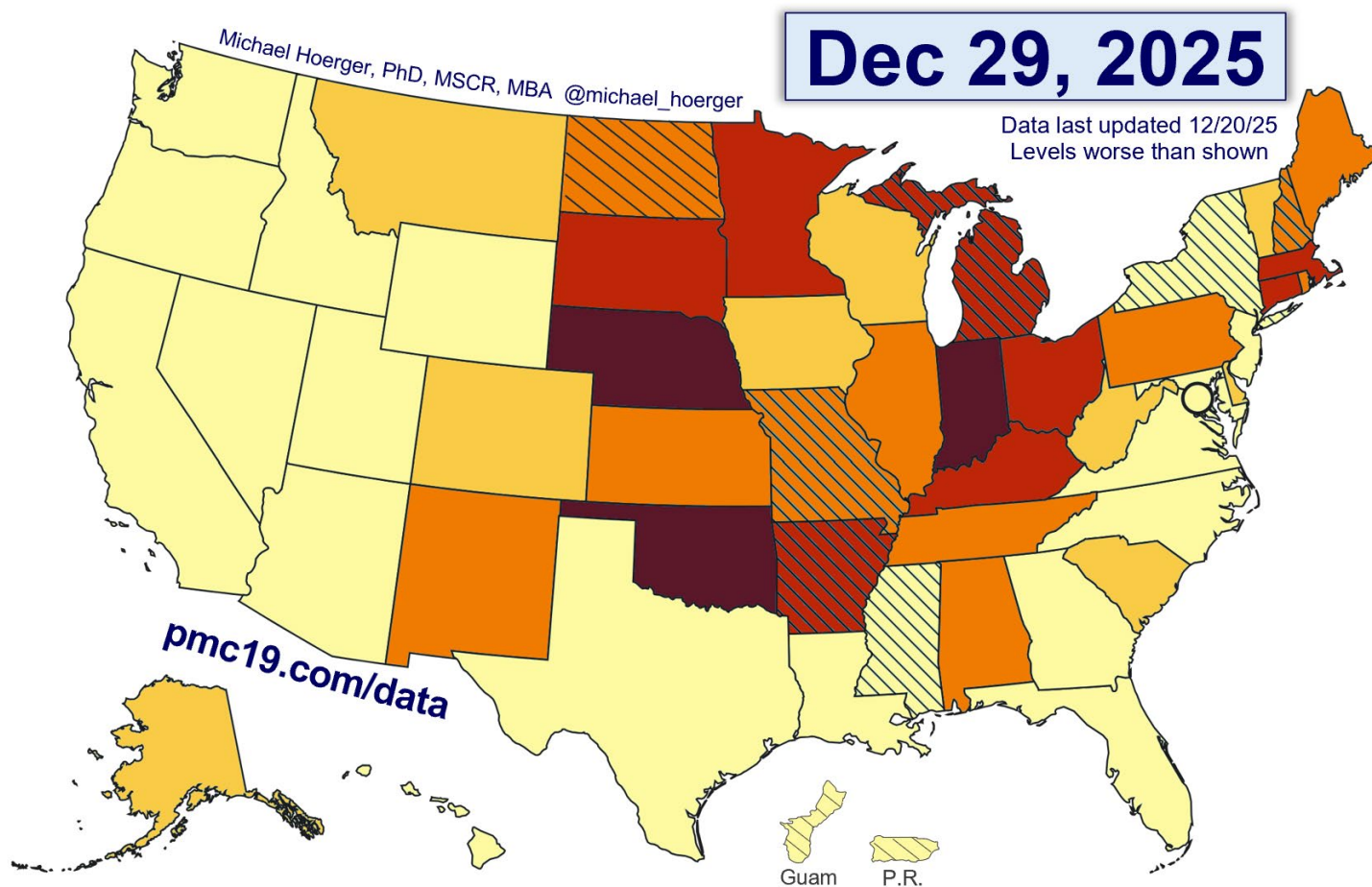# PMC U.S. COVID-19 Report for December 29, 2025. pmc19.com/data

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

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Announcements

News

- Dr. H chats with the Washington Heights-Inwood Mask Bloc: https://wahiinwoodmaskbloc.substack.com/p/what-can-the-data-tell-us
- Biobot has updated their website (https://biobot.io/). They have started to include some forecasting data in their public information, which suggests, for example, that the New York, New Jersey, and Atlanta areas will have peak later than the national peak.
- We will soon launch "Wave 2" of our Dashboard Survey. We ran a survey last winter and will re-launch soon. It helps to document that people informed on COVID-19 continue to take high-level multi-layered precautions. We also amended the protocol to remove some of the questions where we already got firm answers and added questions that will zoom in on some of the more surprising findings, especially related to the association between SARS-CoV-2 reinfections and risk of Long COVID. You are a part of an important community with a keen understanding of COVID-19, and the survey will yield knowledge that cannot be obtained elsewhere. We will hold a "stakeholder townhall" on Wednesday, March 11 (the 6th anniversary of the pandemic onset) to discuss the key findings.

Data Quality

- The CDC (80% model weight) and Biobot (20% model weight) both reported this week, just late due to the holidays. Expect the same next week, adding a slight delay on our end. The two data sources remain in close correspondence. Note, however, that the CDC data are known to be particularly problematic for New York state at the moment due to extremely limited reporting.

COVID-19 Heat Map, Based on CDC Wastewater Data and Levels (U.S.)
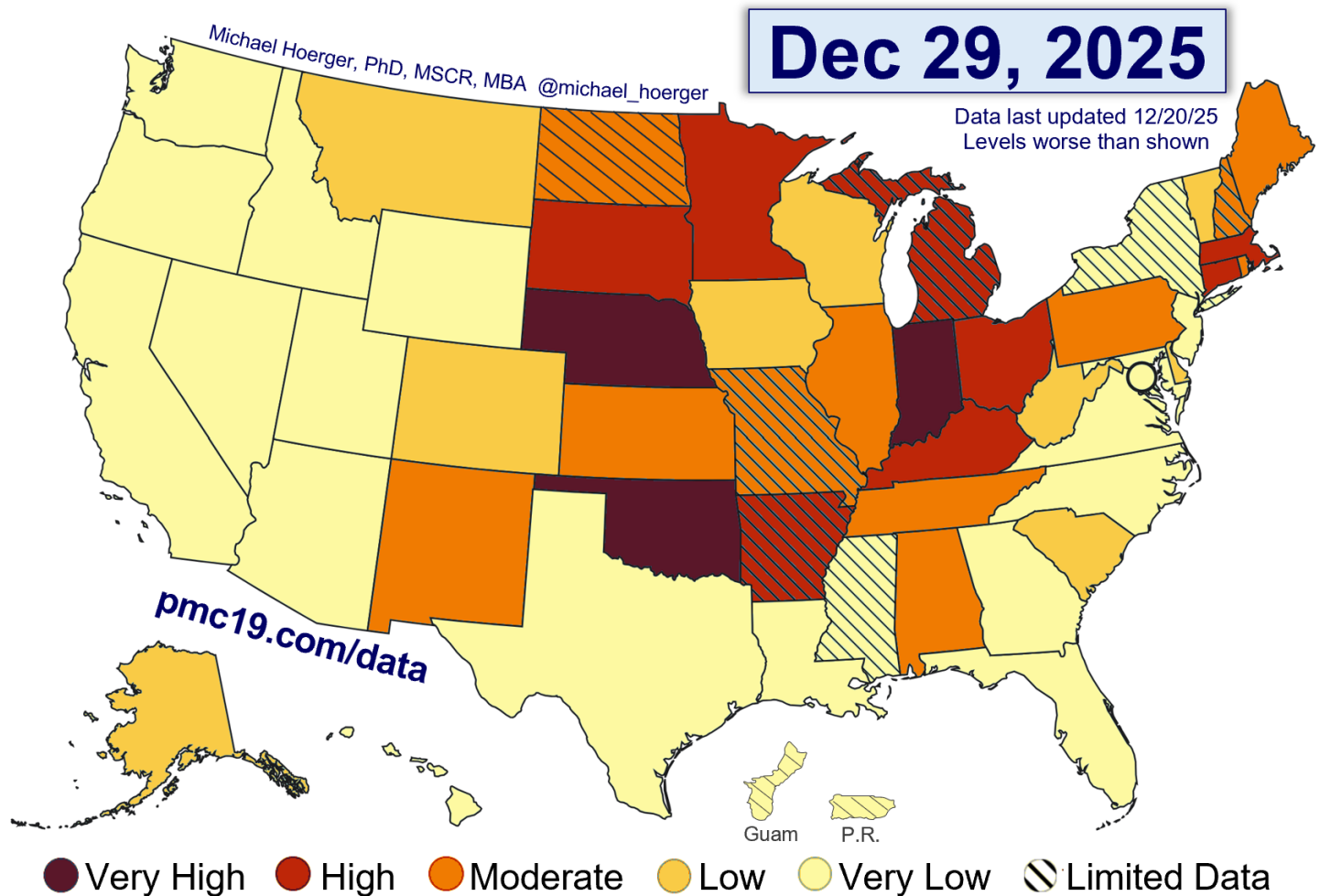
The 12th COVID wave in the U.S. is peaking. We estimate a peak of 961,000 infections on December 27. However, transmission will be similar for the next week, and with the rough NY data, the precise date and level of the peak is subject to change. We estimate that 22 states have Moderate to Very High transmission. In the "Very Low" regions, there is considerable variability, with some wastewater sites showing higher levels. Note that transmission continues to occur at high levels on the back end of waves.
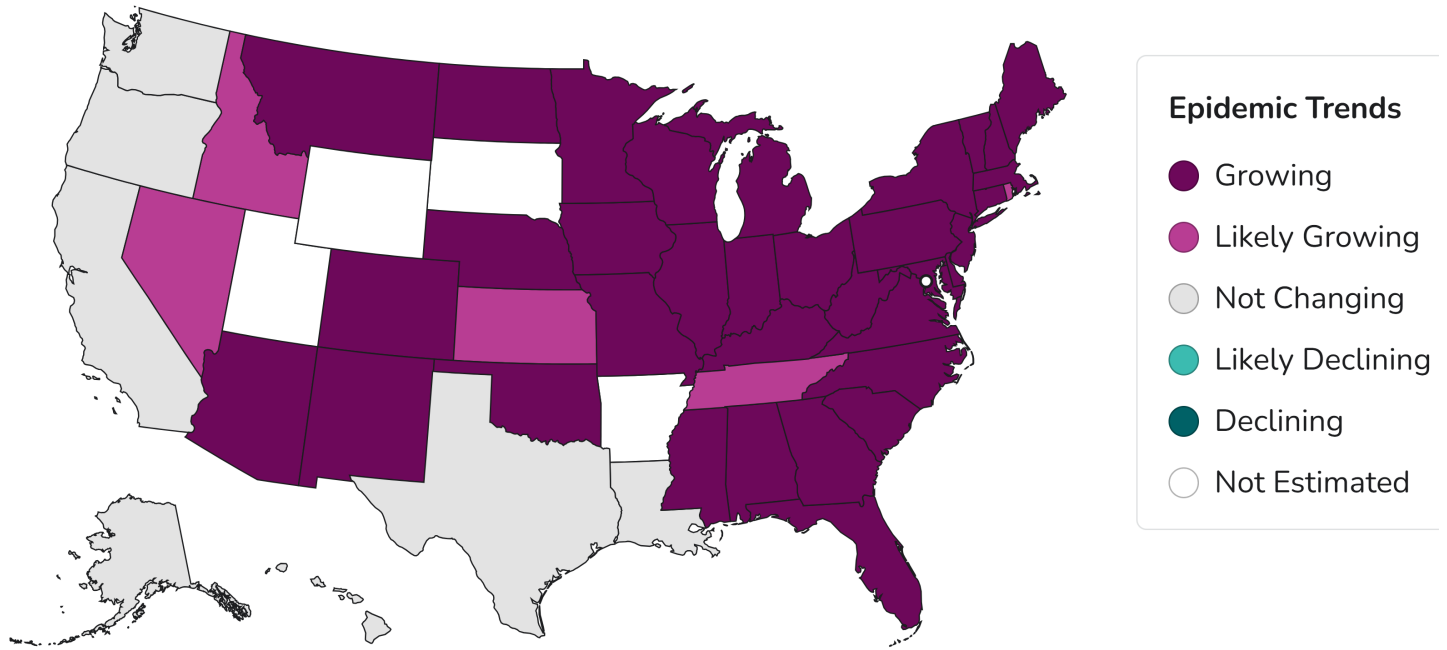
Note that the CDC state-level forecast, which is based on changes in ED visits, has COVID increasing across most of the U.S. Note that this projection differs from our own and that depicted by Biobot, which suggest transmission may have already peaked. If the CDC forecast is correct, it would suggest a later and higher wave peak than PMC's current estimates. Given reporting lags, the heat map on the prior page is likely much worse today.

Source: https://www.cdc.gov/cfa-modeling-and-forecasting/rt-estimates/index.html

COVID-19 State Prevalence Estimates

pmc19.com/data   *Dec 29, 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 46 (2.2%)	20%	42%	67%	89%
Alaska	Low	1 in 93 (1.1%)	10%	24%	42%	66%
Arizona	Very Low	1 in 201 (0.5%)	5%	12%	22%	39%
Arkansas	High*	1 in 32 (3.1%)	27%	55%	80%	96%
California	Very Low	1 in 351 (0.3%)	3%	7%	13%	25%
Colorado	Low	1 in 71 (1.4%)	13%	30%	51%	76%
Connecticut	High	1 in 33 (3.1%)	27%	54%	79%	96%
Delaware	Low	1 in 90 (1.1%)	11%	24%	43%	67%
District of Columbia	Very Low	1 in 300 (0.3%)	3%	8%	15%	28%
Florida	Very Low	1 in 282 (0.4%)	3%	8%	16%	30%
Georgia	Very Low	1 in 125 (0.8%)	8%	18%	33%	55%
Guam	Very Low	1 in 585 (0.2%)	2%	4%	8%	16%
Hawaii	Very Low	1 in 855 (0.1%)	1%	3%	6%	11%
Idaho	Very Low	1 in 221 (0.5%)	4%	11%	20%	36%
Illinois	Moderate	1 in 41 (2.5%)	22%	46%	71%	92%
Indiana	Very High	1 in 14 (6.9%)	51%	83%	97%	>99%
Iowa	Low	1 in 69 (1.4%)	14%	31%	52%	77%
Kansas	Moderate	1 in 46 (2.2%)	20%	42%	67%	89%
Kentucky	High	1 in 34 (2.9%)	26%	53%	77%	95%
Louisiana	Very Low	1 in 116 (0.9%)	8%	19%	35%	58%
Maine	Moderate	1 in 46 (2.2%)	20%	42%	66%	89%
Maryland	Very Low	1 in 120 (0.8%)	8%	19%	34%	57%
Massachusetts	High	1 in 33 (3.1%)	27%	54%	79%	95%
Michigan	High*	1 in 31 (3.3%)	28%	57%	81%	96%
Minnesota	High	1 in 38 (2.6%)	23%	49%	74%	93%
Mississippi	Very Low*	1 in 142 (0.7%)	7%	16%	30%	51%

* Limited data reporting   Data last updated 12/20/25

Most of these levels are considerably higher today, given lagged reporting at the state level.

COVID-19 State Prevalence Estimates

pmc19.com/data   *Dec 29, 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	Moderate*	1 in 56 (1.8%)	17%	37%	60%	84%
Montana	Low	1 in 76 (1.3%)	12%	28%	48%	73%
Nebraska	**Very High**	1 in 18 (5.5%)	43%	76%	94%	>99%
Nevada	Very Low	1 in 122 (0.8%)	8%	19%	34%	56%
New Hampshire	Moderate*	1 in 42 (2.4%)	21%	45%	70%	91%
New Jersey	Very Low	1 in 113 (0.9%)	9%	20%	36%	59%
New Mexico	Moderate	1 in 62 (1.6%)	15%	33%	56%	80%
New York	Very Low*	1 in 127 (0.8%)	8%	18%	33%	55%
North Carolina	Very Low	1 in 125 (0.8%)	8%	18%	33%	55%
North Dakota	Moderate*	1 in 43 (2.3%)	21%	44%	69%	91%
Ohio	**High**	1 in 28 (3.6%)	30%	60%	84%	97%
Oklahoma	**Very High**	1 in 25 (4.0%)	33%	64%	87%	98%
Oregon	Very Low	1 in 170 (0.6%)	6%	14%	26%	45%
Pennsylvania	Moderate	1 in 45 (2.2%)	20%	43%	68%	89%
Rhode Island	Moderate	1 in 41 (2.4%)	22%	46%	71%	92%
South Carolina	Low	1 in 84 (1.2%)	11%	26%	45%	70%
South Dakota	**High**	1 in 33 (3.0%)	26%	54%	79%	95%
Tennessee	Moderate	1 in 46 (2.2%)	20%	42%	67%	89%
Texas	Very Low	1 in 167 (0.6%)	6%	14%	26%	45%
Utah	Very Low	1 in 137 (0.7%)	7%	17%	31%	52%
Vermont	Low	1 in 103 (1.0%)	9%	22%	39%	62%
Virginia	Very Low	1 in 215 (0.5%)	5%	11%	21%	37%
Washington	Very Low	1 in 229 (0.4%)	4%	10%	20%	35%
West Virginia	Low	1 in 72 (1.4%)	13%	29%	50%	75%
Wisconsin	Low	1 in 71 (1.4%)	13%	30%	51%	76%
Wyoming	Very Low	1 in 215 (0.5%)	5%	11%	21%	37%

* Limited reporting; ND has no data, averages MN, MT, & SD   Data last updated 12/20/25

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly. The data quality from New York is terrible (two sites far from NYC). Most of these levels are considerably higher today, given lagged reporting at the state level.

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

pmc19.com/data

Dec 29, 2025

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961,000 (estimated peak)

5,000,000

4,000,000

3,000,000

2,000,000

1,000,000

0　NDIs

2020　2021　2022　2023　2024　2025　■ Forecast
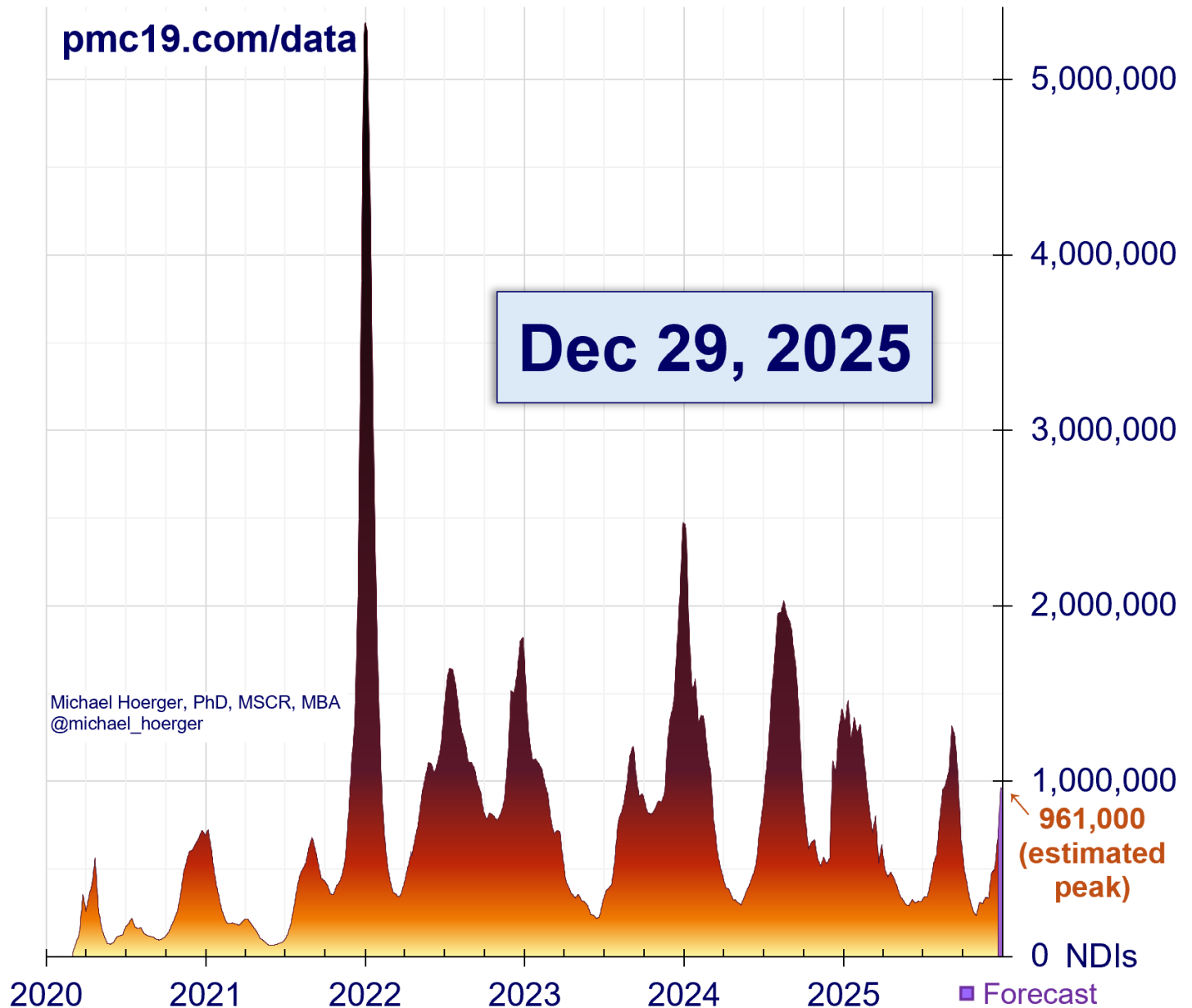
The U.S. is in the middle of a 12th COVID wave. The peak may have occurred as early as the 27th or will arrive shortly.

National COVID-19 Estimates (U.S.)

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Infections

Proportion Actively Infectious	1 in 51 (2%)
New Daily Infections	958,000
Infections the Past Week	6,320,000
Infections in 2025	239,000,000
Cumulative Infections per Person	4.88

Long COVID

Long COVID Cases Resulting from New Daily Infections	48,000 to 192,000
Long COVID Cases Resulting from New Weekly Infections	316,000 to 1,260,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	290 to 480
Excess Deaths Resulting from New Weekly Infections	1,900 to 3,200

New daily infections are estimated at 958,000 presently and are expect to remain at similar levels the next week. The 6.3 million weekly infections are expected to result in >300,000 new chronic conditions and approximately 2,000-3,00 excess deaths.
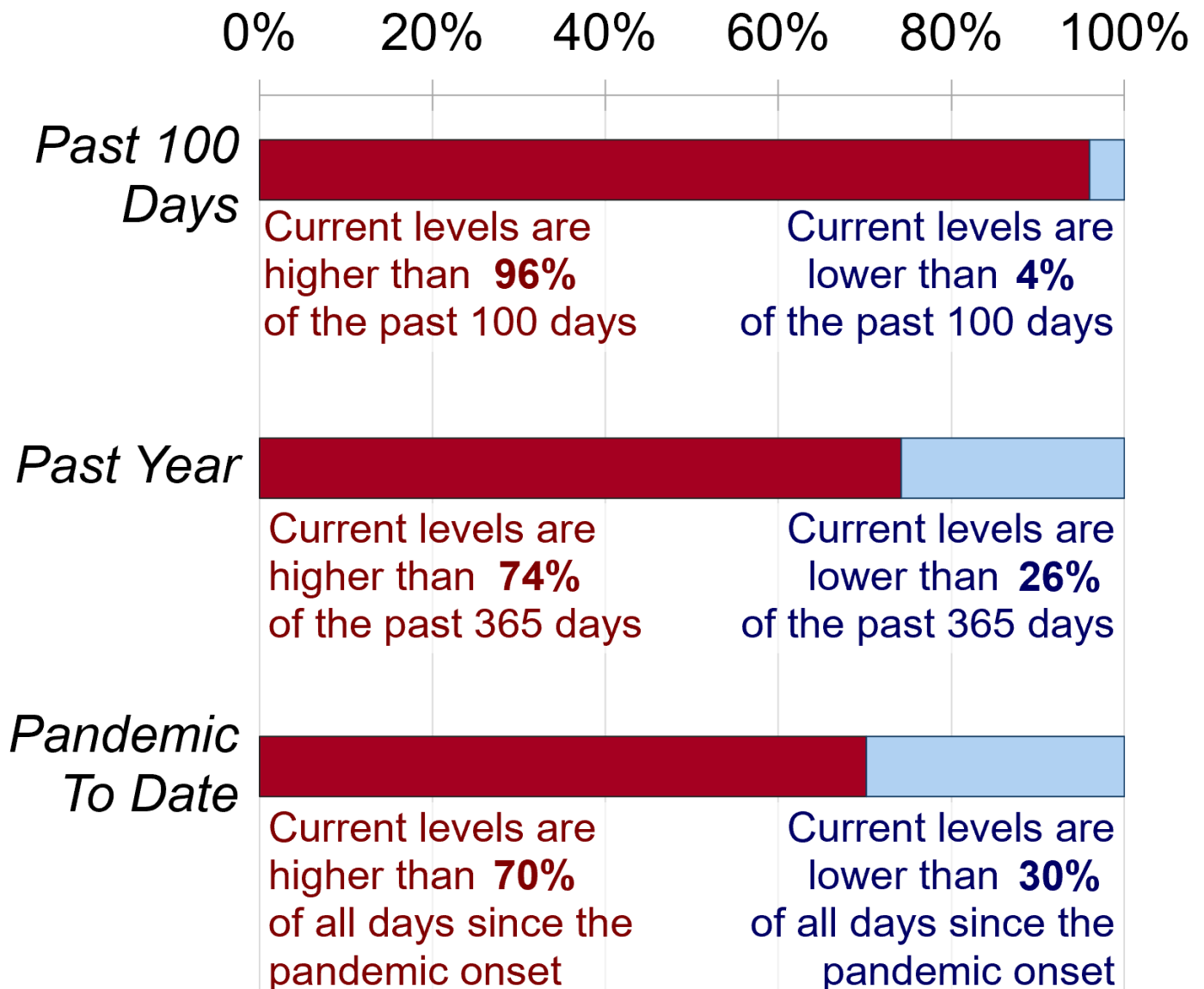
National COVID-19 Risk Table (U.S.)

Dec 29, 2025　　　　pmc19.com/data

Number of People	Chances Anyone is Infectious
1	2.0%
2	3.9%
3	5.8%
4	7.6%
5	9.4%
10	17.9%
15	25.7%
20	32.7%
25	39.0%
30	44.8%
50	62.8%
75	77.3%
100	86.2%
200	98.1%
300	99.7%

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. With 1 in 51 people (2.0%) estimated actively infectious, exposure risk remains high in group settings.
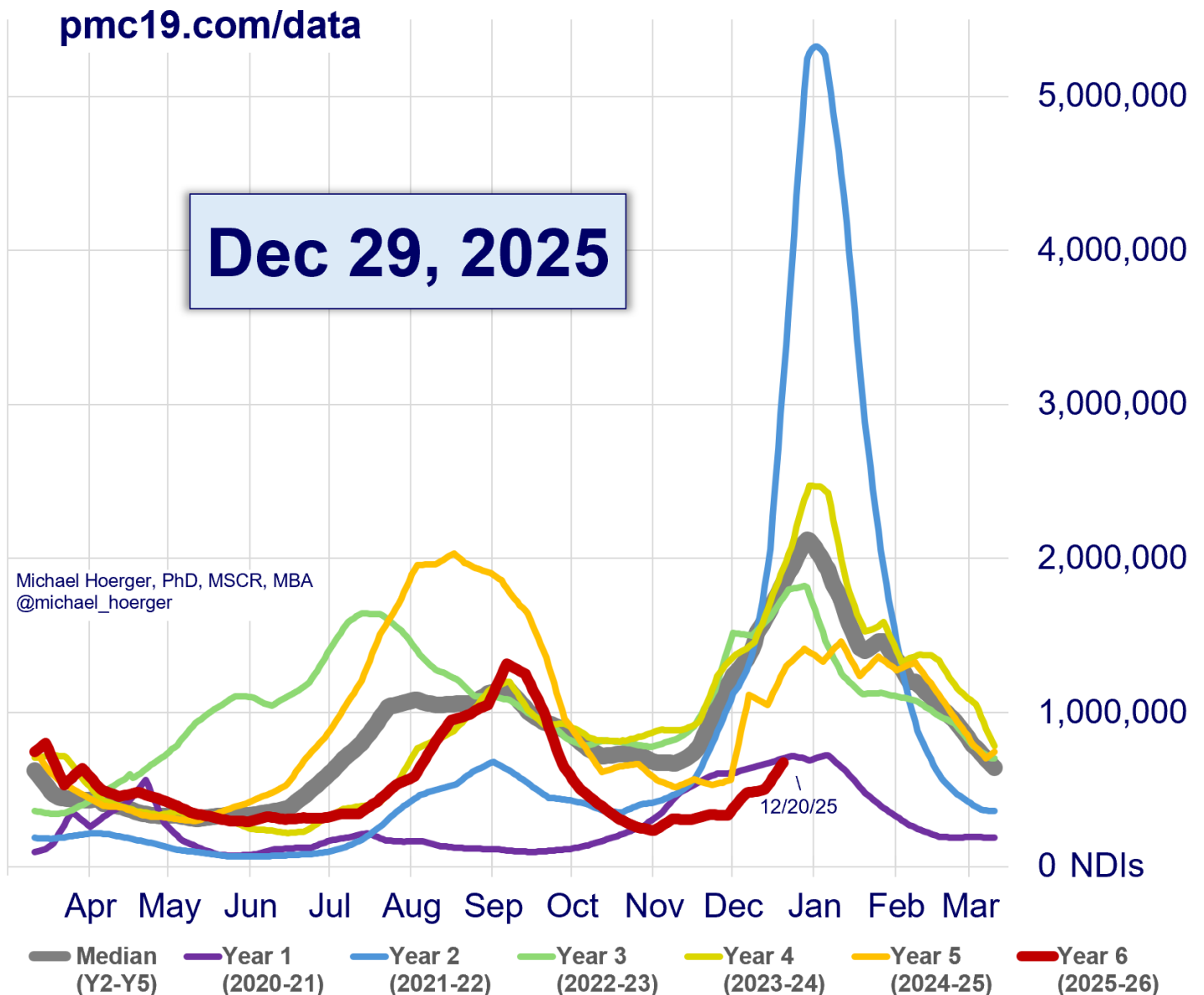
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Dec 29, 2025   **pmc19.com/data**

0%   20%   40%   60%   80%   100%

Past 100 Days

Current levels are higher than **96%** of the past 100 days

Current levels are lower than **4%** of the past 100 days

Past Year

Current levels are higher than **74%** of the past 365 days

Current levels are lower than **26%** of the past 365 days

Pandemic To Date

Current levels are higher than **70%** of all days since the pandemic onset

Current levels are lower than **30%** of all days since the pandemic onset

These gauges show high relative transmission. There is more transmission than during 70% of the entire time since the pandemic onset.

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

pmc19.com/data

Dec 29, 2025

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Median (Y2-Y5)	Year 1 (2020-21)	Year 2 (2021-22)	Year 3 (2022-23)
Year 4 (2023-24)	Year 5 (2024-25)	Year 6 (2025-26)	

Transmission (red) looks very similar to last year's pattern, albeit at relatively lower levels. Notice that last year transmission remained near peak levels from mid-December to mid-February. This provides a helpful reminder to maintain precautions.

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

pmc19.com/data
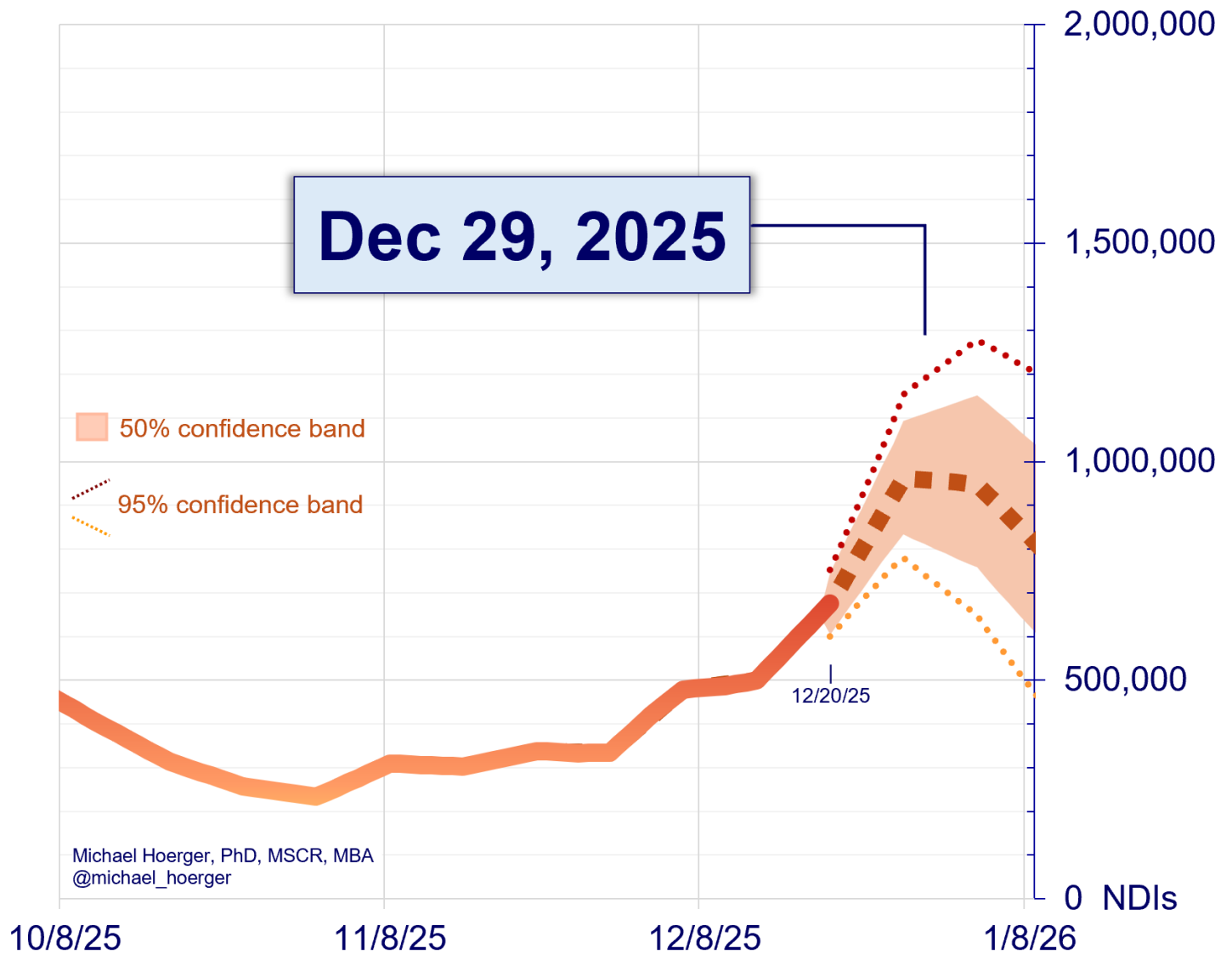
The central forecast suggests that the U.S. will remain above 800,000 new daily infections through January 8. However, with the low quality of data from New York, there is much uncertainty.

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.