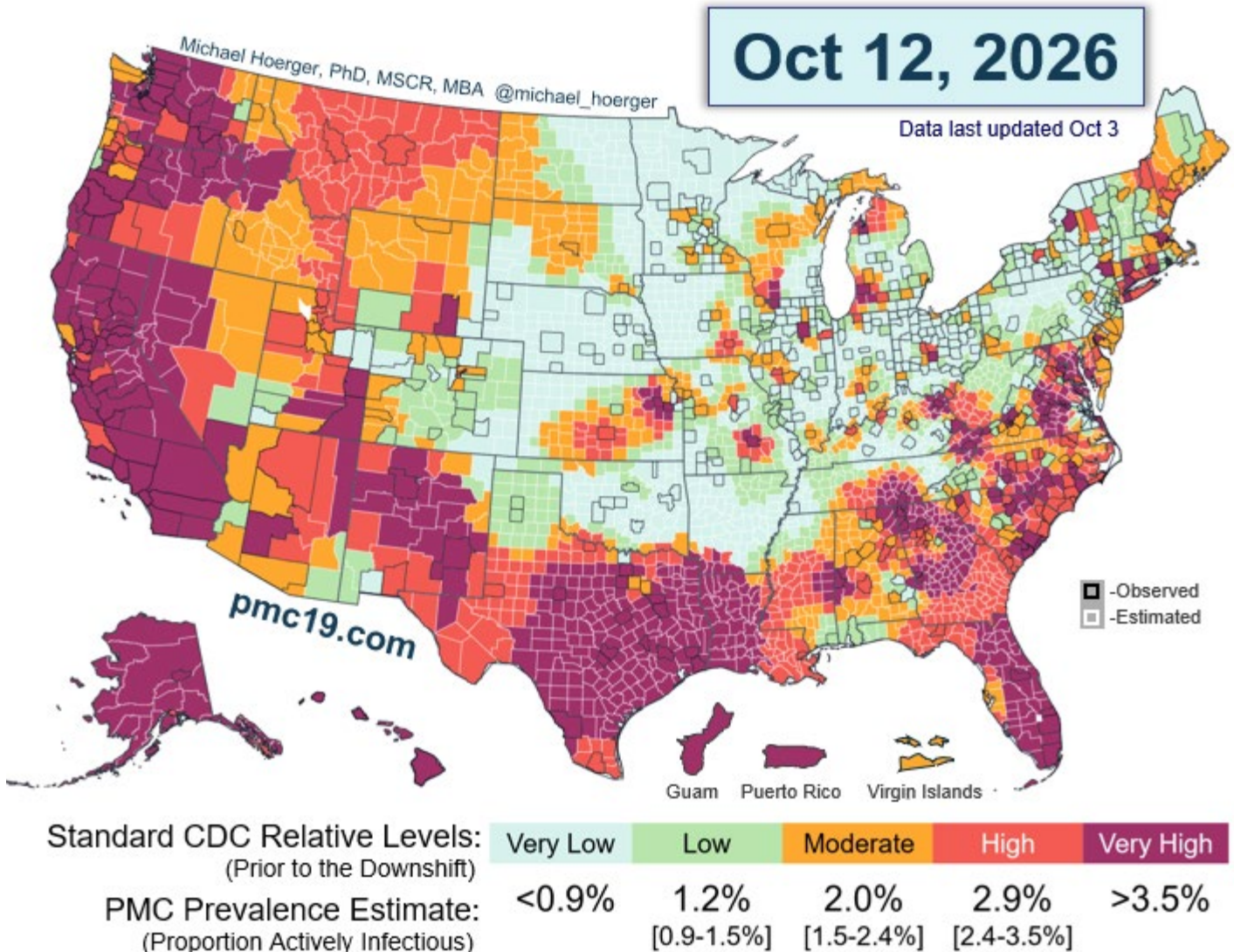
I will wear an additional N95 for every \$50 donated.
Support cancer research, normalize masking, and
help set an informal world record.

Additional N95s will be fashioned into a cape or other accessory, individually-wrapped N95s to eventually be used, not wasted. All donations final; if I cannot compete due to weather or injury, I will reschedule an event in the spirit of the run. Funds support cancer research, and I will not apply for those funds to avoid financial conflicts of interest. Last year's 5K supported metastatic breast cancer research.

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 4th week in a row, this week's being particularly dramatic; the large decline in transmission was corrected to a very minor decline, which now has an apparent rebound in the new data. About 1 in 6 (200) sites are off temporarily, as the CDC works through a contractor issue. Expect recent levels to experience further retroactive corrections when those sites come online. 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.
- The CDC restandardizes data twice annually in early April and early October to ensure that quantitative values remain comparable across regions and over the long-term. This process has very little overall impact on estimates of transmission; this cycle, just over half of the values were corrected upward (55%) and the rest remained stable or corrected downward. The most discernible impact is that the peak level of Wave #11 shifted upward slightly (other parts of the wave shifted downward). Additionally, the estimated cumulative number of infections per person shifted upward by about 0.1; that has no practical bearing, but people who use consistent precautions track that number closely and may have been curious.

COVID-19 Heat Map, Based on CDC Wastewater Data & Standard Levels



The US has at least 39 states and territories with COVID outbreaks. The CDC made large, upward retroactive corrections to prior estimates, and we are now in an apparent secondary peak. States with observed outbreaks include Alabama, Alaska, Arizona, California, Colorado, Connecticut, Delaware, Florida, Georgia, Guam, Hawai'i, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Missouri, Montana, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Ohio, Oregon, Puerto Rico, South Carolina,

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

COVID-19 State Prevalence Estimates

pmc19.com

Oct 12, 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 48 (2.1%)	19%	41%	65%	88%
Alaska	Low	Very Low	1 in 89 (1.1%)	11%	25%	43%	68%
Arizona	Moderate	Low	1 in 50 (2.0%)	18%	40%	64%	87%
Arkansas	Very Low*	Very Low*	1 in 116 (0.9%)	8%	20%	35%	58%
California	Very High	High	1 in 23 (4.3%)	36%	67%	89%	99%
Colorado	Low	Low	1 in 72 (1.4%)	13%	30%	50%	75%
Connecticut	Very High	High	1 in 20 (5.0%)	40%	72%	92%	>99%
Delaware	Moderate	Low	1 in 58 (1.7%)	16%	35%	58%	82%
District of Columbia ^(delays)	Low	Low	1 in 74 (1.4%)	13%	29%	50%	74%
Florida	Very High	Very High	1 in 15 (6.7%)	50%	82%	97%	>99%
Georgia	High	Moderate	1 in 41 (2.4%)	22%	46%	71%	91%
Guam ^(delays)	Very High	High	1 in 23 (4.3%)	36%	67%	89%	99%
Hawaii	Very High	Very High	1 in 15 (6.7%)	50%	82%	97%	>99%
Idaho	Moderate	Low	1 in 60 (1.7%)	16%	34%	57%	82%
Illinois	Very Low	Very Low	1 in 135 (0.7%)	7%	17%	31%	52%
Indiana	Low	Very Low	1 in 107 (0.9%)	9%	21%	38%	61%
Iowa	Very Low	Very Low	1 in 123 (0.8%)	8%	18%	33%	56%
Kansas	Low	Low	1 in 74 (1.4%)	13%	29%	50%	74%
Kentucky	Low	Very Low	1 in 109 (0.9%)	9%	21%	37%	60%
Louisiana	High	Moderate	1 in 38 (2.6%)	23%	49%	74%	93%
Maine	Moderate	Low	1 in 52 (1.9%)	18%	39%	62%	86%
Maryland	High*	Moderate*	1 in 30 (3.4%)	29%	58%	82%	97%
Massachusetts	Very High	High	1 in 26 (3.8%)	32%	62%	86%	98%
Michigan	Low	Low	1 in 81 (1.2%)	12%	27%	46%	71%
Minnesota	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Moderate*	Low*	1 in 54 (1.8%)	17%	37%	60%	84%

* Limited data reporting

Data last updated Oct 3

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/bluwashing.mp4

COVID-19 State Prevalence Estimates

pmc19.com

Oct 12, 2026

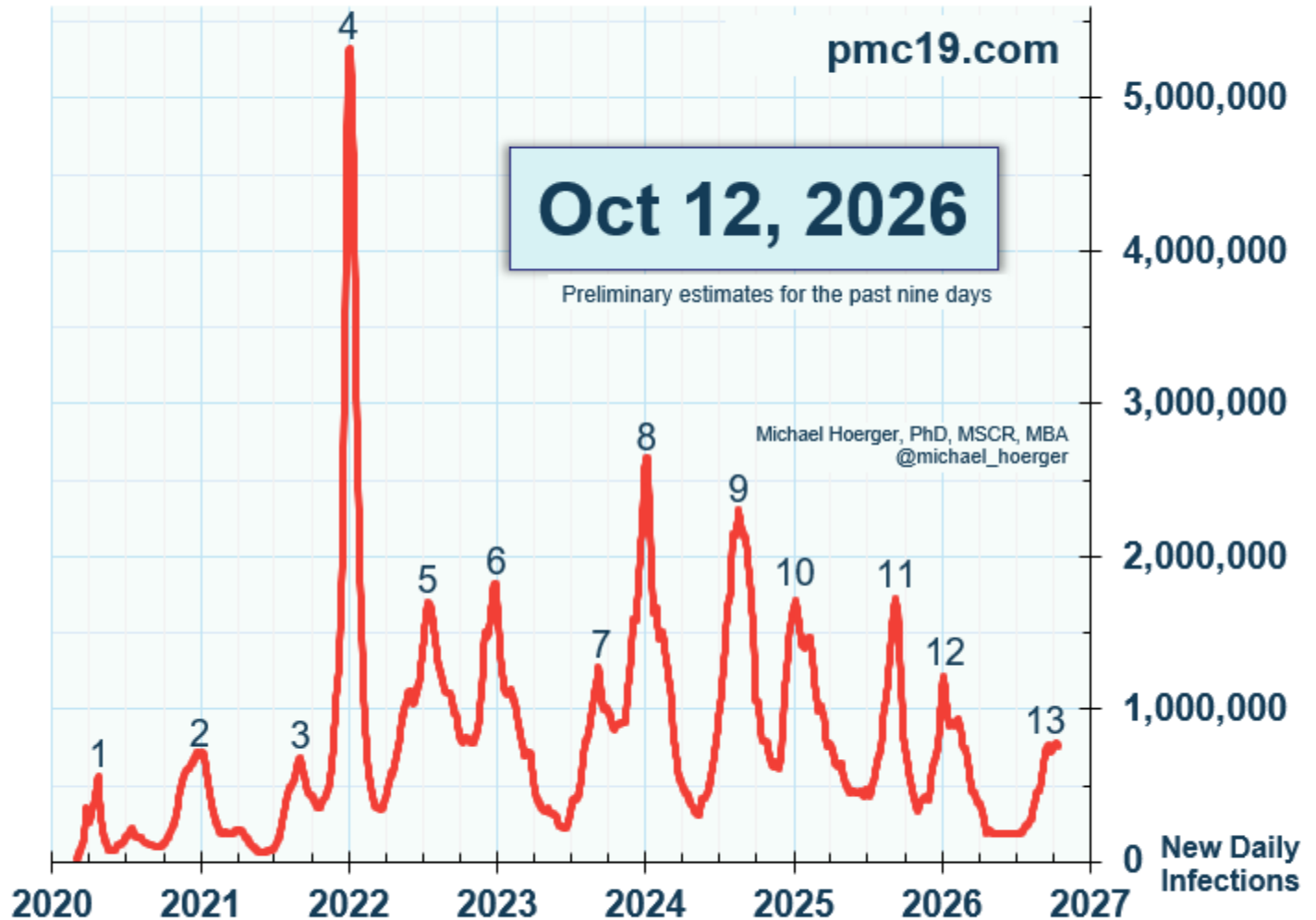
State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Missouri	Low	Very Low	1 in 88 (1.1%)	11%	25%	44%	68%
Montana	High*	Moderate*	1 in 32 (3.1%)	27%	54%	79%	96%
Nebraska	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Nevada	Very High	High	1 in 28 (3.6%)	31%	60%	84%	97%
New Hampshire	Low	Very Low	1 in 91 (1.1%)	11%	24%	43%	67%
New Jersey	Low	Low	1 in 67 (1.5%)	14%	31%	53%	78%
New Mexico	Very High	High	1 in 23 (4.4%)	36%	67%	89%	99%
New York	Very Low	Very Low	1 in 123 (0.8%)	8%	19%	34%	56%
North Carolina	Moderate	Low	1 in 50 (2.0%)	18%	40%	64%	87%
North Dakota	Moderate*	Moderate*	1 in 55 (1.8%)	17%	37%	60%	84%
Ohio	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma (delays)	Very Low*	Very Low*	1 in 202 (0.5%)	5%	12%	22%	39%
Oregon	High	Moderate	1 in 30 (3.3%)	28%	57%	81%	96%
Pennsylvania	Very Low	Very Low	1 in 123 (0.8%)	8%	19%	34%	56%
Puerto Rico	Very High*	High*	1 in 21 (4.8%)	39%	71%	92%	>99%
Rhode Island	Low	Very Low	1 in 94 (1.1%)	10%	23%	41%	66%
South Carolina	High	Moderate	1 in 36 (2.8%)	24%	50%	75%	94%
South Dakota	Moderate*	Low*	1 in 53 (1.9%)	17%	38%	61%	85%
Tennessee	Moderate	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Texas	Very High	High	1 in 19 (5.2%)	41%	74%	93%	>99%
U.S. Virgin Islands	Moderate	Low	1 in 59 (1.7%)	16%	35%	57%	82%
Utah	Moderate	Low	1 in 49 (2.0%)	19%	40%	64%	87%
Vermont	Low	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Virginia	High	Moderate	1 in 40 (2.5%)	22%	47%	72%	92%
Washington	Very High	High	1 in 21 (4.7%)	38%	70%	91%	>99%
West Virginia	Moderate	Low	1 in 54 (1.9%)	17%	37%	61%	85%
Wisconsin	Very Low	Very Low	1 in 111 (0.9%)	9%	20%	36%	60%
Wyoming	Moderate	Low	1 in 52 (1.9%)	18%	38%	62%	86%

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

Data last updated Oct 3

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/bluwashing.mp4

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



PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.6** infections per person and **14.2** months between infections.

National COVID-19 Estimates (U.S.)

Infections Oct 12, 2026 pmc19.com

Proportion Actively Infectious	1 in 65 (1.5%)
New Daily Infections	759,000
Infections the Past Week	5,400,000
Infections in 2026	137,000,000
Cumulative Infections per Person	5.57

Long COVID

Long COVID Cases Resulting from New Daily Infections	38,000 to 152,000
Long COVID Cases Resulting from New Weekly Infections	270,000 to 1,080,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	180 to 330
Excess Deaths Resulting from New Weekly Infections	1,300 to 2,300

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

Oct 12, 2026

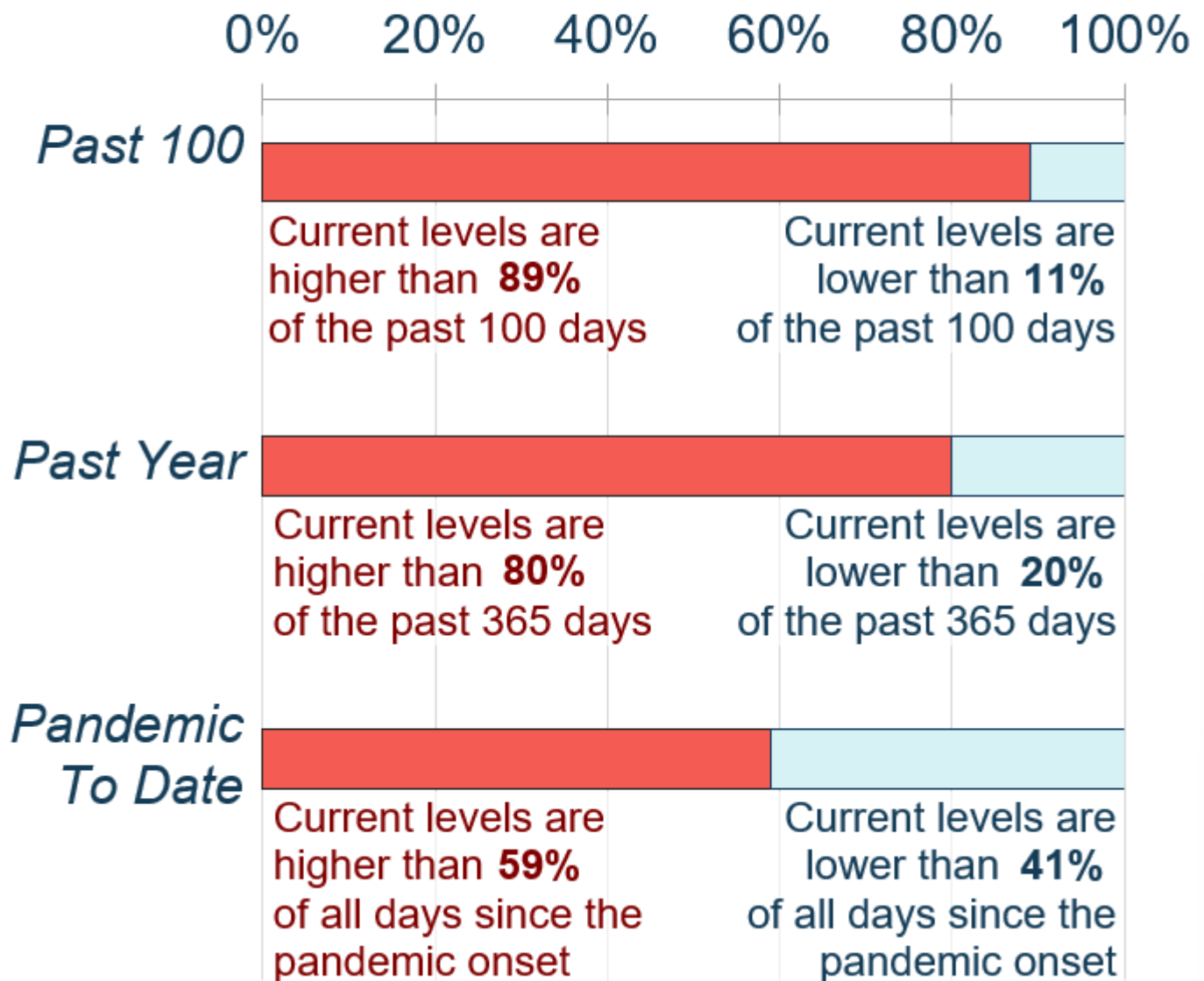
pmc19.com

<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	1.5%
2	3.1%
3	4.6%
4	6.0%
5	7.5%
10	14.4%
15	20.8%
20	26.8%
25	32.3%
30	37.3%
50	54.1%
75	68.9%
100	78.9%
200	95.6%
300	99.1%

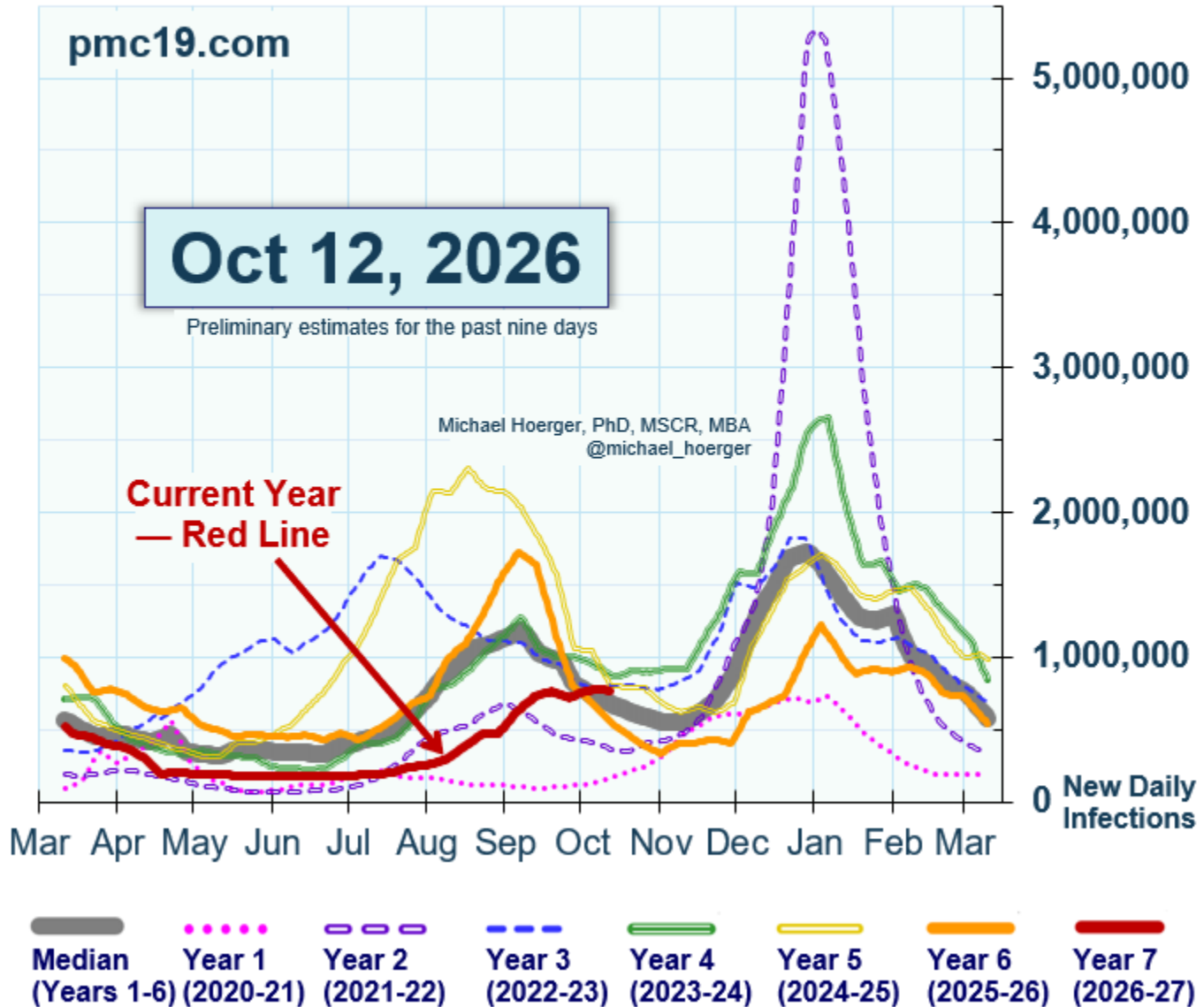
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Oct 12, 2026

pmc19.com

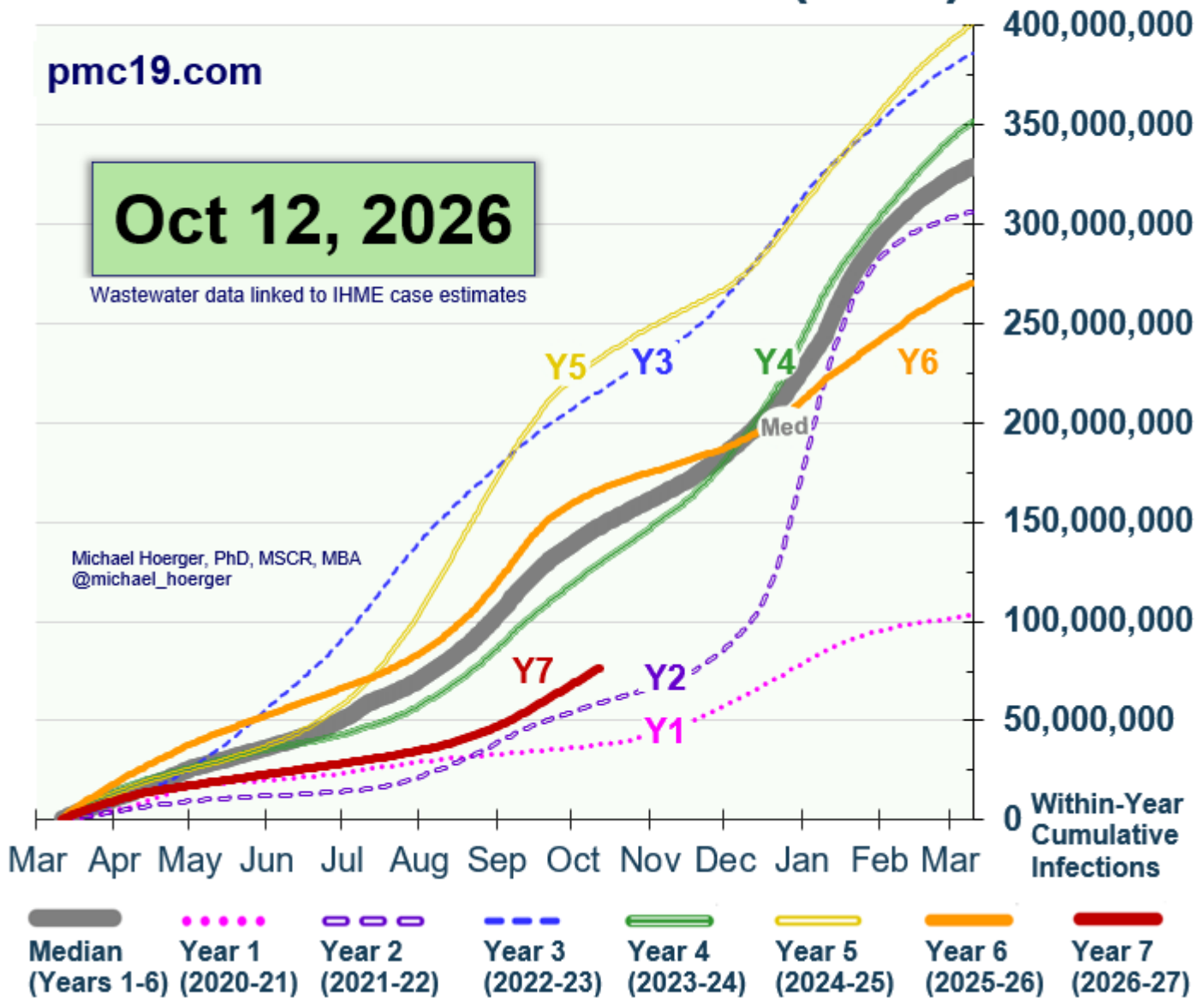


SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



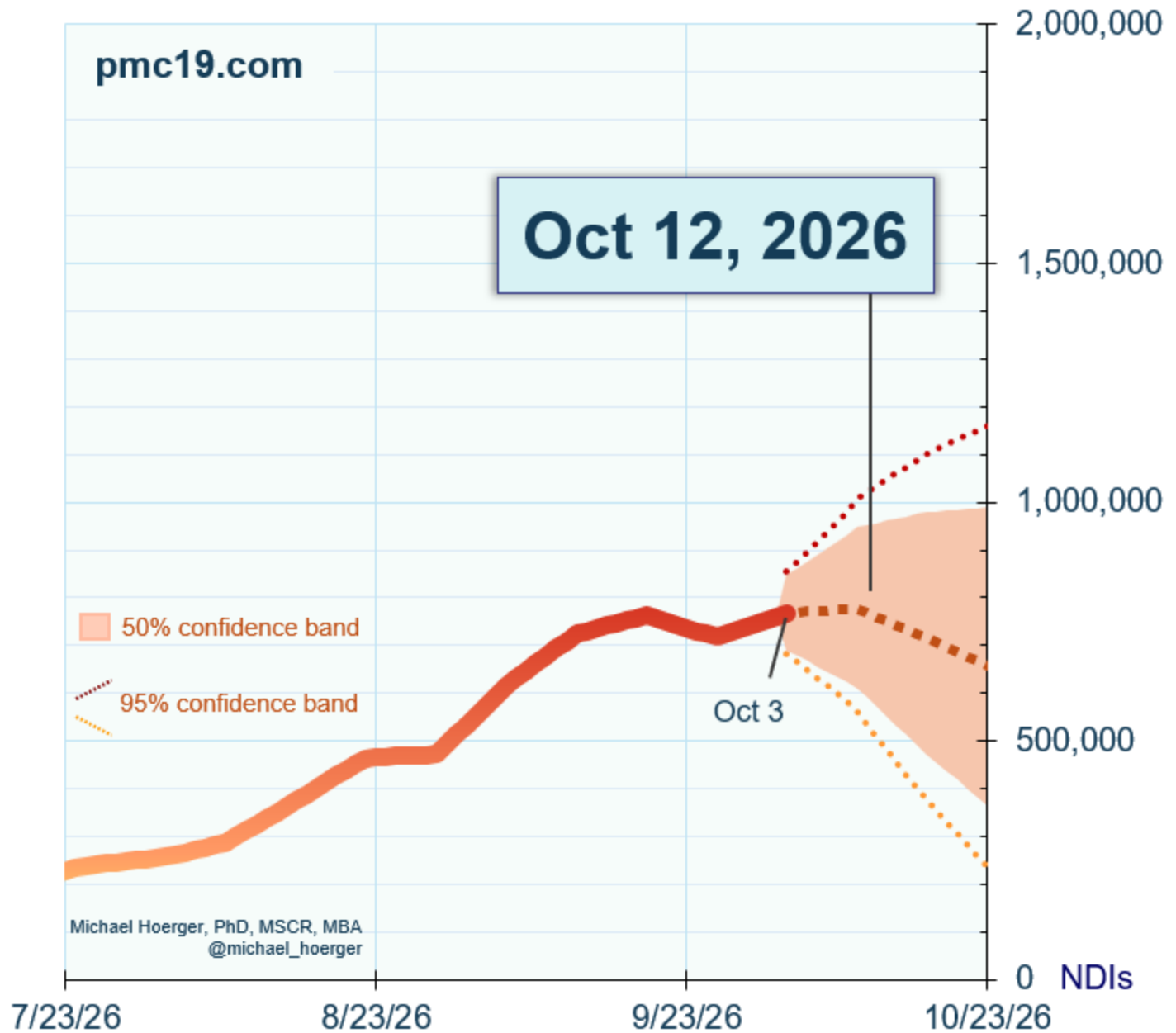
Notice that this is the only year, since Year 1 of the pandemic, in which we have experienced rising levels entering October.

Estimated Within-Year Cumulative SARS-CoV-2 Infections (U.S.)



This is a special graph we only report periodically because it is mostly stable. However, notice that the current year's path (Y7) is now qualitatively distinct from all prior years.

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



Note, the national 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.