PMC U.S. COVID-19 Report for December 15, 2025. pmc19.com/data

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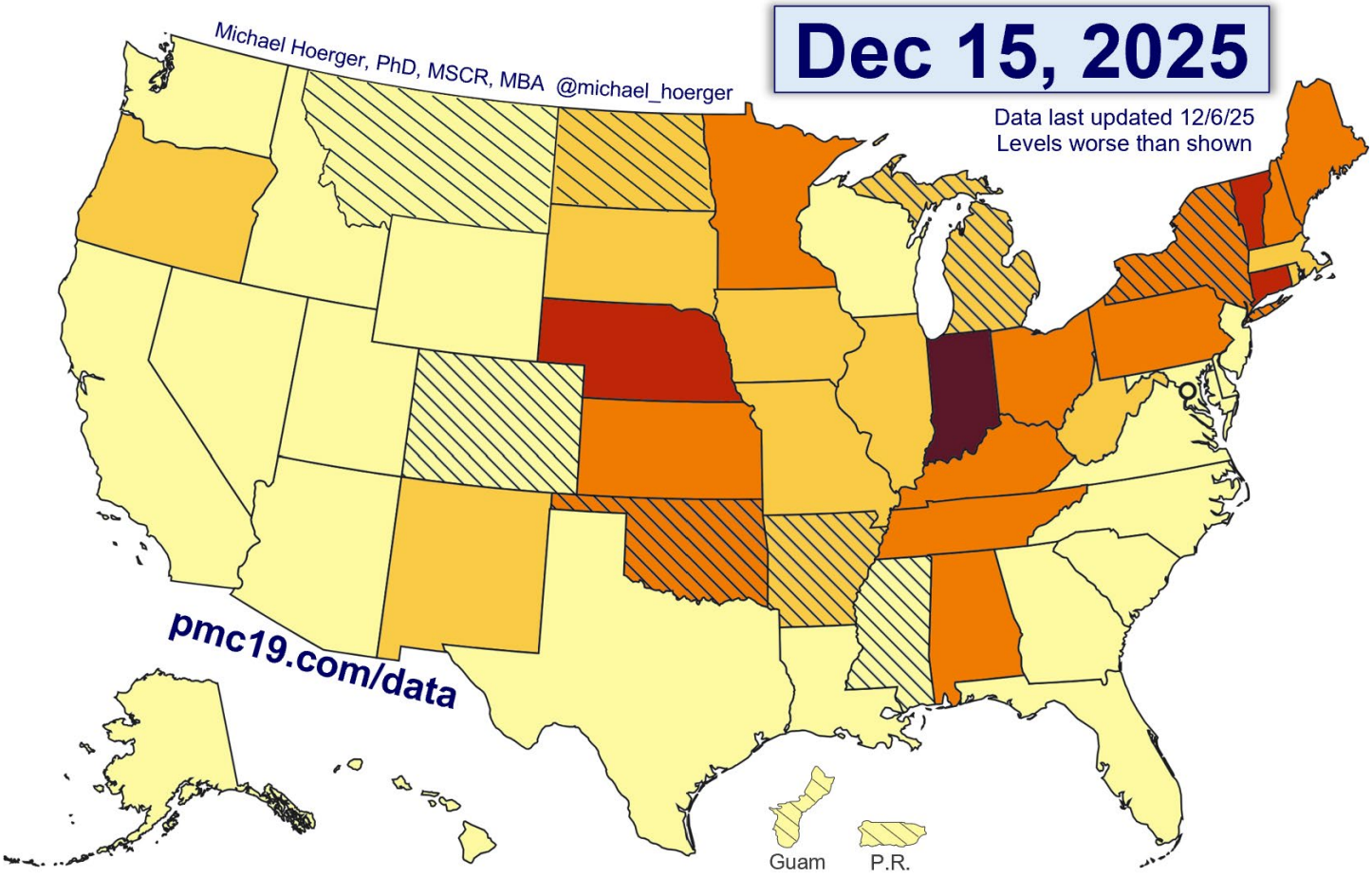

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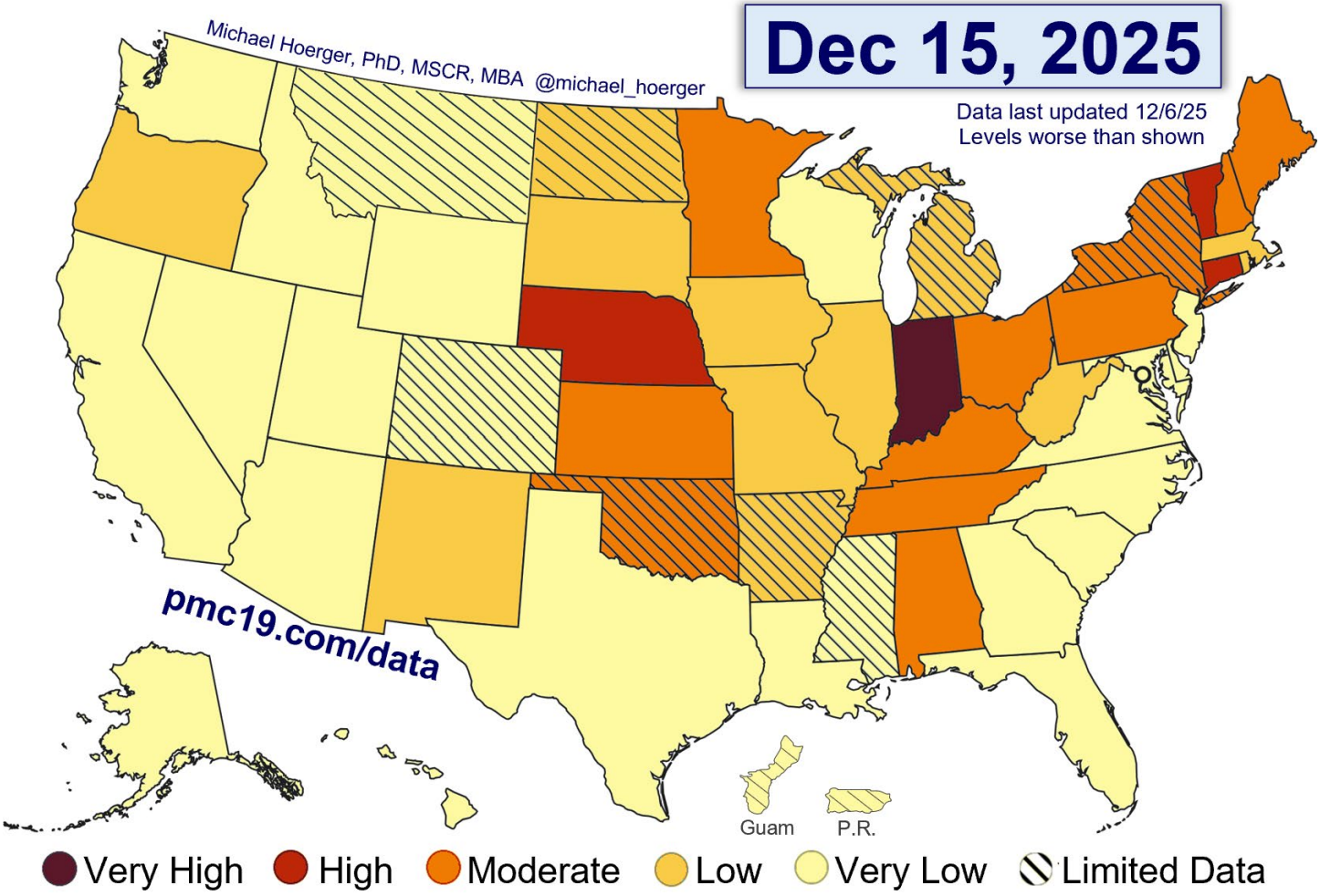
Announcements

Data Quality

- Both the CDC (80% model weight) and Biobot (20% weight) reported this week. The data are in close agreement, showing 61% and 60% week-over-week increases in transmission in the CDC and Biobot data, respectively.

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



The U.S. has is now in a 12th COVID wave. As of December 6, there were 15 states with moderate to very high transmission, with levels likely higher today. 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 Hawai’i, Florida, and California, which all had large summer surges.

COVID-19 State Prevalence Estimates

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Dec 15, 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	Moderate	1 in 41 (2.4%)	22%	46%	71%	92%
Alaska	Very Low	1 in 220 (0.5%)	4%	11%	20%	37%
Arizona	Very Low	1 in 118 (0.8%)	8%	19%	35%	57%
Arkansas	Low*	1 in 68 (1.5%)	14%	31%	52%	77%
California	Very Low	1 in 382 (0.3%)	3%	6%	12%	23%
Colorado	Very Low*	1 in 230 (0.4%)	4%	10%	20%	35%
Connecticut	**High**	1 in 39 (2.6%)	23%	48%	73%	93%
Delaware	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
District of Columbia	Very Low	1 in 131 (0.8%)	7%	17%	32%	54%
Florida	Very Low	1 in 320 (0.3%)	3%	8%	14%	27%
Georgia	Very Low	1 in 275 (0.4%)	4%	9%	17%	30%
Guam	Very Low	1 in 426 (0.2%)	2%	6%	11%	21%
Hawaii	Very Low	1 in 670 (0.1%)	1%	4%	7%	14%
Idaho	Very Low	1 in 108 (0.9%)	9%	21%	37%	61%
Illinois	Low	1 in 71 (1.4%)	13%	30%	51%	76%
Indiana	**Very High**	1 in 26 (3.8%)	32%	62%	86%	98%
Iowa	Low	1 in 76 (1.3%)	12%	28%	48%	73%
Kansas	Moderate	1 in 62 (1.6%)	15%	33%	55%	80%
Kentucky	Moderate	1 in 41 (2.5%)	22%	46%	71%	92%
Louisiana	Very Low	1 in 121 (0.8%)	8%	19%	34%	56%
Maine	Moderate	1 in 53 (1.9%)	17%	38%	62%	85%
Maryland	Very Low	1 in 200 (0.5%)	5%	12%	22%	39%
Massachusetts	Low	1 in 72 (1.4%)	13%	29%	50%	75%
Michigan	Low*	1 in 67 (1.5%)	14%	31%	53%	78%
Minnesota	Moderate	1 in 62 (1.6%)	15%	34%	56%	80%
Mississippi	Very Low*	1 in 265 (0.4%)	4%	9%	17%	31%

* Limited data reporting

Data last updated 12/6/25

COVID-19 State Prevalence Estimates

pmc19.com/data *Dec 15, 2025*

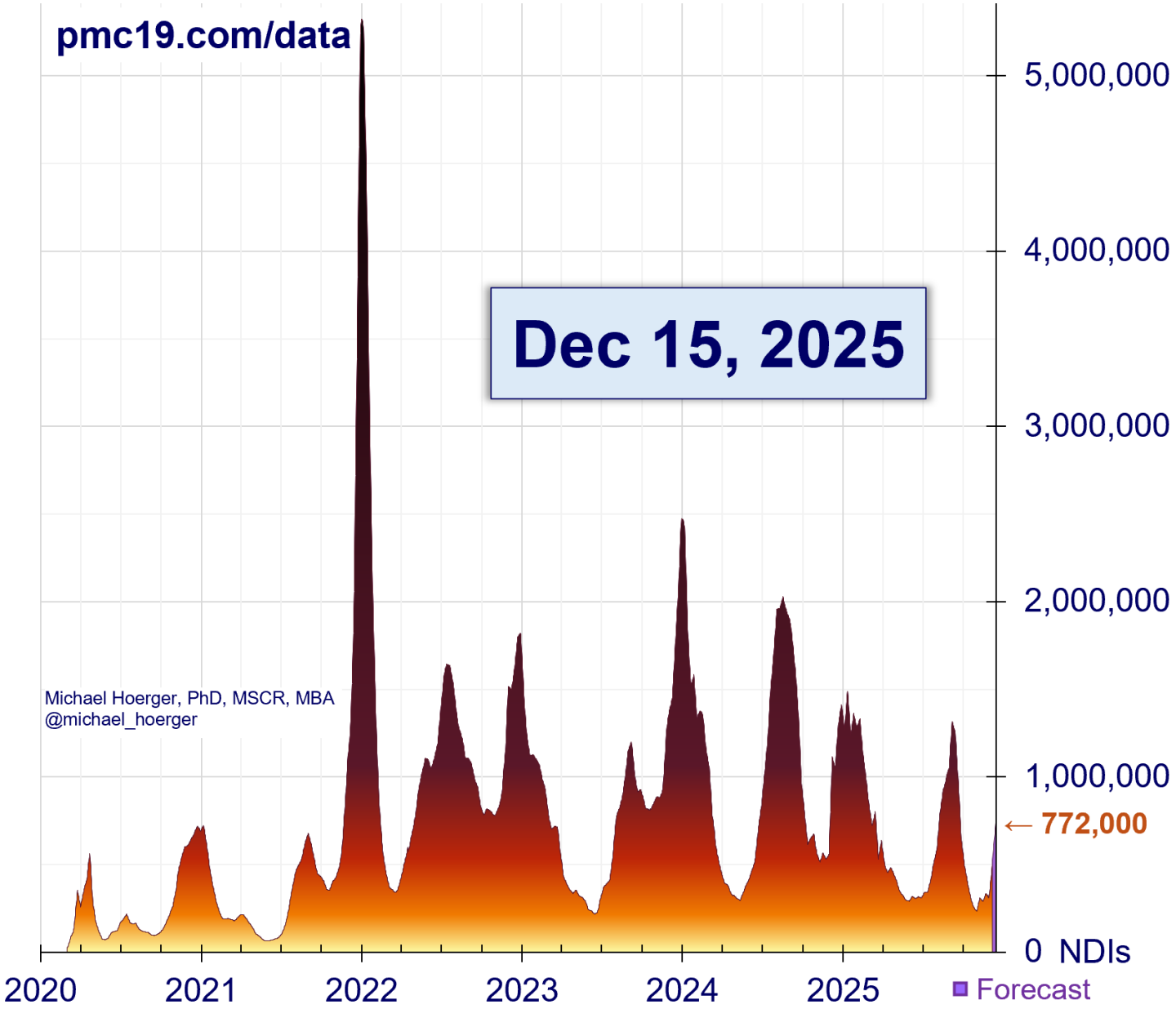
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Low	1 in 80 (1.2%)	12%	27%	47%	72%
Montana (1 week lag)	Very Low	1 in 135 (0.7%)	7%	17%	31%	52%
Nebraska	**High**	1 in 39 (2.5%)	23%	47%	72%	92%
Nevada	Very Low	1 in 225 (0.4%)	4%	11%	20%	36%
New Hampshire	Moderate	1 in 47 (2.1%)	19%	41%	66%	88%
New Jersey	Very Low	1 in 200 (0.5%)	5%	12%	22%	39%
New Mexico	Low	1 in 75 (1.3%)	13%	29%	49%	74%
New York	Moderate*	1 in 49 (2.1%)	19%	40%	65%	87%
North Carolina	Very Low	1 in 226 (0.4%)	4%	11%	20%	36%
North Dakota	Low*	1 in 85 (1.2%)	11%	26%	45%	69%
Ohio	Moderate	1 in 62 (1.6%)	15%	34%	56%	81%
Oklahoma	Moderate*	1 in 47 (2.1%)	19%	41%	66%	88%
Oregon	Low	1 in 89 (1.1%)	11%	25%	43%	68%
Pennsylvania	Moderate	1 in 55 (1.8%)	17%	37%	60%	84%
Rhode Island	Low	1 in 70 (1.4%)	13%	30%	51%	76%
South Carolina	Very Low	1 in 215 (0.5%)	5%	11%	21%	37%
South Dakota	Low	1 in 86 (1.2%)	11%	25%	44%	69%
Tennessee	Moderate	1 in 60 (1.7%)	15%	34%	57%	81%
Texas	Very Low	1 in 133 (0.8%)	7%	17%	32%	53%
Utah	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
Vermont	**High**	1 in 39 (2.5%)	23%	47%	72%	92%
Virginia	Very Low	1 in 215 (0.5%)	5%	11%	21%	37%
Washington	Very Low	1 in 215 (0.5%)	5%	11%	21%	37%
West Virginia	Low	1 in 68 (1.5%)	14%	31%	52%	77%
Wisconsin	Very Low	1 in 108 (0.9%)	9%	21%	37%	60%
Wyoming	Very Low	1 in 141 (0.7%)	7%	16%	30%	51%

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

Data last updated 12/6/25

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.)



This weeks updates from the CDC and Biobot show that the U.S. surpassed an estimated 500,000 new daily infections in early December, likely around the 6th. The U.S. is in a 12th COVID wave, which we currently estimate will peak near the end of the month at approximately 1.2 million new daily infections; there is considerable uncertainty around this estimate.

National COVID-19 Estimates (U.S.)

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Infections

Proportion Actively Infectious	1 in 63 (1.6%)
New Daily Infections	772,000
Infections the Past Week	4,730,000
Infections in 2025	228,000,000
Cumulative Infections per Person	4.85

Long COVID

Long COVID Cases Resulting from New Daily Infections	39,000 to 154,000
Long COVID Cases Resulting from New Weekly Infections	237,000 to 950,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	230 to 390
Excess Deaths Resulting from New Weekly Infections	1,400 to 2,400

New daily infections are estimated at 772,000 for December 12. This year, transmission did not accelerate until after Thanksgiving, similar to last year but a departure from prior years. New weekly infections are expected to result in approximately 2,000 excess deaths in the U.S.

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

Dec 15, 2025 pmc19.com/data

Number of People	Chances Anyone is Infectious
1	1.6%
2	3.1%
3	4.7%
4	6.2%
5	7.6%
10	14.7%
15	21.2%
20	27.3%
25	32.8%
30	38.0%
50	54.9%
75	69.7%
100	79.6%
200	95.9%
300	99.2%

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. With just 1 in 63 people (1.6%) estimated actively infectious, exposure risk remains troubling in schools and much larger gatherings.

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

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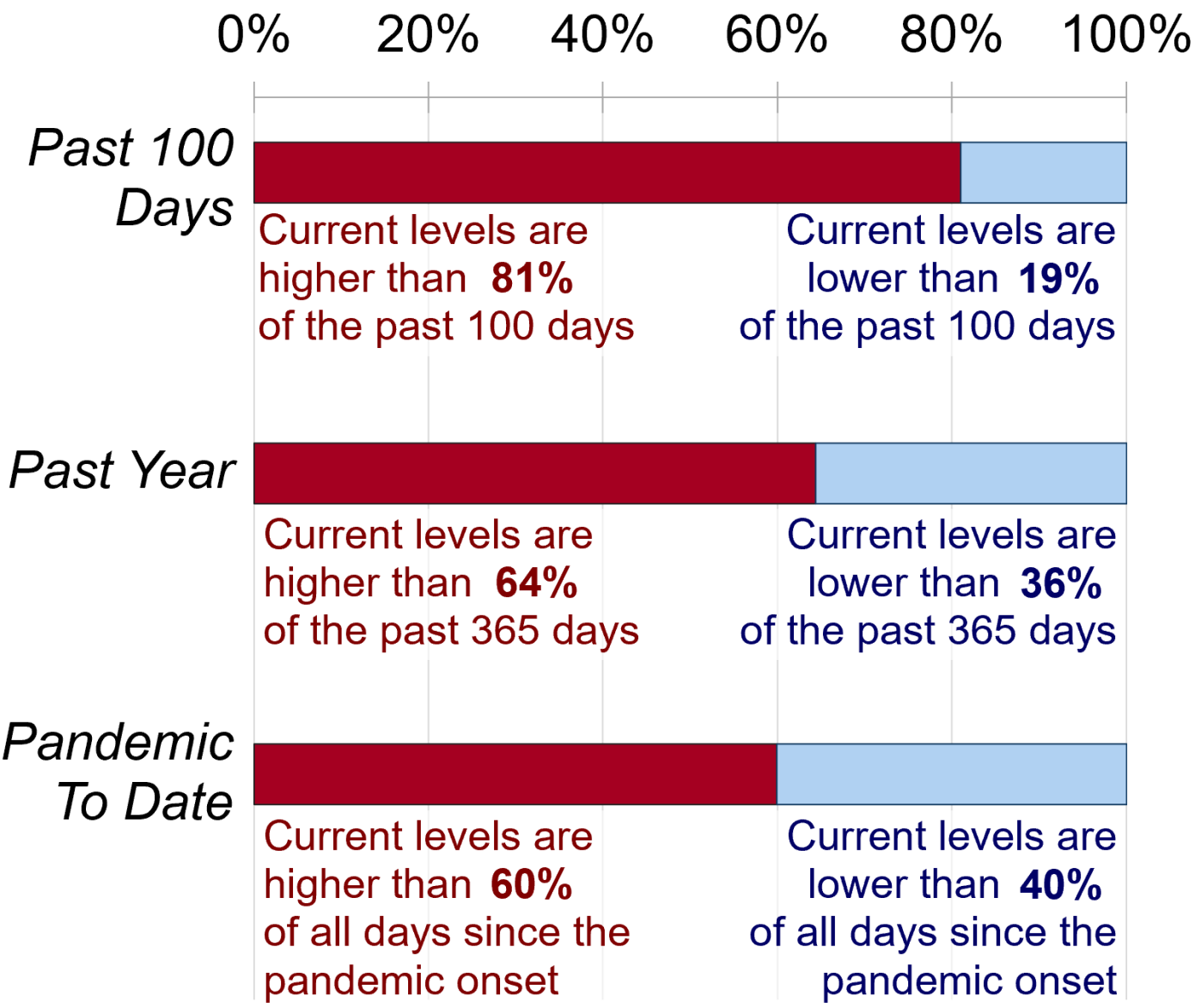
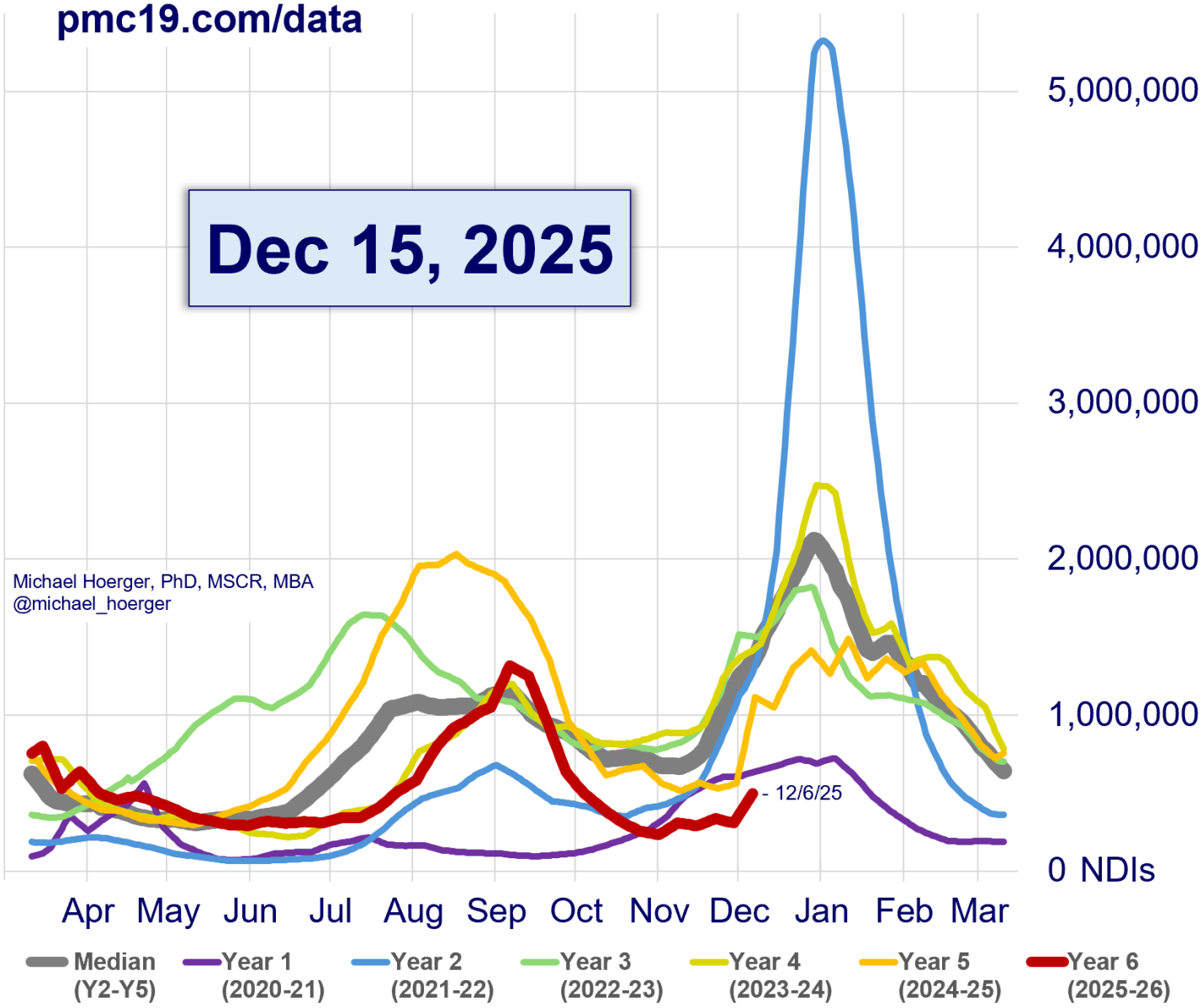


These gauges show moderate-to-high relative transmission. We are in an above average day of transmission relative to all days since the pandemic onset.

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



As of early December, transmission was at an all-time low for this time of year. However, transmission recently accelerated.

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

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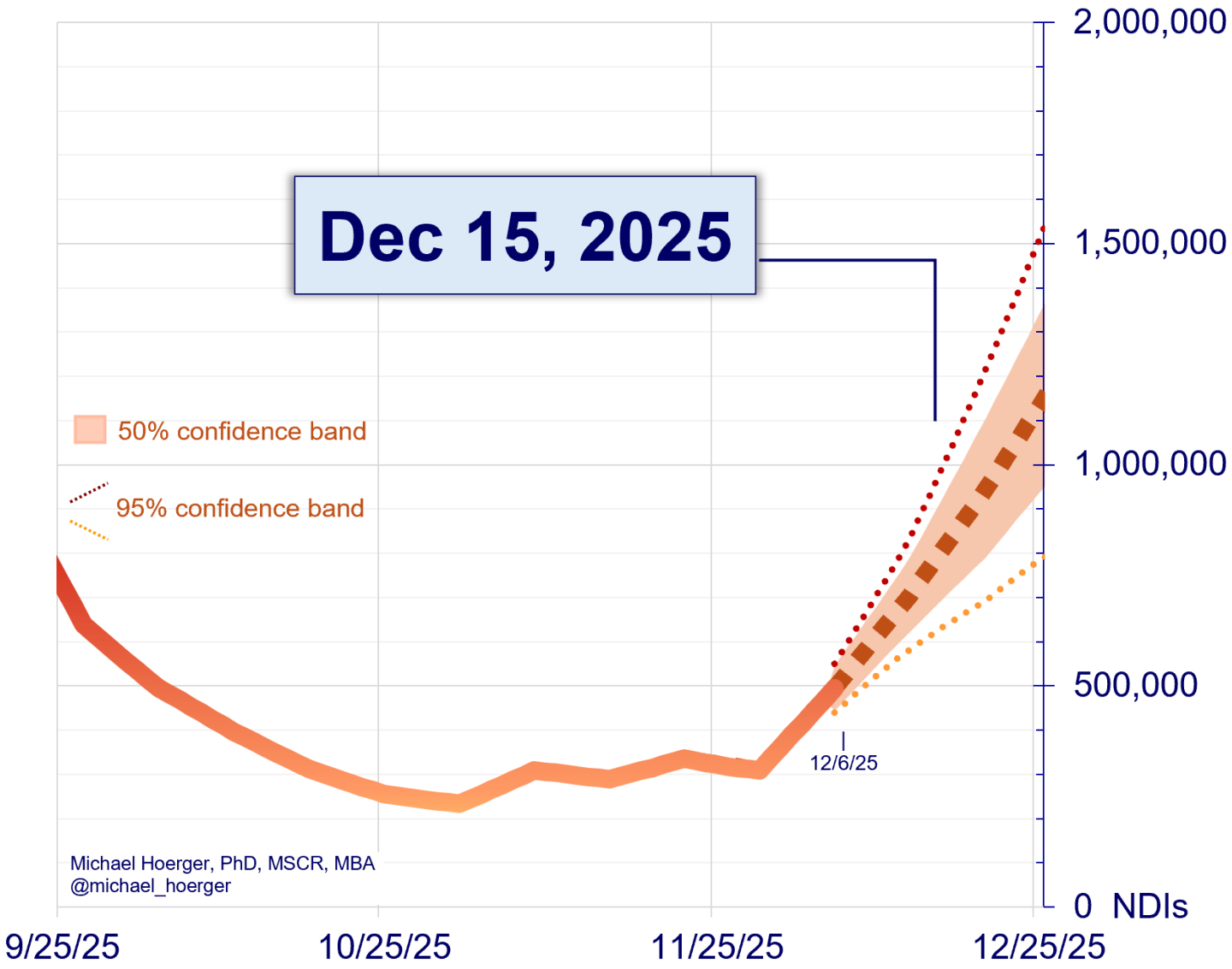

The model presently estimates that the U.S. will have approximately 1.1 million new daily infections around Christmas Day. Next week's data will provide two solid weeks of data on the transmission acceleration, which will increase certainty around the peak.

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.