PMC U.S. COVID-19 Report for December 1, 2025. pmc19.com/data

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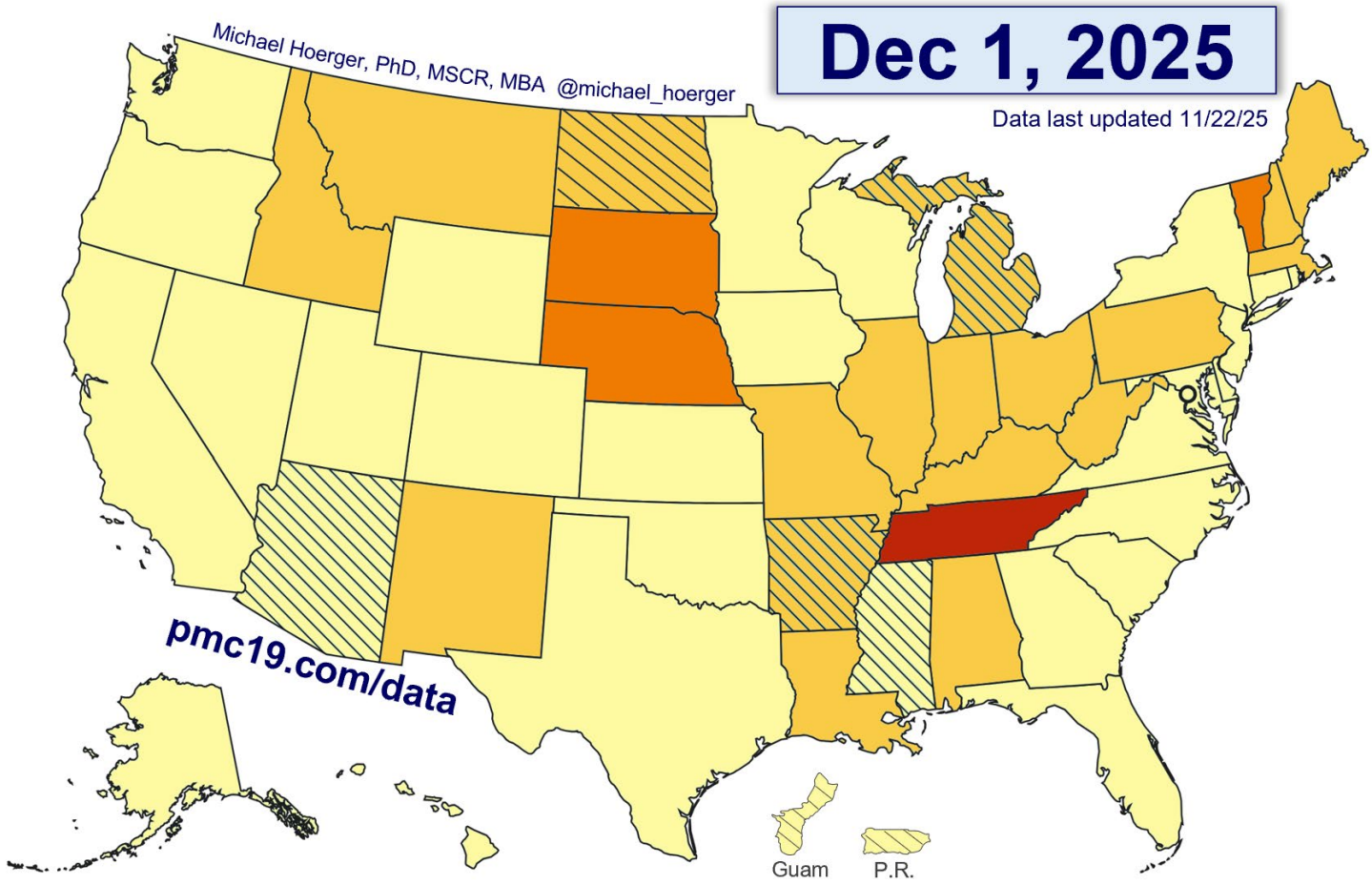
COVID-19 Heat Map, Based on CDC Wastewater Data and Levels (U.S.)



Cite as: Hoerger, M. (2025, December 1). *PMC U.S. COVID-19 Report for December 1, 2025*. Pandemic Mitigation Collaborative. http://www.pmc19.com/data

Announcements

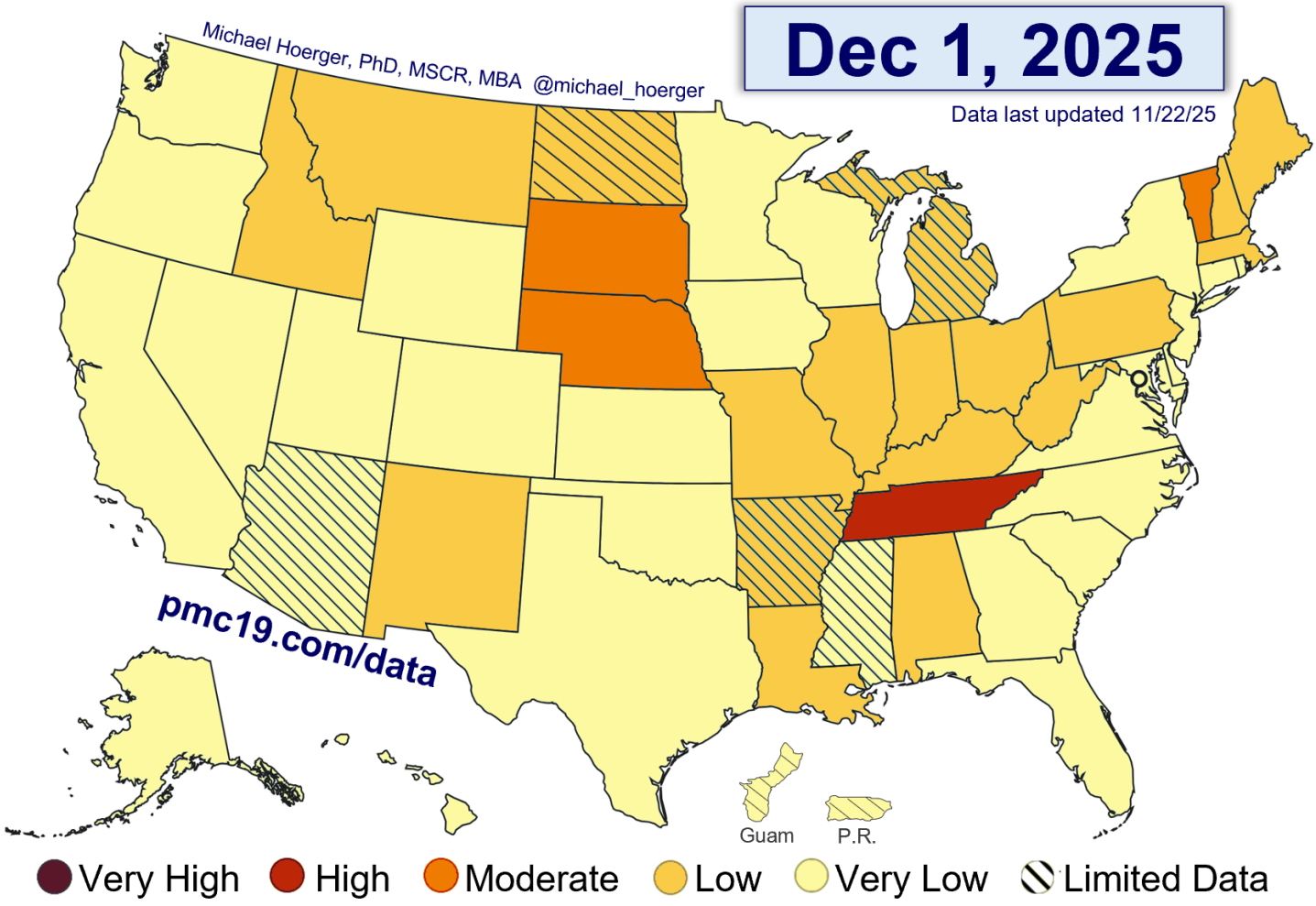
Popular and News Media Coverage:

- FOX8 News (Oct 20): https://www.fox8live.com/2025/10/21/government-shutdown-affects-health-data-jobs-numbers-more/
- Stateline (Oct 20): https://stateline.org/2025/10/20/shutdown-leaves-gaps-in-states-health-data-possibly-endangering-lives/
- PRISM (Oct 27): https://prismreports.org/2025/10/27/cdc-cuts-covid-19-vaccines/

Data Quality

- The CDC reported data, slightly delayed due to the holiday weekend, whereas Biobot (20% model weight) did not.

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



Notice that four states have entered the moderate-to-high range this week as transmission picks up nationally. In the “Very Low” regions, there is considerable variability, with some wastewater sites showing higher levels; see in the next two charts though that levels are exceptionally low in some places, such as Guam, DC, and California.

COVID-19 State Prevalence Estimates

pmc19.com/data

Dec 1, 2025

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 84 (1.2%)	11%	26%	45%	70%
Alaska	Very Low	1 in 191 (0.5%)	5%	12%	23%	41%
Arizona	Very Low*	1 in 136 (0.7%)	7%	17%	31%	52%
Arkansas	Low*	1 in 72 (1.4%)	13%	29%	50%	75%
California	Very Low	1 in 530 (0.2%)	2%	5%	9%	17%
Colorado	Very Low	1 in 163 (0.6%)	6%	14%	26%	46%
Connecticut	Very Low	1 in 129 (0.8%)	7%	18%	32%	54%
Delaware	Very Low	1 in 244 (0.4%)	4%	10%	19%	34%
District of Columbia	Very Low	1 in 992 (0.1%)	1%	2%	5%	10%
Florida	Very Low	1 in 435 (0.2%)	2%	6%	11%	21%
Georgia	Very Low	1 in 304 (0.3%)	3%	8%	15%	28%
Guam	Very Low	1 in 1,271 (0.1%)	1%	2%	4%	8%
Hawaii	Very Low	1 in 473 (0.2%)	2%	5%	10%	19%
Idaho	Low	1 in 106 (0.9%)	9%	21%	38%	61%
Illinois	Low	1 in 94 (1.1%)	10%	24%	42%	66%
Indiana	Low	1 in 66 (1.5%)	14%	32%	53%	78%
Iowa	Very Low	1 in 130 (0.8%)	7%	18%	32%	54%
Kansas	Very Low	1 in 151 (0.7%)	6%	15%	28%	49%
Kentucky	Low	1 in 63 (1.6%)	15%	33%	55%	80%
Louisiana	Low	1 in 74 (1.3%)	13%	29%	49%	74%
Maine	Low	1 in 67 (1.5%)	14%	32%	53%	78%
Maryland	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
Massachusetts	Low	1 in 84 (1.2%)	11%	26%	45%	70%
Michigan	Low*	1 in 100 (1.0%)	10%	22%	40%	64%
Minnesota	Very Low	1 in 151 (0.7%)	6%	15%	28%	49%
Mississippi	Very Low*	1 in 509 (0.2%)	2%	5%	9%	18%

* Limited data reporting

Data last updated 11/22/25

COVID-19 State Prevalence Estimates

pmc19.com/data

Dec 1, 2025

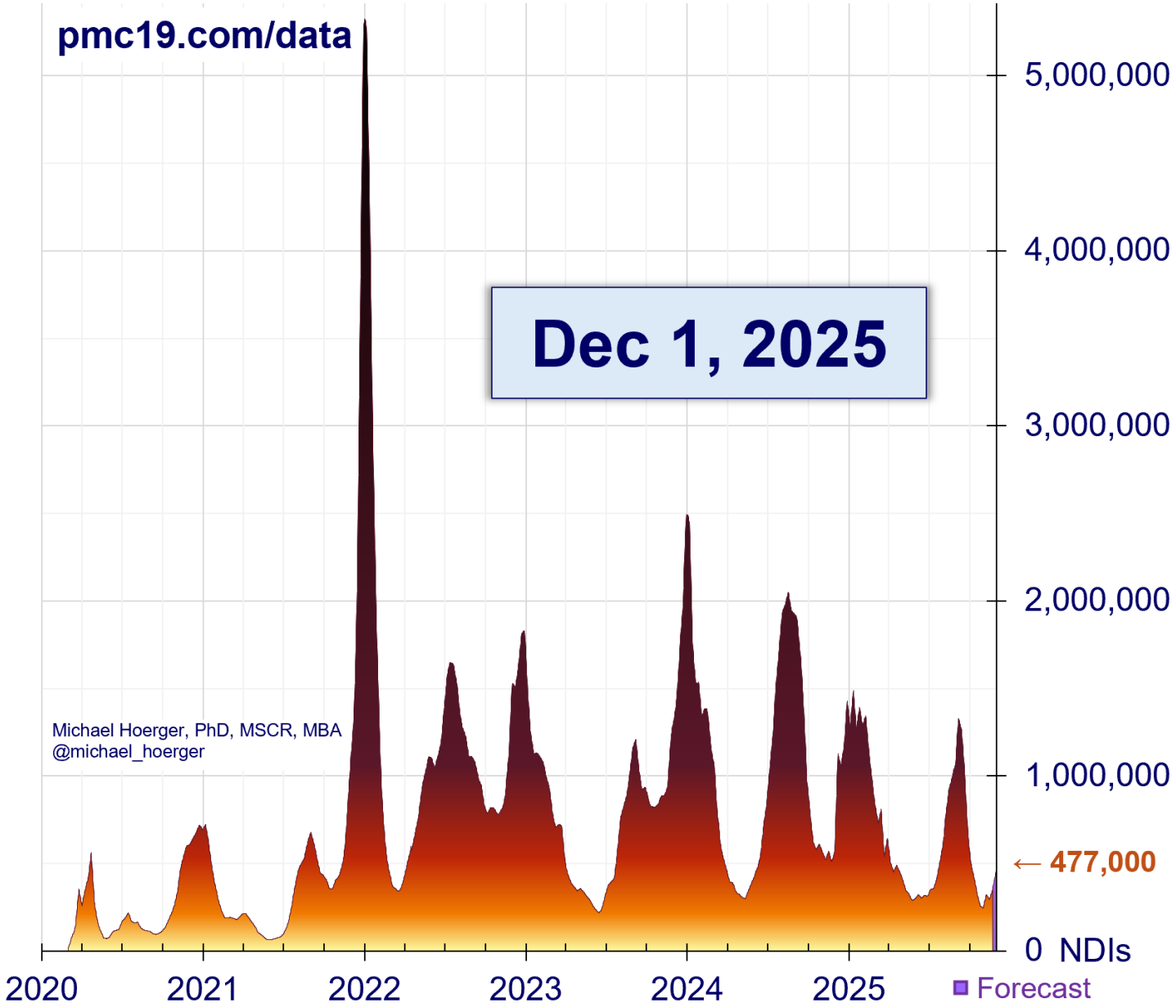
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Low	1 in 93 (1.1%)	10%	24%	42%	66%
Montana	Low	1 in 86 (1.2%)	11%	25%	44%	69%
Nebraska	Moderate	1 in 60 (1.7%)	16%	35%	57%	82%
Nevada	Very Low	1 in 248 (0.4%)	4%	10%	18%	33%
New Hampshire	Low	1 in 91 (1.1%)	10%	24%	42%	67%
New Jersey	Very Low	1 in 279 (0.4%)	4%	9%	16%	30%
New Mexico	Low	1 in 67 (1.5%)	14%	31%	53%	78%
New York	Very Low	1 in 145 (0.7%)	7%	16%	29%	50%
North Carolina	Very Low	1 in 256 (0.4%)	4%	9%	18%	32%
North Dakota	Low*	1 in 83 (1.2%)	11%	26%	45%	70%
Ohio	Low	1 in 74 (1.3%)	13%	29%	49%	74%
Oklahoma	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
Oregon	Very Low	1 in 133 (0.8%)	7%	17%	32%	53%
Pennsylvania	Low	1 in 89 (1.1%)	11%	25%	43%	68%
Rhode Island	Very Low	1 in 122 (0.8%)	8%	19%	34%	56%
South Carolina	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
South Dakota	Moderate	1 in 56 (1.8%)	16%	36%	59%	83%
Tennessee	**High**	1 in 29 (3.5%)	30%	59%	83%	97%
Texas	Very Low	1 in 233 (0.4%)	4%	10%	19%	35%
Utah	Very Low	1 in 209 (0.5%)	5%	11%	21%	38%
Vermont	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Virginia	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
Washington	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
West Virginia	Low	1 in 73 (1.4%)	13%	29%	50%	75%
Wisconsin	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
Wyoming	Very Low	1 in 124 (0.8%)	8%	18%	33%	55%

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

Data last updated 11/22/25

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

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



Current patterns of transmission are suggestive of the onset of the 12th wave. Given reporting lags, the definitive evidence for the wave should come in from the CDC on December 5 or 12.

Spotlight on the Summer 2025 Wave

National COVID-19 Estimates (U.S.)

Dec 1, 2025 pmc19.com/data

Infections

Proportion Actively Infectious	1 in 103 (1%)
New Daily Infections	477,000
Infections the Past Week	3,020,000
Infections in 2025	224,000,000
Cumulative Infections per Person	4.84

Long COVID

Long COVID Cases Resulting from New Daily Infections	24,000 to 95,000
Long COVID Cases Resulting from New Weekly Infections	151,000 to 600,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	140 to 230
Excess Deaths Resulting from New Weekly Infections	900 to 1,400

New daily infections are estimated at 477,000 for December 1. Transmission is increasing nationally.

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

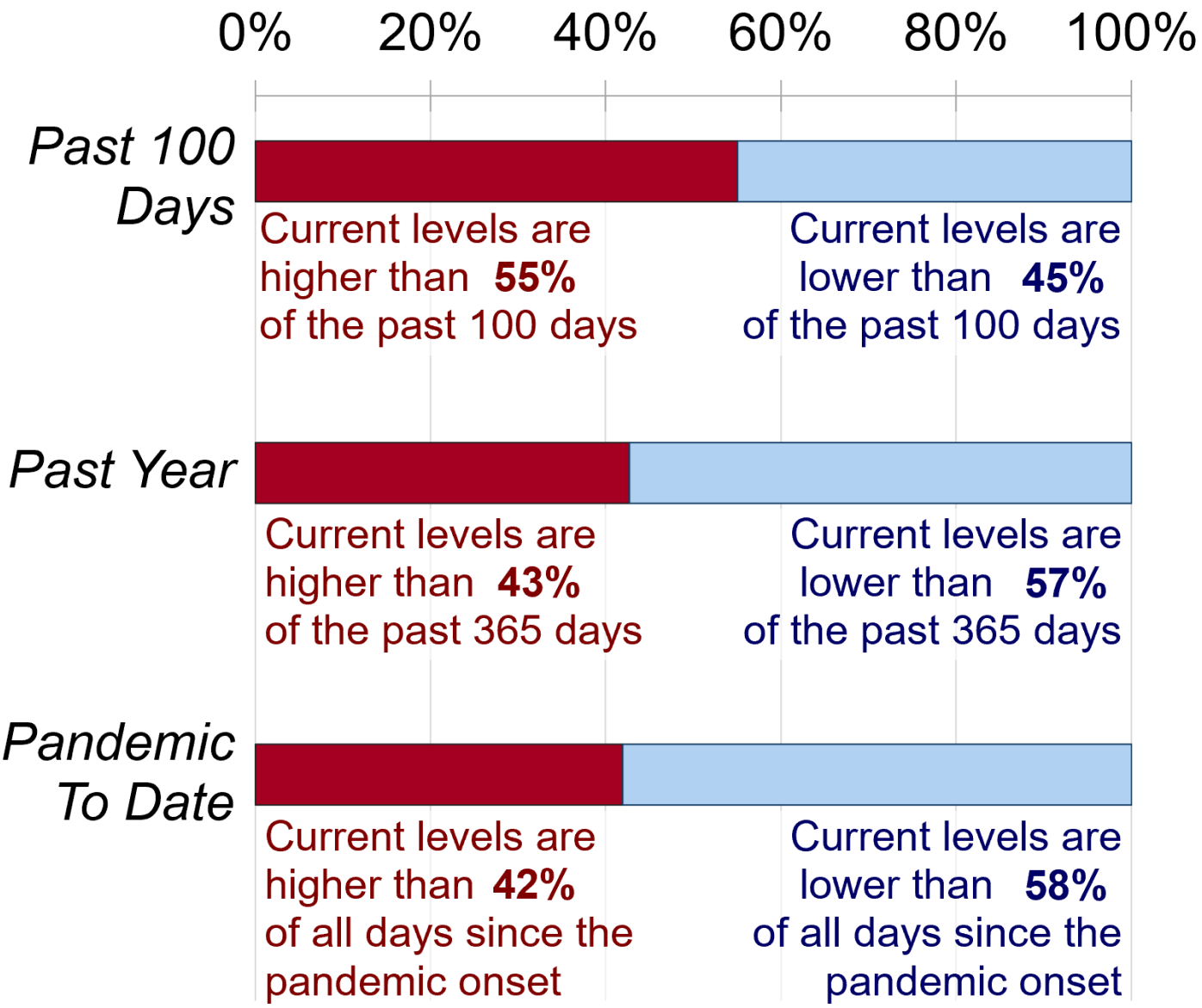
Dec 1, 2025 **pmc19.com/data**

Number of People	Chances Anyone is Infectious
1	1.0%
2	1.9%
3	2.9%
4	3.8%
5	4.8%
10	9.3%
15	13.7%
20	17.8%
25	21.7%
30	25.5%
50	38.7%
75	52.1%
100	62.5%
200	85.9%
300	94.7%

This national risk table indicates the probability of a SARS-CoV-2 exposure based on number of social interactions, if the individuals are of average national risk and not engaging in testing or isolation protocols. Even with just 1 in 103 people (1.0%) estimated actively infectious, exposure risk remains troubling in schools and much larger gatherings.

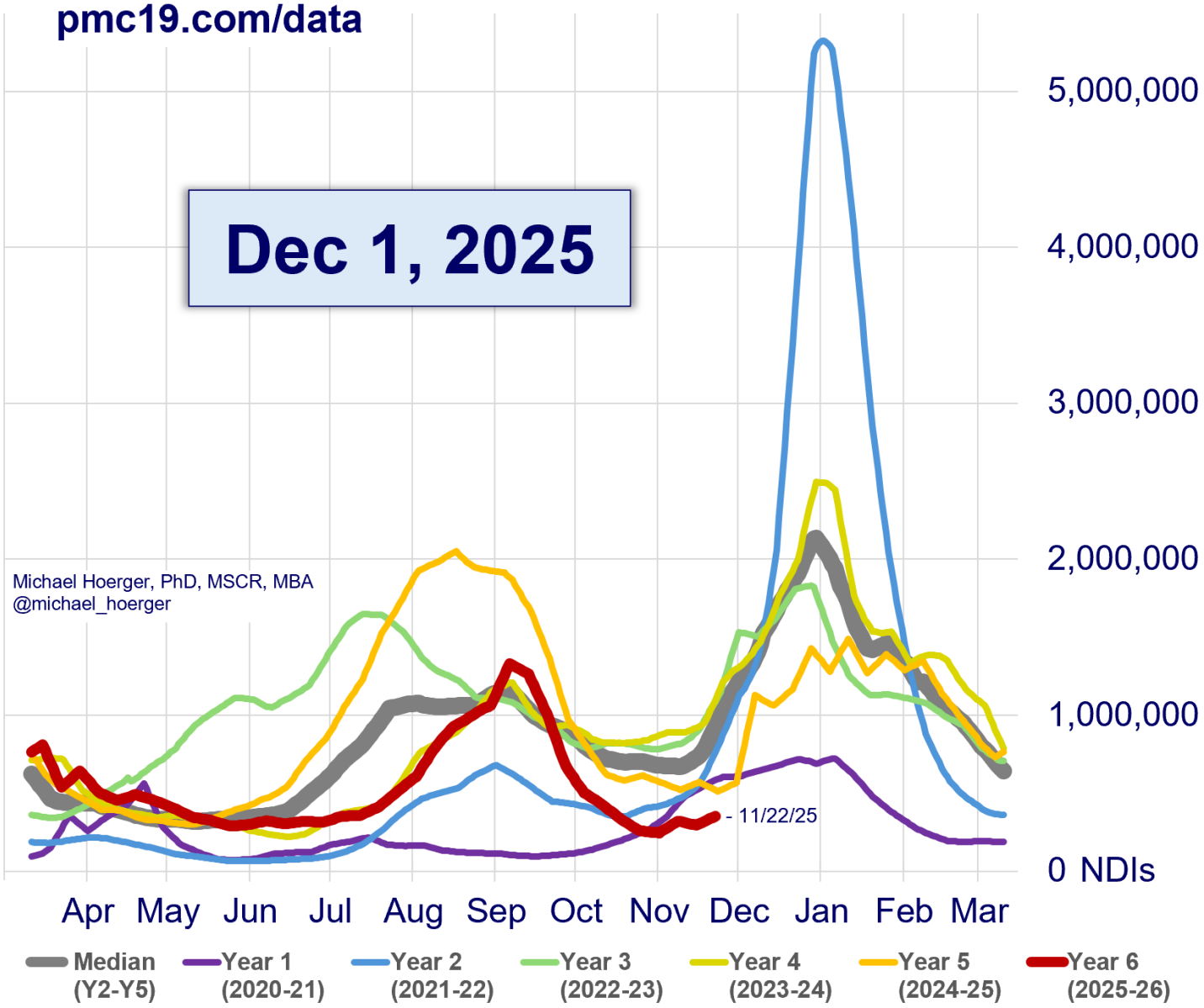
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Dec 1, 2025 pmc19.com/data



These gauges show moderate relative transmission. We are in a “typical” day of the pandemic with regard to transmission.

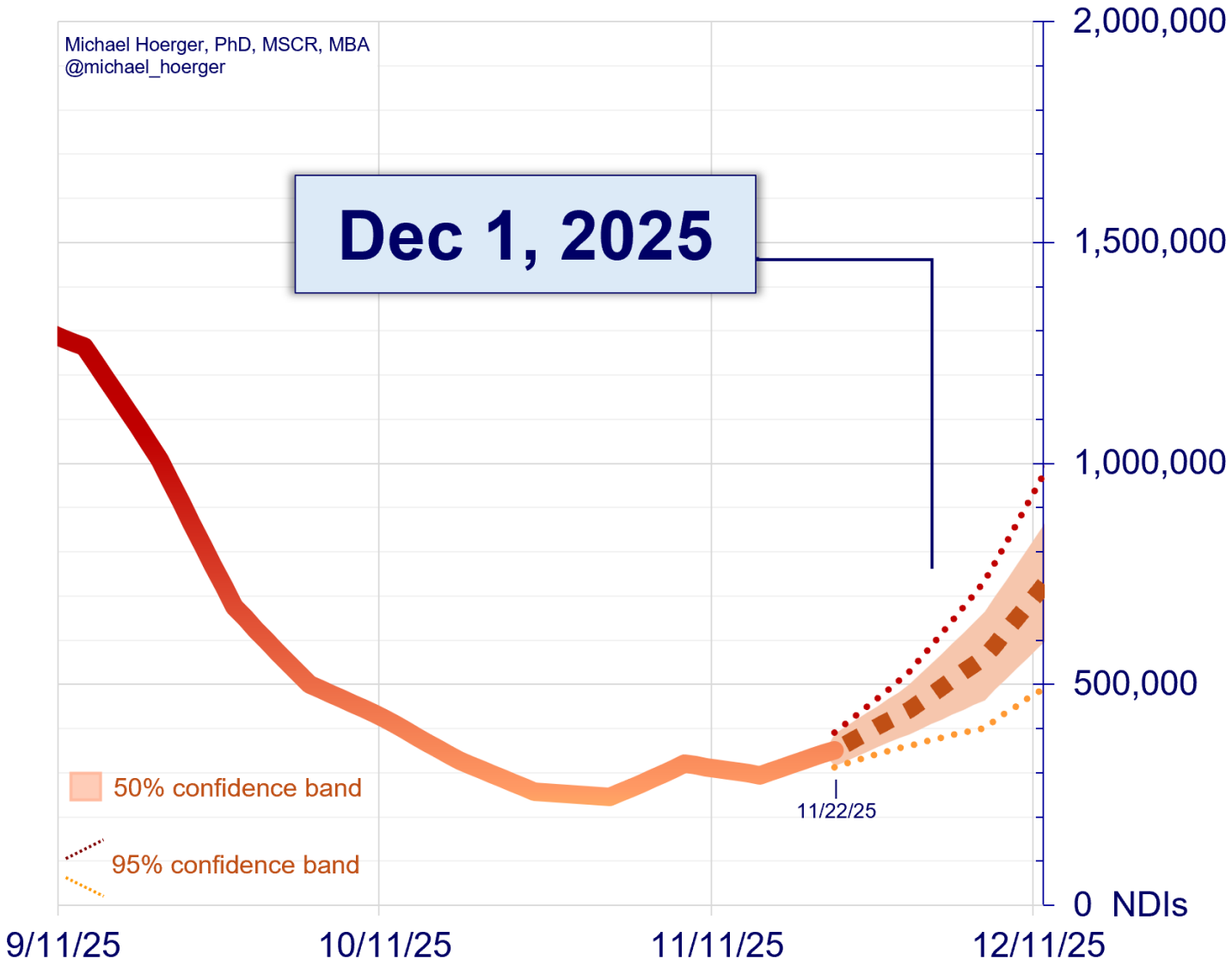
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



As of late November, transmission was at an all-time low for this time of year. It is increasing slower than most years but faster than last year. Expect to see a large increase in the Dec 5 or 12 CDC data if following prior years' trends.

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

pmc19.com/data



As forecasted, we are near 500,000 estimated new daily infections. Data quality in some states (MI, MS) remains low. A slight upward correction would be unsurprising. Late November is when transmission typically accelerates, and soon we will have a better sense of the potential peak for the winter wave.

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.