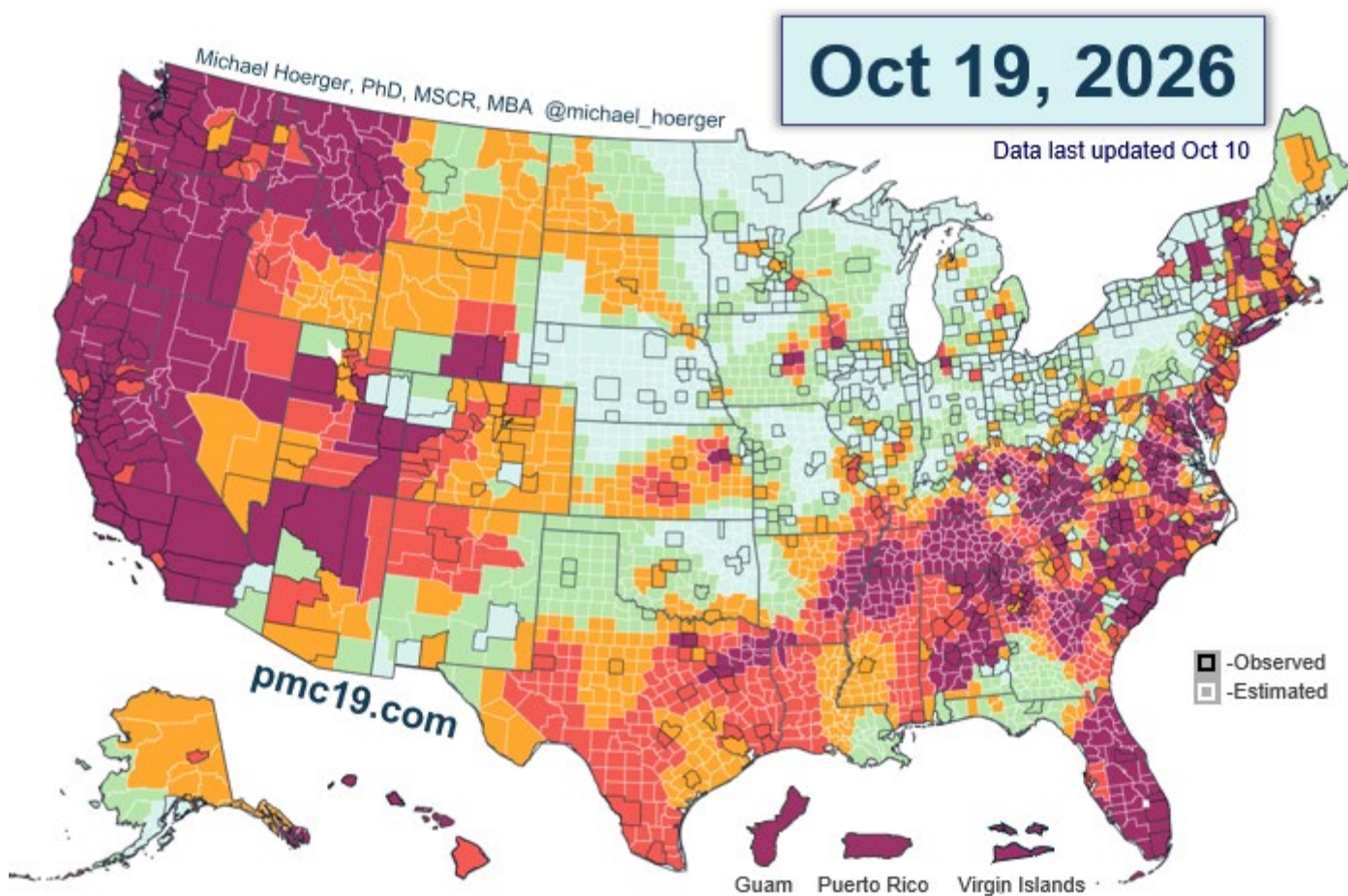


# PMC U.S. COVID-19 Report for October 19, 2026.

**pmc19.com**

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Note: This report was posted early, on Friday, October 16.

## 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. We are presently just under \$4,860 and 98 N95s. Any contribution by Saturday, October 17, at 2pm Central will contribute to the mask count, though late donations are welcome.

<https://runsignup.com/mask>

# MASKED 5K



## Oct 18

**Dr. Hoerger**  
TCC Wave Makers 5K

## FIGHT CANCER

[runsignup.com/mask](https://runsignup.com/mask)

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

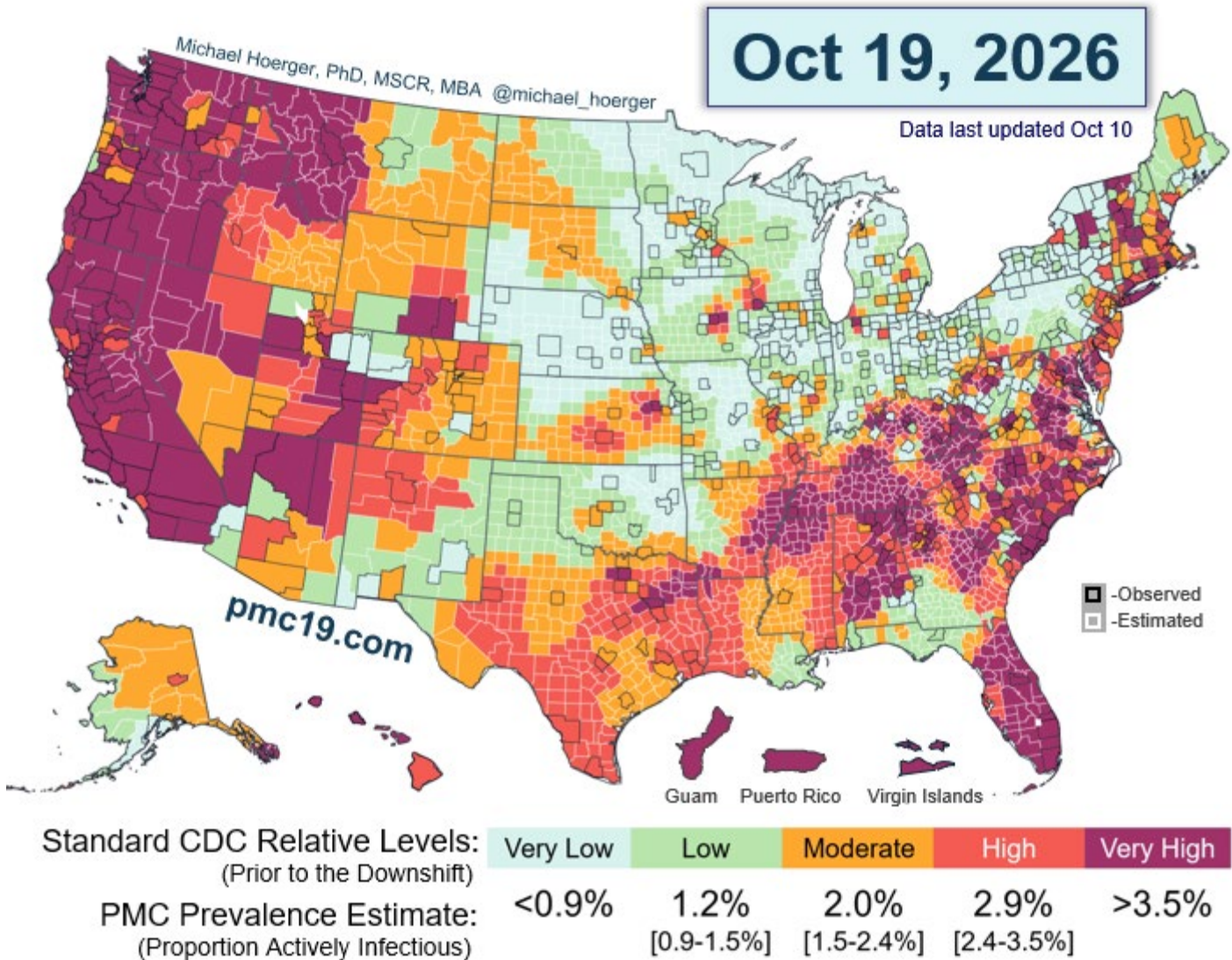
**We're up to \$4,860. That means I will need to wear 98 N95s, and counting! All donations through 2pm CT on Sat, Oct 17 will count toward the N95 tally!**

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 5<sup>th</sup> week in a row. 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 13<sup>th</sup> 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.

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



The US has at least 44 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, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Oregon, Pennsylvania, Puerto

Rico, Rhode Island, South Carolina, Tennessee, Texas, U.S. Virgin Islands, Utah, Vermont, Virginia, Washington, West Virginia, 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 19, 2026

| State                                    | Standard<br>CDC Level | Revised #<br>CDC Level<br>(Downshifted) | PMC Estimate, %<br>Actively Infectious | Chances anyone is infectious<br>in a room of 10 to 100 people |     |     |      |
|------------------------------------------|-----------------------|-----------------------------------------|----------------------------------------|---------------------------------------------------------------|-----|-----|------|
|                                          |                       |                                         |                                        | 10                                                            | 25  | 50  | 100  |
| Alabama                                  | High                  | Moderate                                | 1 in 37 (2.7%)                         | 24%                                                           | 50% | 75% | 94%  |
| Alaska                                   | Moderate              | Moderate                                | 1 in 42 (2.4%)                         | 21%                                                           | 45% | 70% | 91%  |
| Arizona                                  | Very Low*             | Very Low*                               | 1 in 222 (0.5%)                        | 4%                                                            | 11% | 20% | 36%  |
| Arkansas                                 | Moderate*             | Low*                                    | 1 in 55 (1.8%)                         | 17%                                                           | 37% | 60% | 84%  |
| California                               | Very High             | High                                    | 1 in 21 (4.7%)                         | 38%                                                           | 70% | 91% | >99% |
| Colorado                                 | Moderate              | Low                                     | 1 in 52 (1.9%)                         | 18%                                                           | 39% | 62% | 86%  |
| Connecticut                              | Very High             | High                                    | 1 in 28 (3.6%)                         | 31%                                                           | 60% | 84% | 97%  |
| Delaware                                 | High                  | Moderate                                | 1 in 31 (3.2%)                         | 28%                                                           | 55% | 80% | 96%  |
| District of Columbia <sup>(delays)</sup> | Low                   | Low                                     | 1 in 74 (1.4%)                         | 13%                                                           | 29% | 50% | 74%  |
| Florida                                  | Very High             | Very High                               | 1 in 19 (5.2%)                         | 42%                                                           | 74% | 93% | >99% |
| Georgia                                  | Very High             | High                                    | 1 in 25 (3.9%)                         | 33%                                                           | 63% | 87% | 98%  |
| Guam <sup>(delays)</sup>                 | Very High             | High                                    | 1 in 23 (4.3%)                         | 36%                                                           | 67% | 89% | 99%  |
| Hawaii                                   | Very High             | High                                    | 1 in 21 (4.8%)                         | 39%                                                           | 71% | 92% | >99% |
| Idaho                                    | Moderate              | Moderate                                | 1 in 43 (2.3%)                         | 21%                                                           | 44% | 69% | 90%  |
| Illinois                                 | Very Low              | Very Low                                | 1 in 117 (0.9%)                        | 8%                                                            | 19% | 35% | 58%  |
| Indiana                                  | Very Low              | Very Low                                | 1 in 118 (0.8%)                        | 8%                                                            | 19% | 35% | 57%  |
| Iowa                                     | Low                   | Very Low                                | 1 in 109 (0.9%)                        | 9%                                                            | 21% | 37% | 60%  |
| Kansas                                   | Moderate              | Low                                     | 1 in 58 (1.7%)                         | 16%                                                           | 35% | 58% | 83%  |
| Kentucky                                 | High                  | Moderate                                | 1 in 30 (3.3%)                         | 29%                                                           | 57% | 82% | 97%  |
| Louisiana                                | Low                   | Low                                     | 1 in 75 (1.3%)                         | 13%                                                           | 29% | 49% | 74%  |
| Maine                                    | Low                   | Low                                     | 1 in 81 (1.2%)                         | 12%                                                           | 27% | 46% | 71%  |
| Maryland                                 | High*                 | Moderate*                               | 1 in 29 (3.5%)                         | 30%                                                           | 59% | 83% | 97%  |
| Massachusetts                            | High                  | Moderate                                | 1 in 35 (2.9%)                         | 25%                                                           | 52% | 77% | 95%  |
| Michigan                                 | Very Low              | Very Low                                | 1 in 132 (0.8%)                        | 7%                                                            | 17% | 32% | 53%  |
| Minnesota                                | Very Low              | Very Low                                | 1 in 222 (0.5%)                        | 4%                                                            | 11% | 20% | 36%  |
| Mississippi                              | Very High*            | Very High*                              | 1 in 16 (6.3%)                         | 48%                                                           | 81% | 96% | >99% |

\* Limited data reporting

Data last updated Oct 10

# 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](https://pmc19.com/bluewashing.mp4)

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Oct 19, 2026

| State               | Standard<br>CDC Level | Revised #<br>CDC Level<br>(Downshifted) | PMC Estimate, %<br>Actively Infectious | Chances anyone is infectious<br>in a room of 10 to 100 people |     |     |      |
|---------------------|-----------------------|-----------------------------------------|----------------------------------------|---------------------------------------------------------------|-----|-----|------|
|                     |                       |                                         |                                        | 10                                                            | 25  | 50  | 100  |
| Missouri            | Moderate              | Low                                     | 1 in 59 (1.7%)                         | 16%                                                           | 35% | 57% | 82%  |
| Montana             | Very High*            | High*                                   | 1 in 28 (3.6%)                         | 31%                                                           | 60% | 84% | 97%  |
| Nebraska            | Low                   | Low                                     | 1 in 72 (1.4%)                         | 13%                                                           | 29% | 50% | 75%  |
| Nevada              | Moderate              | Moderate                                | 1 in 43 (2.3%)                         | 21%                                                           | 45% | 70% | 91%  |
| New Hampshire       | Moderate              | Low                                     | 1 in 50 (2.0%)                         | 18%                                                           | 40% | 64% | 87%  |
| New Jersey          | High                  | Moderate                                | 1 in 35 (2.8%)                         | 25%                                                           | 51% | 76% | 94%  |
| New Mexico          | Very Low              | Very Low                                | 1 in 111 (0.9%)                        | 9%                                                            | 20% | 36% | 59%  |
| 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%                                                           | 54% | 79% | 96%  |
| North Dakota        | Moderate*             | Moderate*                               | 1 in 47 (2.1%)                         | 19%                                                           | 41% | 66% | 88%  |
| 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              | Very High*            | Very High*                              | 1 in 15 (6.7%)                         | 50%                                                           | 82% | 97% | >99% |
| Pennsylvania        | Moderate              | Low                                     | 1 in 56 (1.8%)                         | 16%                                                           | 36% | 59% | 83%  |
| Puerto Rico         | Very High*            | High*                                   | 1 in 21 (4.8%)                         | 39%                                                           | 71% | 92% | >99% |
| Rhode Island        | High                  | Moderate                                | 1 in 34 (3.0%)                         | 26%                                                           | 53% | 78% | 95%  |
| South Carolina      | Very High             | High                                    | 1 in 28 (3.6%)                         | 31%                                                           | 60% | 84% | 97%  |
| South Dakota        | Moderate*             | Moderate*                               | 1 in 44 (2.3%)                         | 21%                                                           | 44% | 68% | 90%  |
| Tennessee           | Very High             | High                                    | 1 in 23 (4.4%)                         | 36%                                                           | 67% | 89% | 99%  |
| Texas               | High                  | Moderate                                | 1 in 38 (2.6%)                         | 23%                                                           | 49% | 74% | 93%  |
| U.S. Virgin Islands | Very High             | Very High                               | 1 in 19 (5.3%)                         | 42%                                                           | 74% | 93% | >99% |
| Utah                | Moderate              | Moderate                                | 1 in 45 (2.2%)                         | 20%                                                           | 43% | 67% | 89%  |
| Vermont             | Low                   | Very Low                                | 1 in 92 (1.1%)                         | 10%                                                           | 24% | 42% | 66%  |
| Virginia            | Moderate*             | Low*                                    | 1 in 51 (2.0%)                         | 18%                                                           | 39% | 63% | 86%  |
| Washington          | Very High             | Very High                               | 1 in 17 (6.0%)                         | 46%                                                           | 79% | 95% | >99% |
| West Virginia       | Very Low              | Very Low                                | 1 in 166 (0.6%)                        | 6%                                                            | 14% | 26% | 45%  |
| Wisconsin           | Very Low              | Very Low                                | 1 in 123 (0.8%)                        | 8%                                                            | 19% | 34% | 56%  |
| Wyoming             | Very Low              | Very Low                                | 1 in 222 (0.5%)                        | 4%                                                            | 11% | 20% | 36%  |

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

Data last updated Oct 10

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# 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 **14.1** months between infections.

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

**Infections**                      Oct 19, 2026                      pmc19.com

|                                  |                |
|----------------------------------|----------------|
| Proportion Actively Infectious   | 1 in 57 (1.7%) |
| New Daily Infections             | 858,000        |
| Infections the Past Week         | 6,160,000      |
| Infections in 2026               | 151,000,000    |
| Cumulative Infections per Person | 5.61           |

## Long COVID

|                                                       |                      |
|-------------------------------------------------------|----------------------|
| Long COVID Cases Resulting from New Daily Infections  | 43,000 to 172,000    |
| Long COVID Cases Resulting from New Weekly Infections | 308,000 to 1,230,000 |

## Excess Deaths

|                                                    |                |
|----------------------------------------------------|----------------|
| Excess Deaths Resulting from New Daily Infections  | 210 to 370     |
| Excess Deaths Resulting from New Weekly Infections | 1,500 to 2,600 |

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

Oct 19, 2026

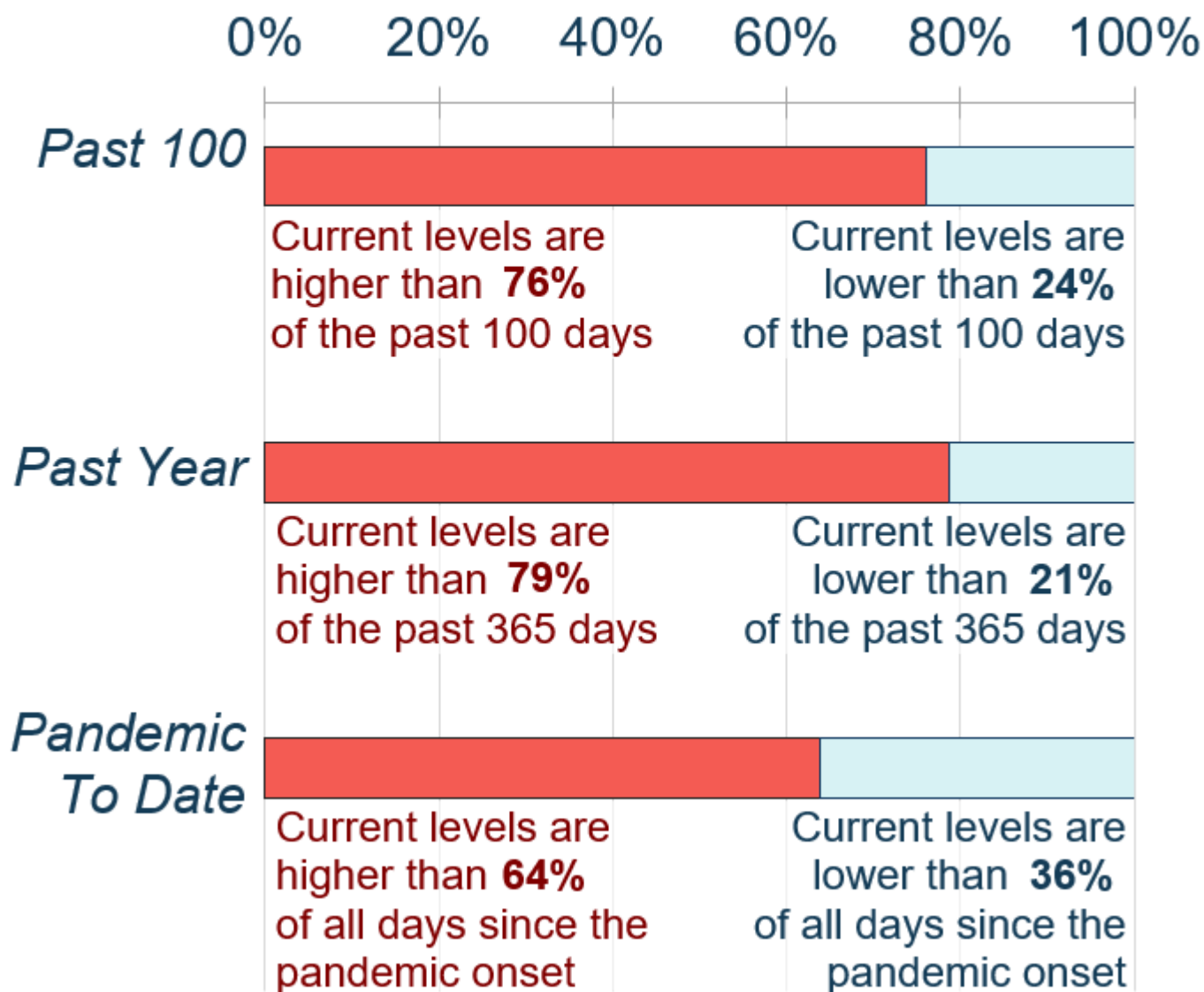
pmc19.com

| <u>Number of People</u> | <u>Chances Anyone is Infectious</u> |
|-------------------------|-------------------------------------|
| 1                       | 1.7%                                |
| 2                       | 3.5%                                |
| 3                       | 5.2%                                |
| 4                       | 6.8%                                |
| 5                       | 8.4%                                |
| 10                      | 16.2%                               |
| 15                      | 23.2%                               |
| 20                      | 29.7%                               |
| 25                      | 35.7%                               |
| 30                      | 41.1%                               |
| 50                      | 58.6%                               |
| 75                      | 73.4%                               |
| 100                     | 82.9%                               |
| 200                     | 97.1%                               |
| 300                     | 99.5%                               |

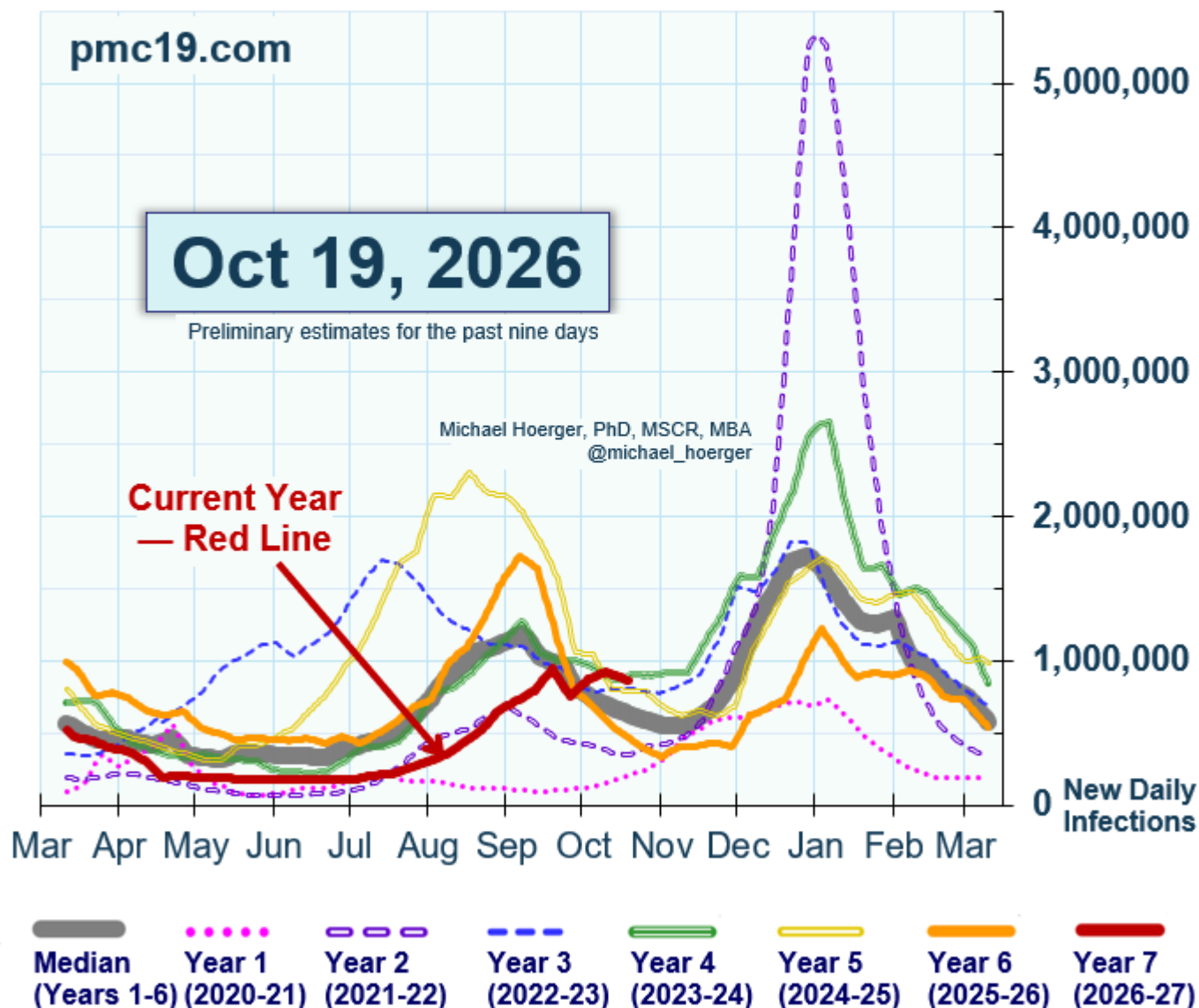
# SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Oct 19, 2026

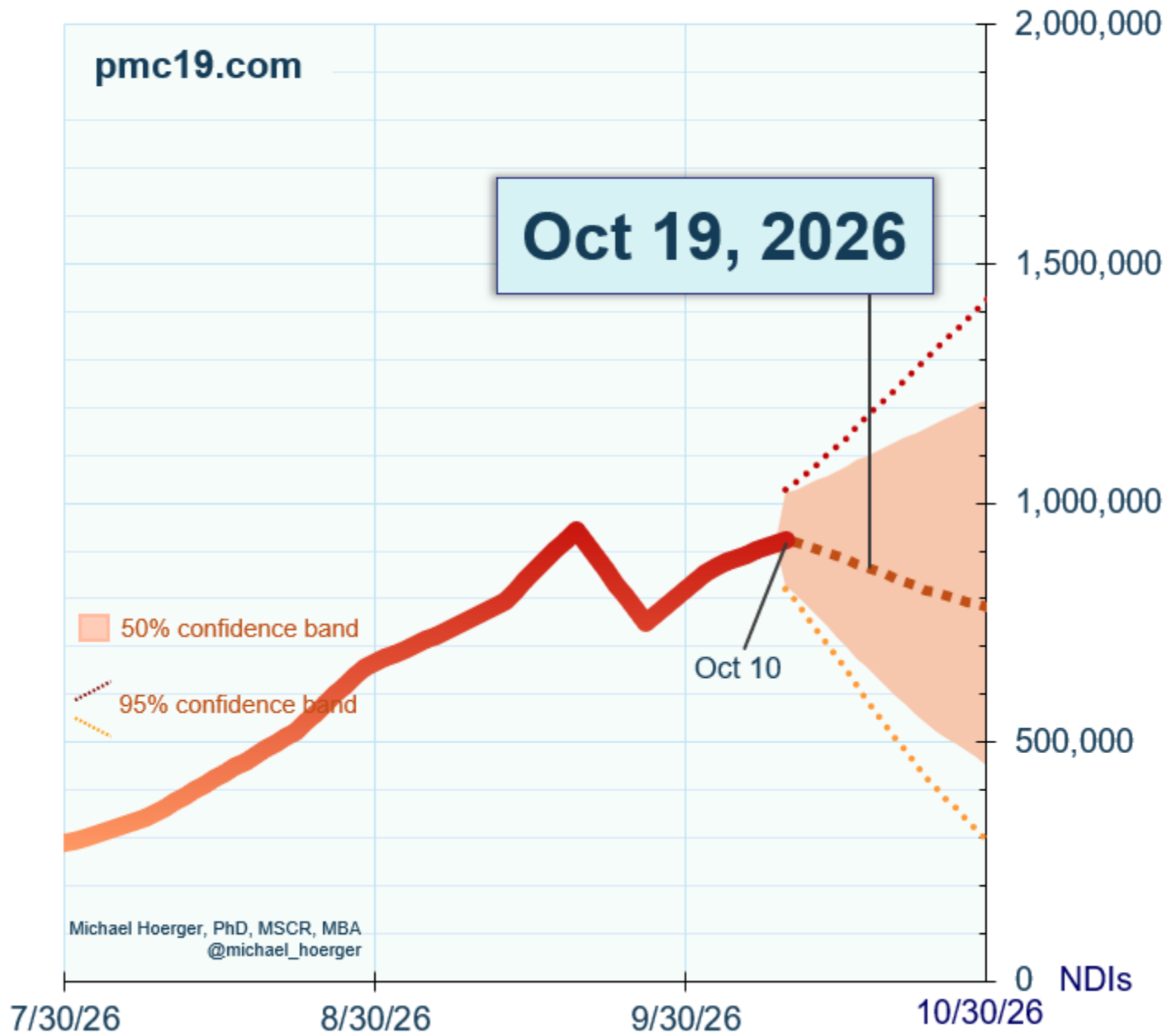
pmc19.com



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



# 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.**