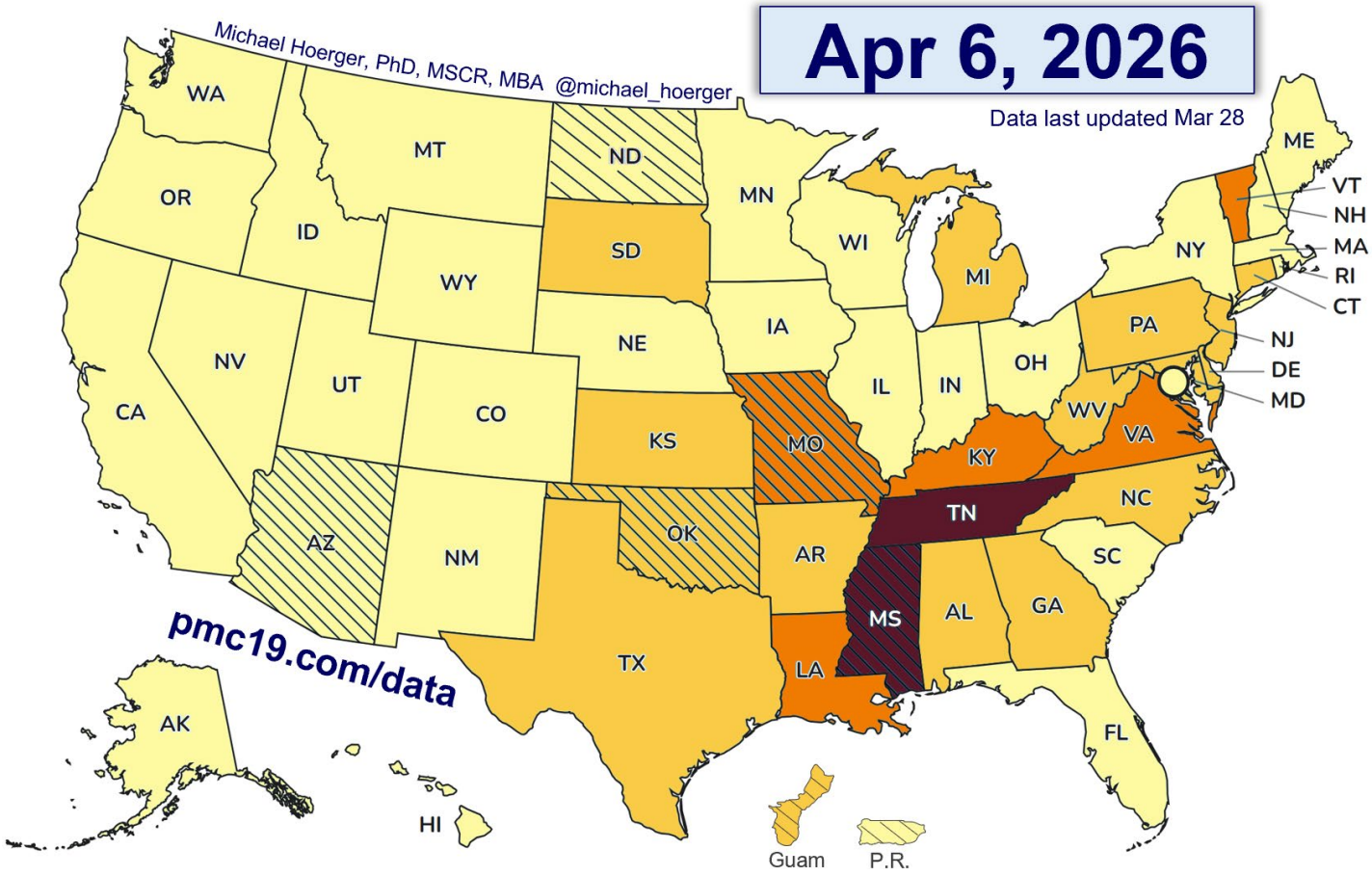
PMC U.S. COVID-19 Report for April 6, 2026. pmc19.com/data

Michael Hoerger, PhD, MSCR, MBA, Pandemic Mitigation Collaborative (PMC)



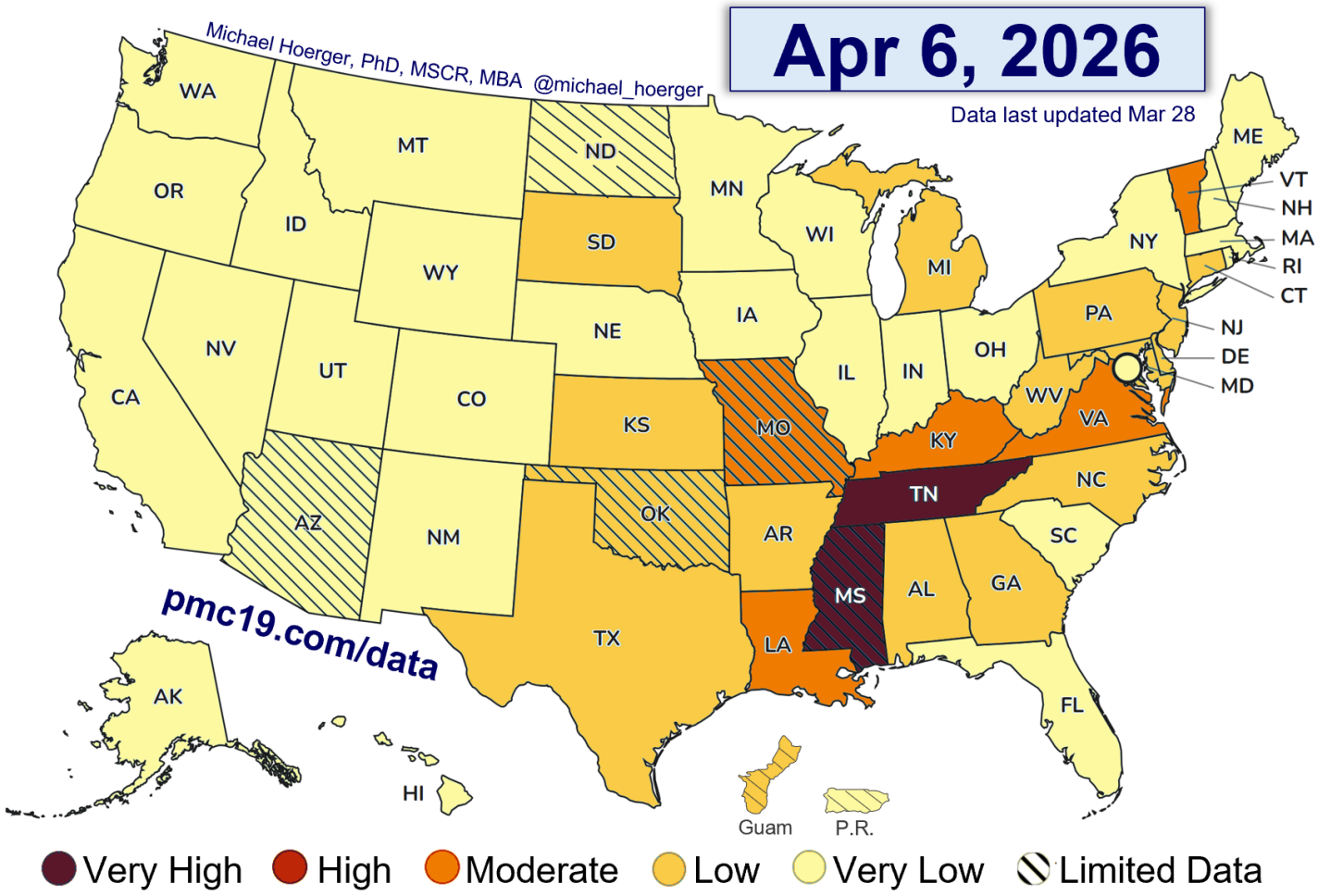
Cite as: Hoerger, M. (2026, April 6). *PMC U.S. COVID-19 Report for April 6, 2026*. Pandemic Mitigation Collaborative. http://www.pmc19.com/data

Announcements

Data Quality

- The CDC (80% model weight) reported this week; Biobot (20% model weight) did not.
- The CDC updates their data calibration on April 1 and October 1. The April update had no practical impact on any of our estimates.

COVID-19 Heat Map, Based on CDC Wastewater Data and Levels (U.S.)



Seven states have Moderate to Very High transmission: Tennessee (Very High), Mississippi (Very High), Vermont (Moderate), Virginia (Moderate), Kentucky (Moderate), Missouri (Moderate), and Louisiana (Moderate). All other states are Low or Very Low.

COVID-19 State Prevalence Estimates

pmc19.com/data

Apr 6, 2026

State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Alabama	Low	1 in 83 (1.2%)	11%	26%	46%	70%
Alaska	Very Low	1 in 146 (0.7%)	7%	16%	29%	50%
Arizona	Very Low*	1 in 223 (0.4%)	4%	11%	20%	36%
Arkansas	Low	1 in 83 (1.2%)	11%	26%	46%	70%
California	Very Low	1 in 221 (0.5%)	4%	11%	20%	36%
Colorado	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Connecticut	Low	1 in 76 (1.3%)	12%	28%	49%	74%
Delaware	Low	1 in 107 (0.9%)	9%	21%	37%	61%
District of Columbia	Very Low	1 in 120 (0.8%)	8%	19%	34%	57%
Florida	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
Georgia	Low	1 in 78 (1.3%)	12%	28%	48%	72%
Guam	Low	1 in 67 (1.5%)	14%	31%	53%	78%
Hawaii	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Idaho	Very Low	1 in 269 (0.4%)	4%	9%	17%	31%
Illinois	Very Low	1 in 128 (0.8%)	8%	18%	33%	54%
Indiana	Very Low	1 in 112 (0.9%)	9%	20%	36%	59%
Iowa	Very Low	1 in 112 (0.9%)	9%	20%	36%	59%
Kansas	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Kentucky	Moderate	1 in 59 (1.7%)	16%	35%	58%	82%
Louisiana	Moderate	1 in 64 (1.6%)	14%	32%	54%	79%
Maine	Very Low	1 in 189 (0.5%)	5%	12%	23%	41%
Maryland	Low	1 in 67 (1.5%)	14%	31%	53%	78%
Massachusetts	Very Low	1 in 230 (0.4%)	4%	10%	20%	35%
Michigan	Low	1 in 80 (1.2%)	12%	27%	47%	72%
Minnesota	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
Mississippi	**Very High***	1 in 27 (3.7%)	31%	61%	85%	98%

* Limited data reporting

Data last updated Mar 28

COVID-19 State Prevalence Estimates

pmc19.com/data *Apr 6, 2026*

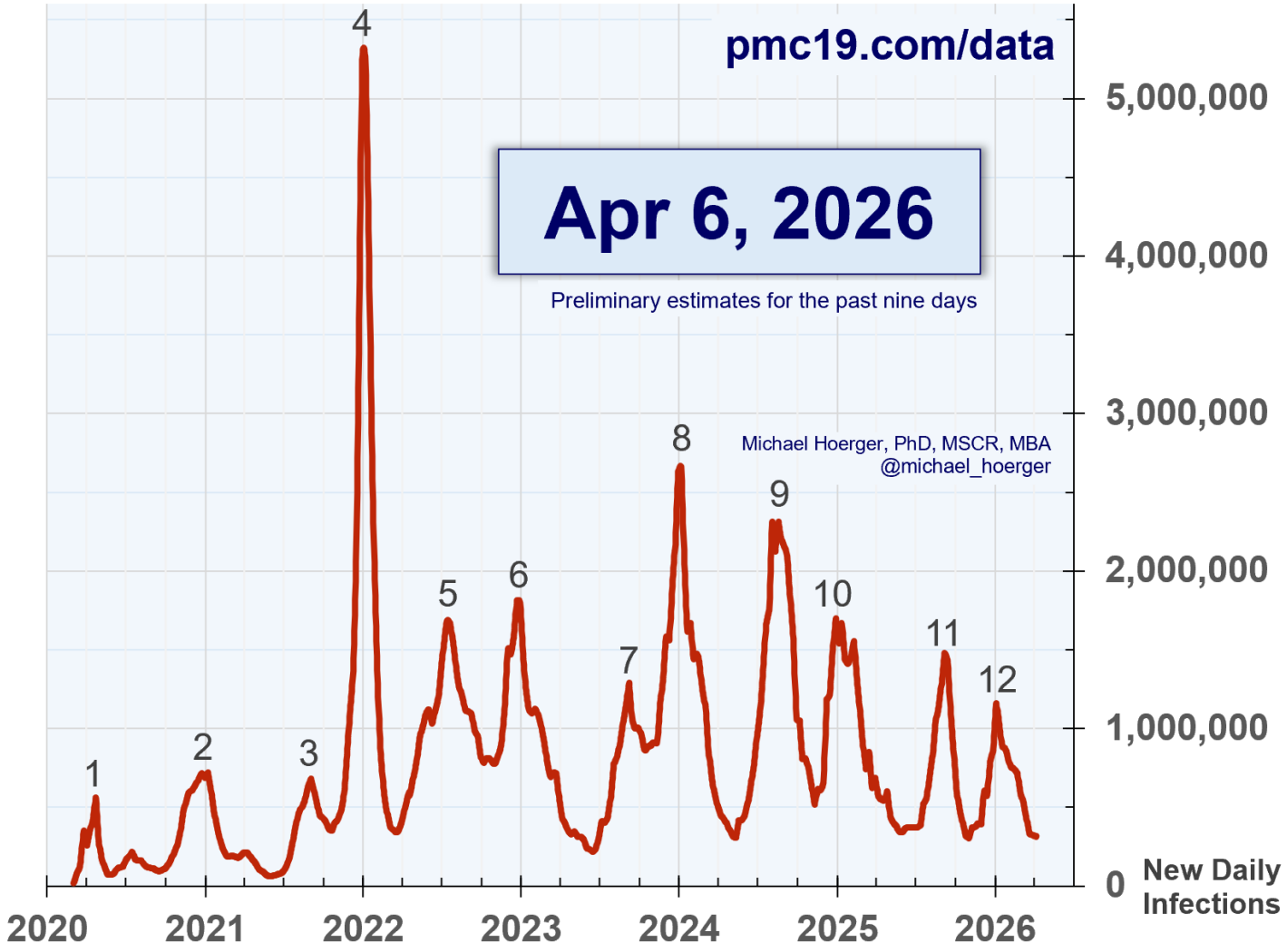
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Moderate*	1 in 54 (1.9%)	17%	38%	61%	85%
Montana	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 177 (0.6%)	6%	13%	25%	43%
Nevada	Very Low	1 in 246 (0.4%)	4%	10%	18%	34%
New Hampshire	Very Low	1 in 158 (0.6%)	6%	15%	27%	47%
New Jersey	Low	1 in 96 (1.0%)	10%	23%	41%	65%
New Mexico	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
New York	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
North Carolina	Low	1 in 92 (1.1%)	10%	24%	42%	67%
North Dakota	Very Low*	1 in 125 (0.8%)	8%	18%	33%	55%
Ohio	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Oklahoma	Low*	1 in 102 (1.0%)	9%	22%	39%	63%
Oregon	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Pennsylvania	Low	1 in 102 (1.0%)	9%	22%	39%	63%
Rhode Island	Very Low	1 in 255 (0.4%)	4%	9%	18%	32%
South Carolina	Very Low	1 in 161 (0.6%)	6%	14%	27%	46%
South Dakota	Low	1 in 75 (1.3%)	13%	29%	49%	74%
Tennessee	**Very High**	1 in 24 (4.1%)	34%	65%	88%	98%
Texas	Low	1 in 87 (1.1%)	11%	25%	44%	68%
Utah	Very Low	1 in 194 (0.5%)	5%	12%	23%	40%
Vermont	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%
Virginia	Moderate	1 in 64 (1.6%)	15%	32%	54%	79%
Washington	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
West Virginia	Low	1 in 107 (0.9%)	9%	21%	37%	61%
Wisconsin	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Wyoming	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%

* Limited reporting; ND has no data, averages MN, MT, & SD

Data last updated Mar 28

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly with precision.

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



PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.2** infections per person and **14.1** months between infections.

Notice that the current levels are similar to “lulls” in recent years.

National COVID-19 Estimates (U.S.)

Apr 6, 2026 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 156 (0.6%)
New Daily Infections	313,000
Infections the Past Week	2,220,000
Infections in 2026	65,000,000
Cumulative Infections per Person	5.15

Long COVID

Long COVID Cases Resulting from New Daily Infections	16,000 to 63,000
Long COVID Cases Resulting from New Weekly Infections	111,000 to 440,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	80 to 140
Excess Deaths Resulting from New Weekly Infections	500 to 1,000

During this relative “lull,” an estimated 2.2 million Americans are getting infected per week, resulting in significant morbidity and 500-1,000 eventual excess deaths.

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

Apr 6, 2026 **pmc19.com/data**

Number of People	Chances Anyone is Infectious
1	0.6%
2	1.3%
3	1.9%
4	2.5%
5	3.2%
10	6.2%
15	9.2%
20	12.0%
25	14.8%
30	17.5%
50	27.4%
75	38.2%
100	47.3%
200	72.3%
300	85.4%

In a room of 25 people representative of the U.S. population, there would be a 1-in-7 chance of an exposure if there were no testing and isolation protocols.

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

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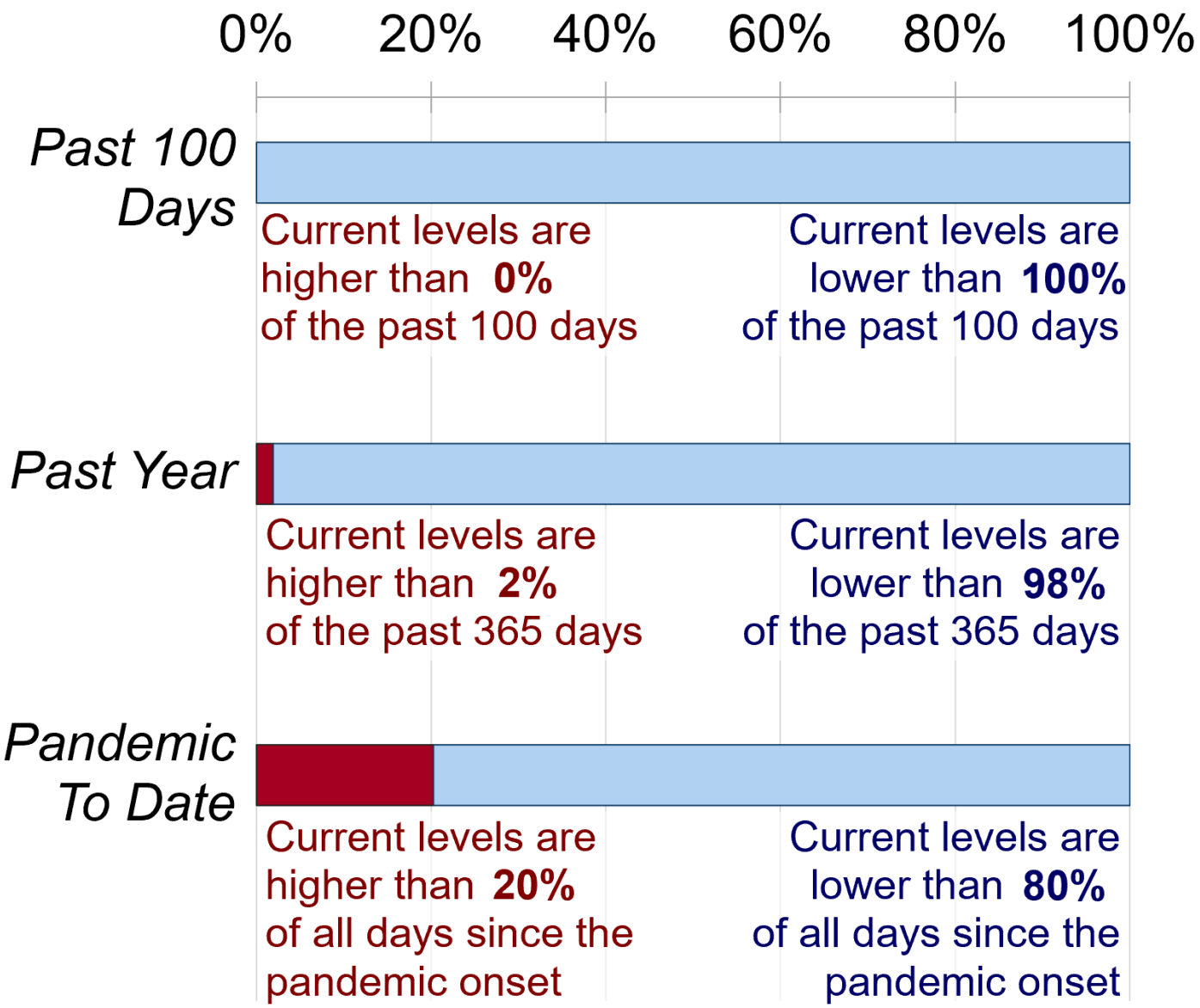
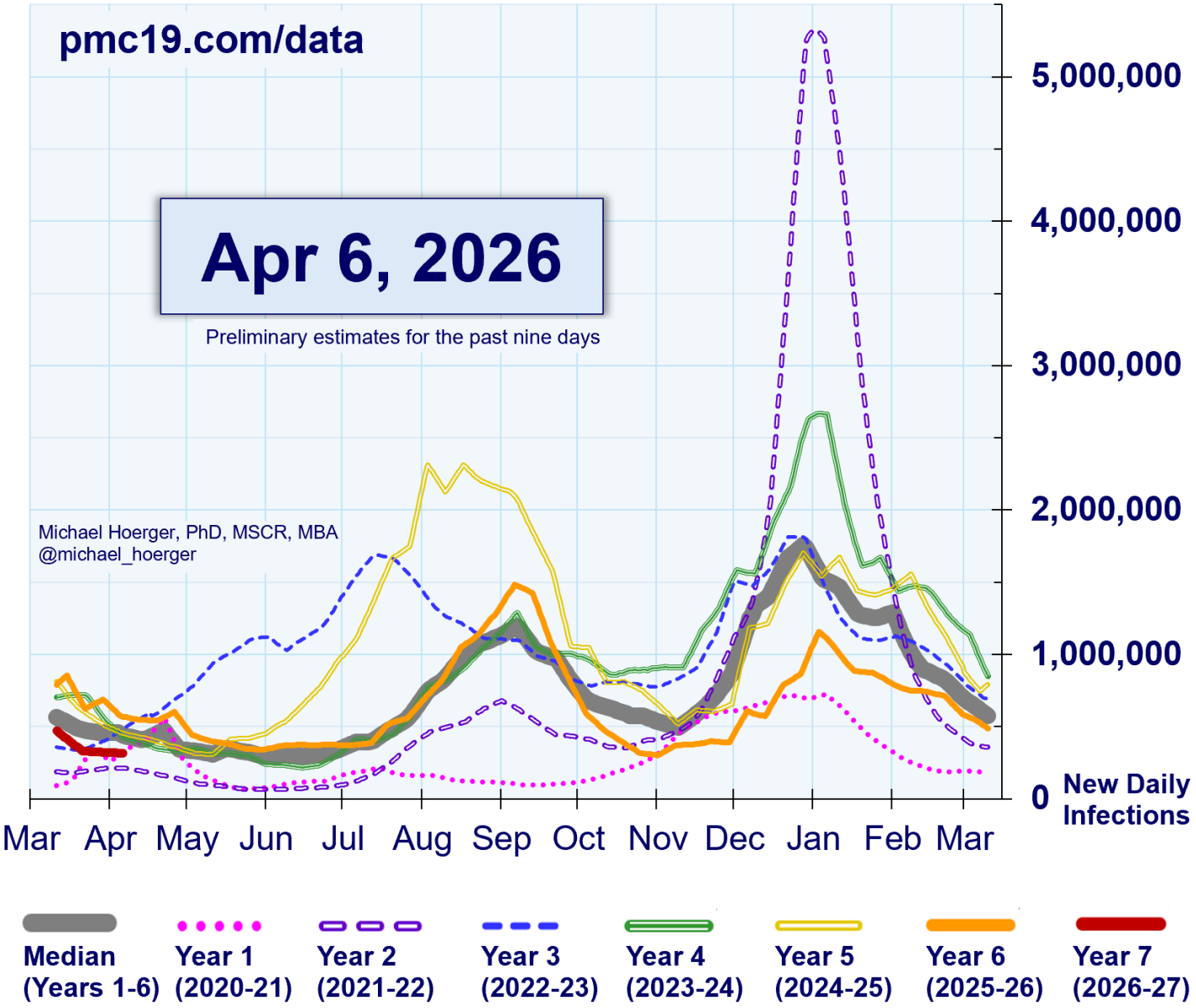


Current transmission is very low relative to the past 100 days, past year, and overall time span since pandemic onset.

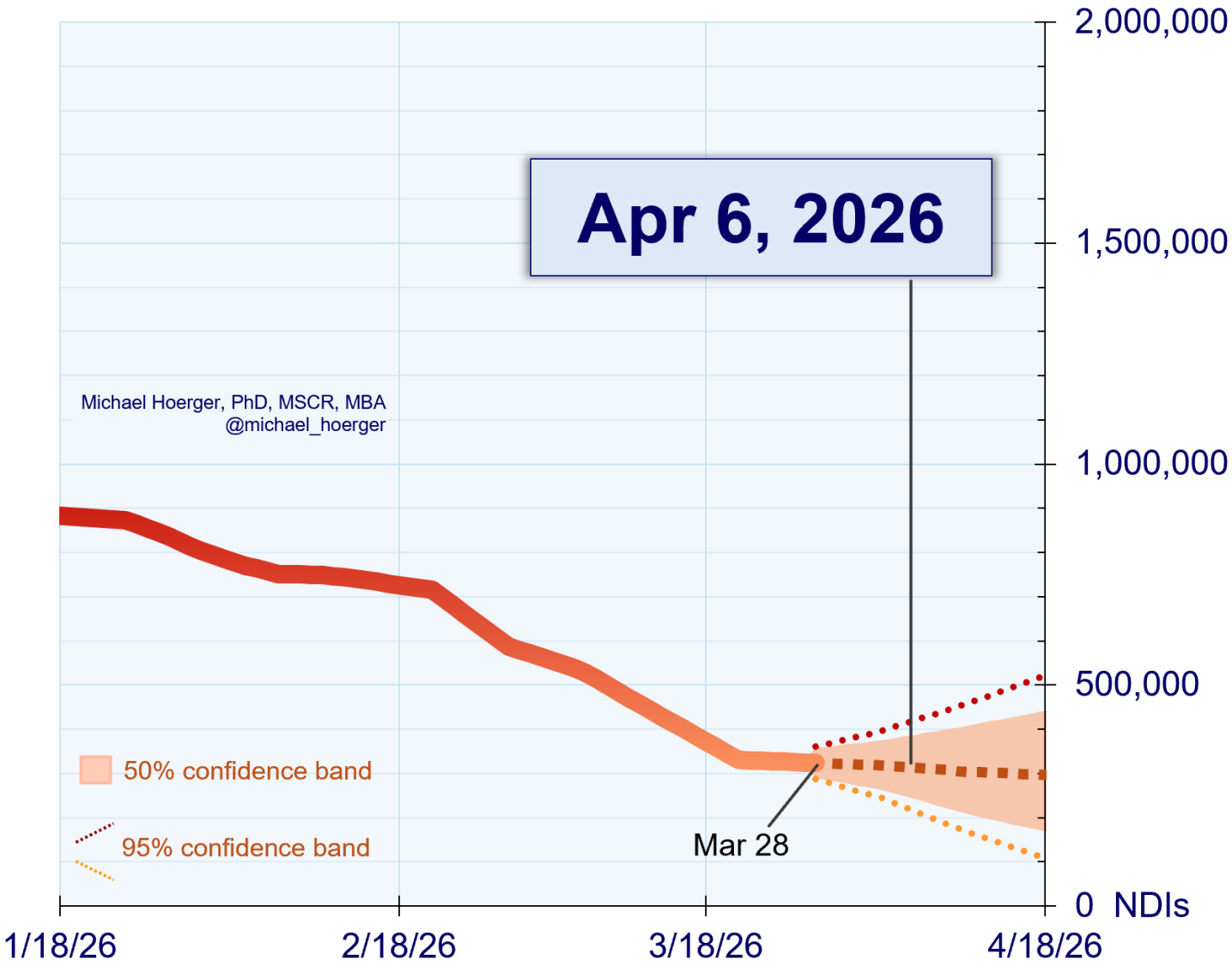
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



Notice that transmission is estimated to be lower than any of the past 4 years in early April.

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

pmc19.com/data



The forecast is for stable transmission in a relative “lull” hovering around 300,000 new daily infections.

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.