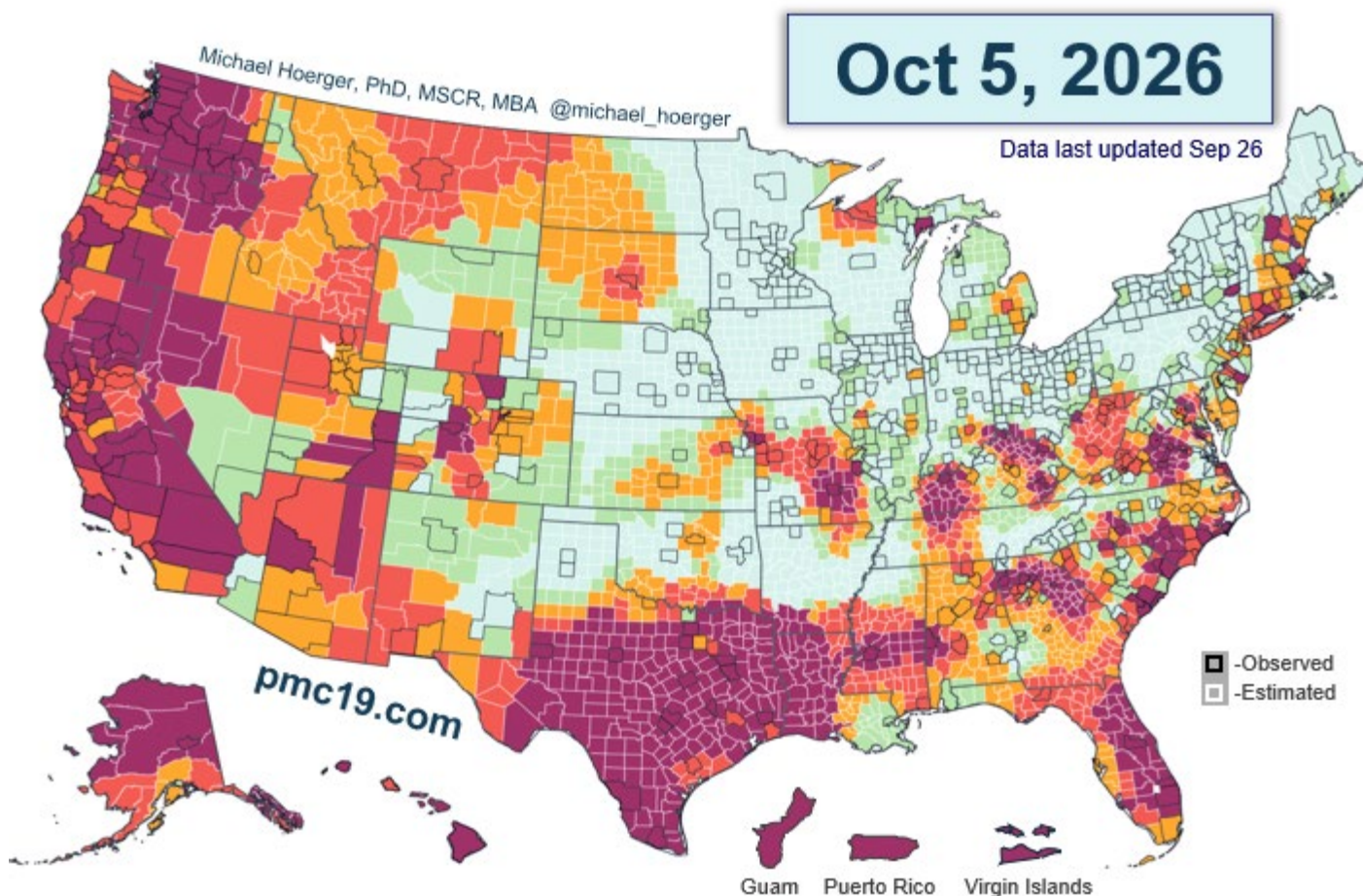


PMC U.S. COVID-19 Report for October 5, 2026.

pmc19.com

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Announcements

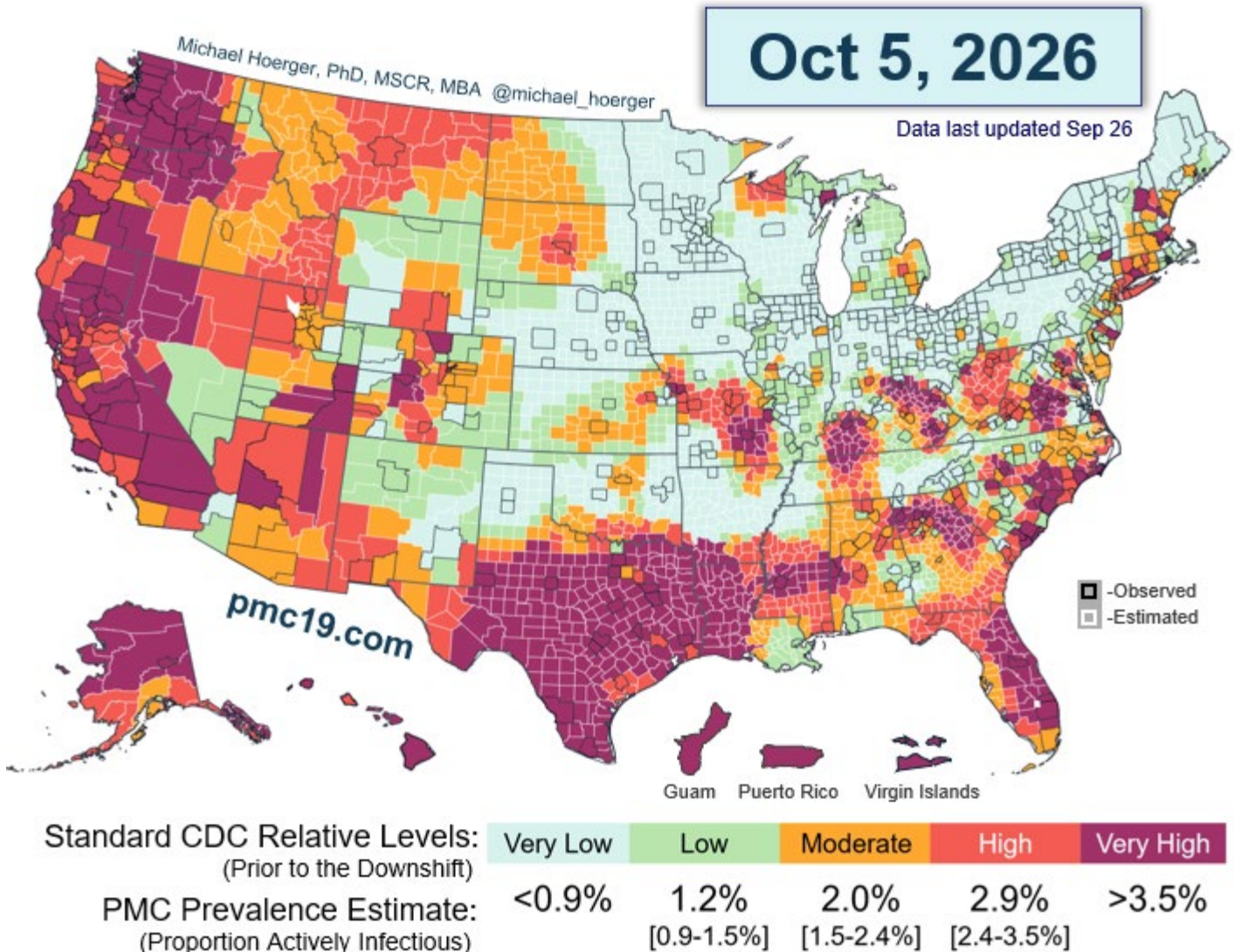
Recent Press Coverage

- NBC News: <https://www.nbcnews.com/data-graphics/cdc-edited-key-covid-metric-2026-rcna593344>
- Detroit Free Press: <https://www.freep.com/story/news/health/2026/09/23/michigan-covid-19-surge-vaccine-recommendations/91887743007/>
- Forbes: <https://www.forbes.com/sites/judystone/2026/08/27/covid-19-cases-surge-heres-whats-different-this-summer-that-will-help/>
- The Sick Times: <https://thesicktimes.org/2026/08/18/national-covid-19-trends-august-18/>
- TODAY: <https://www.today.com/health/coronavirus/summer-covid-surge-symptoms-guidelines-2026-covid-vaccine-test-rcna592549>
- New York Post: <https://nypost.com/2026/08/19/health/cases-of-a-very-contagious-winter-disease-spiking-this-summer/>
- People: <https://people.com/cases-of-covid-growing-with-a-pretty-steady-increase-nationwide-12063766>

Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) reported too. The CDC has had major upward corrections to the 3 prior weeks of data. About 1 in 6 (200) sites are off temporarily, as the CDC works through a contractor issue. Recent levels may be retroactively corrected.

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



The US has at least 36 states and territories with COVID outbreaks. The apparent wave peak has passed, but transmission remains high across much of the country. States with observed outbreaks include Alabama, Alaska, Arizona, California, Colorado, Connecticut, Florida, Georgia, Guam, Hawaii, Illinois, Indiana, Kansas, Kentucky, Massachusetts, Michigan, Mississippi, Missouri, Montana, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Oregon, Pennsylvania, Puerto Rico, South

Carolina, South Dakota, Texas, the U.S. Virgin Islands, Utah, Virginia, Washington, West Virginia, and Wyoming.

There are likely outbreaks in additional states. The summary statistic only includes counties with observed data, rather than estimated data. For example, Arkansas, DC, Idaho, Louisiana, Maryland, Nevada, Ohio, Oklahoma, Tennessee, and Wisconsin likely have outbreaks, but monitoring is poor.

COVID-19 State Prevalence Estimates

pmc19.com

Oct 5, 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	Very Low	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
Arizona	Very Low*	Very Low*	1 in 155 (0.6%)	6%	15%	28%	48%
Arkansas	Very Low*	Very Low*	1 in 213 (0.5%)	5%	11%	21%	38%
California	High	Moderate	1 in 29 (3.4%)	30%	58%	83%	97%
Colorado	Moderate	Low	1 in 59 (1.7%)	16%	35%	57%	82%
Connecticut	Very High	High	1 in 26 (3.8%)	32%	62%	85%	98%
Delaware	Moderate	Low	1 in 64 (1.6%)	15%	33%	55%	80%
District of Columbia ^(delays)	Low	Low	1 in 74 (1.4%)	13%	29%	50%	74%
Florida	High	Moderate	1 in 37 (2.7%)	24%	50%	75%	94%
Georgia	Moderate	Low	1 in 46 (2.2%)	20%	42%	66%	89%
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	Low	Very Low	1 in 92 (1.1%)	10%	24%	42%	66%
Illinois	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Indiana	Very Low	Very Low	1 in 190 (0.5%)	5%	12%	23%	41%
Iowa	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Kansas	Low	Very Low	1 in 103 (1.0%)	9%	22%	39%	62%
Kentucky	Moderate	Low	1 in 55 (1.8%)	17%	37%	60%	84%
Louisiana	Low	Low	1 in 77 (1.3%)	12%	28%	48%	73%
Maine	Very Low	Very Low	1 in 190 (0.5%)	5%	12%	23%	41%
Maryland	Low*	Very Low*	1 in 103 (1.0%)	9%	22%	39%	62%
Massachusetts	Very High	High	1 in 22 (4.5%)	37%	68%	90%	99%
Michigan	Low	Very Low	1 in 109 (0.9%)	9%	21%	37%	60%
Minnesota	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	High*	Moderate*	1 in 35 (2.8%)	25%	51%	76%	94%

* Limited data reporting

Data last updated Sep 26

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 5, 2026

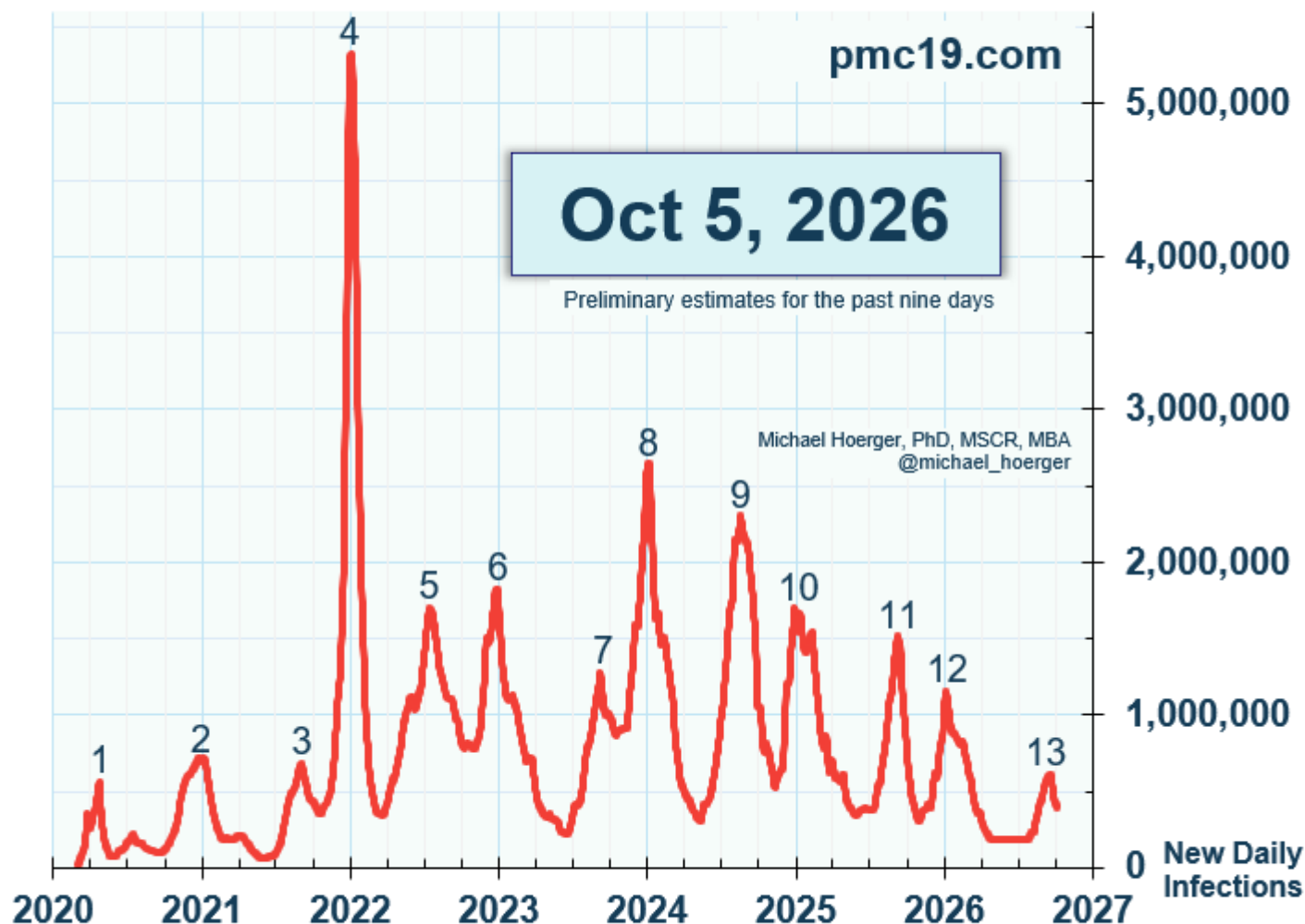
State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Missouri	Moderate	Low	1 in 54 (1.9%)	17%	38%	61%	85%
Montana	High*	Moderate*	1 in 37 (2.7%)	24%	49%	74%	93%
Nebraska	Very Low	Very Low	1 in 217 (0.5%)	5%	11%	21%	37%
Nevada	Low	Very Low	1 in 93 (1.1%)	10%	24%	42%	66%
New Hampshire	Very Low*	Very Low*	1 in 135 (0.7%)	7%	17%	31%	52%
New Jersey	Moderate	Low	1 in 57 (1.8%)	16%	36%	59%	83%
New Mexico	Moderate	Low	1 in 59 (1.7%)	16%	35%	57%	82%
New York	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	Moderate	Low	1 in 60 (1.7%)	15%	34%	57%	81%
North Dakota	Low*	Low*	1 in 72 (1.4%)	13%	30%	50%	75%
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 34 (2.9%)	26%	52%	77%	95%
Pennsylvania	Very Low	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
Puerto Rico	Very High*	High*	1 in 21 (4.8%)	39%	71%	92%	>99%
Rhode Island	Very Low	Very Low	1 in 114 (0.9%)	8%	20%	36%	58%
South Carolina	Moderate	Low	1 in 59 (1.7%)	16%	35%	57%	82%
South Dakota	Low*	Very Low*	1 in 98 (1.0%)	10%	23%	40%	64%
Tennessee	Very Low	Very Low	1 in 195 (0.5%)	5%	12%	23%	40%
Texas	Very High	Very High	1 in 19 (5.4%)	42%	75%	94%	>99%
U.S. Virgin Islands (delays)	Very High	Very High	1 in 16 (6.2%)	47%	80%	96%	>99%
Utah	Moderate	Low	1 in 55 (1.8%)	17%	37%	60%	84%
Vermont	Very Low	Very Low	1 in 135 (0.7%)	7%	17%	31%	52%
Virginia	Low	Very Low	1 in 104 (1.0%)	9%	22%	38%	62%
Washington	Very High	High	1 in 20 (5.1%)	41%	73%	93%	>99%
West Virginia	Low	Very Low	1 in 100 (1.0%)	10%	22%	40%	63%
Wisconsin	Very Low	Very Low	1 in 277 (0.4%)	4%	9%	17%	30%
Wyoming	Very Low	Very Low	1 in 111 (0.9%)	9%	20%	36%	59%

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

Data last updated Sep 26

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 **5.4** infections per person and **14.5** months between infections.

National COVID-19 Estimates (U.S.)

Oct 5, 2026

pmc19.com

Infections

Proportion Actively Infectious	1 in 124 (0.8%)
New Daily Infections	396,000
Infections the Past Week	2,890,000
Infections in 2026	118,000,000
Cumulative Infections per Person	5.44

Long COVID

Long COVID Cases Resulting from New Daily Infections	20,000 to 79,000
Long COVID Cases Resulting from New Weekly Infections	145,000 to 580,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	100 to 170
Excess Deaths Resulting from New Weekly Infections	700 to 1,300

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

Oct 5, 2026

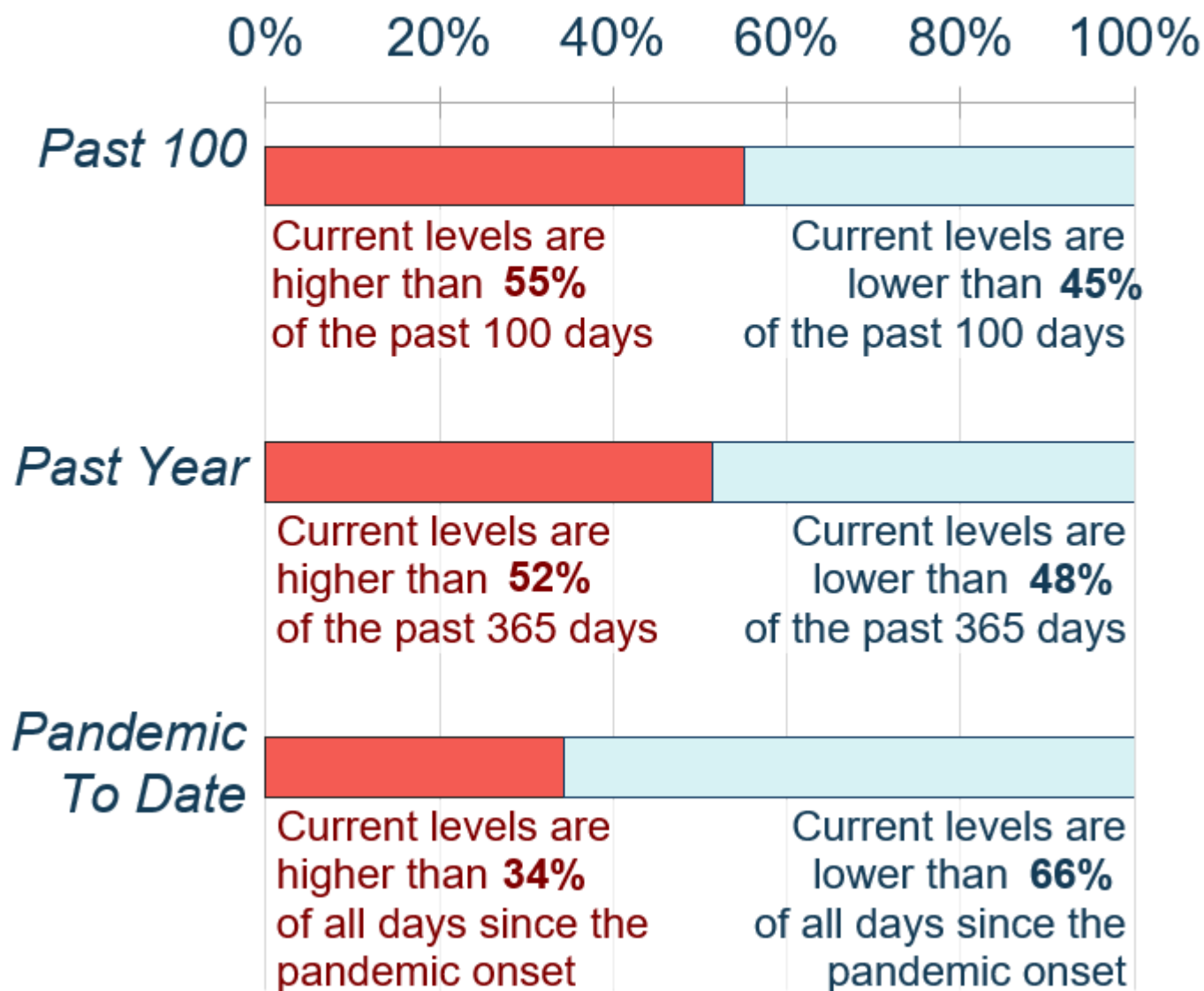
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<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.8%
2	1.6%
3	2.4%
4	3.2%
5	4.0%
10	7.8%
15	11.4%
20	15.0%
25	18.3%
30	21.6%
50	33.3%
75	45.6%
100	55.5%
200	80.2%
300	91.2%

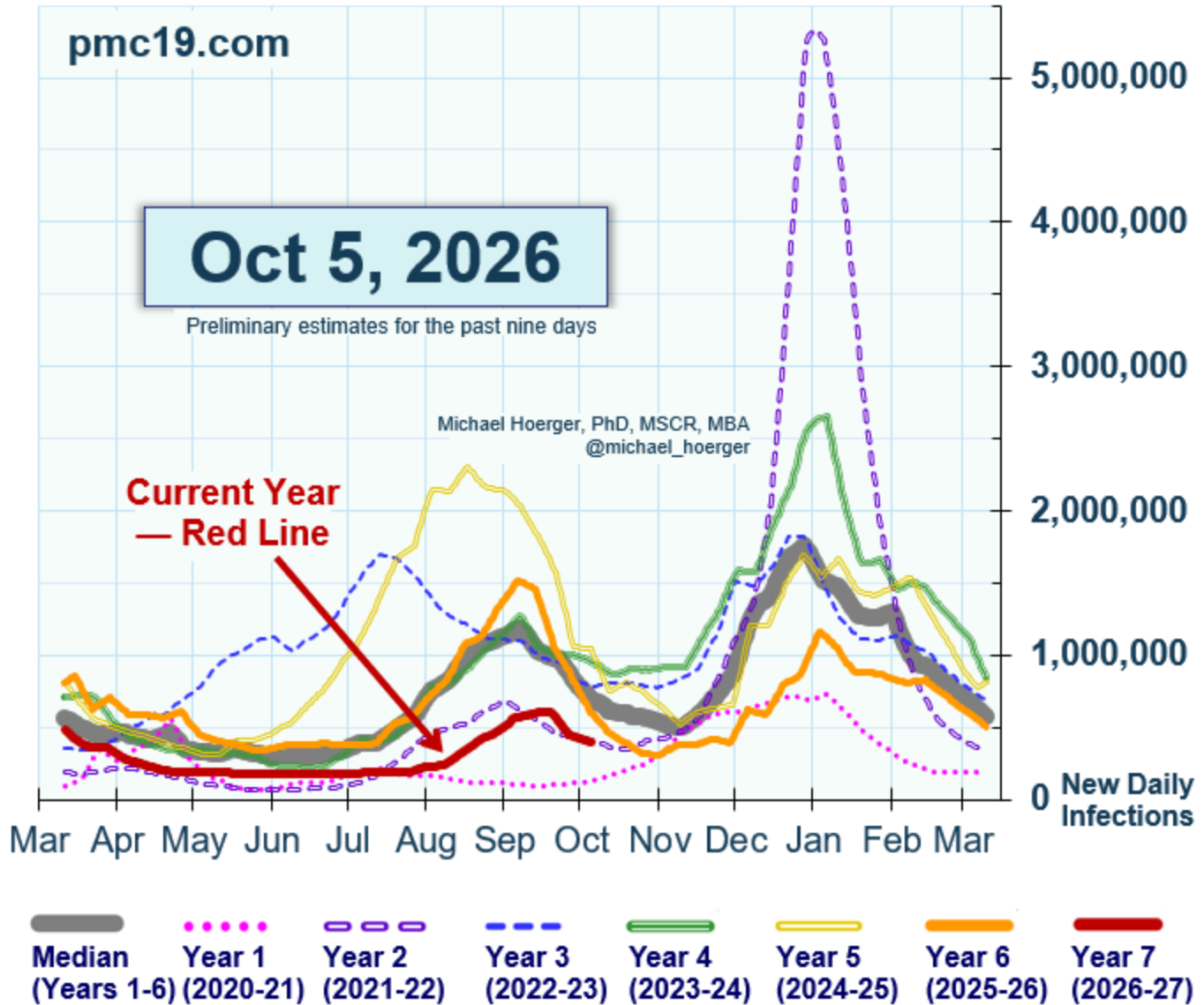
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Oct 5, 2026

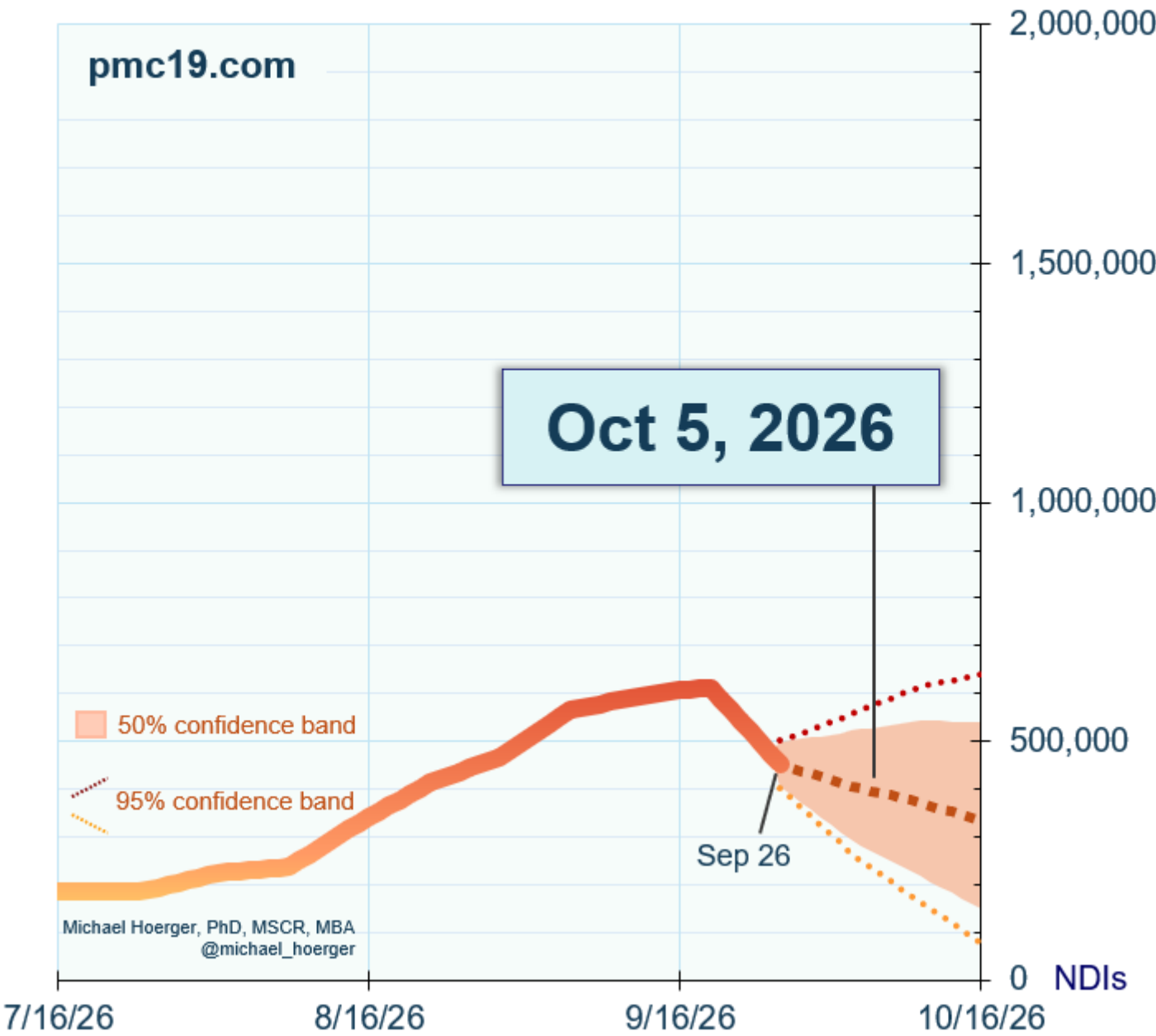
pmc19.com



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



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



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.