PMC U.S. COVID-19 Report for December 8, 2025. pmc19.com/data

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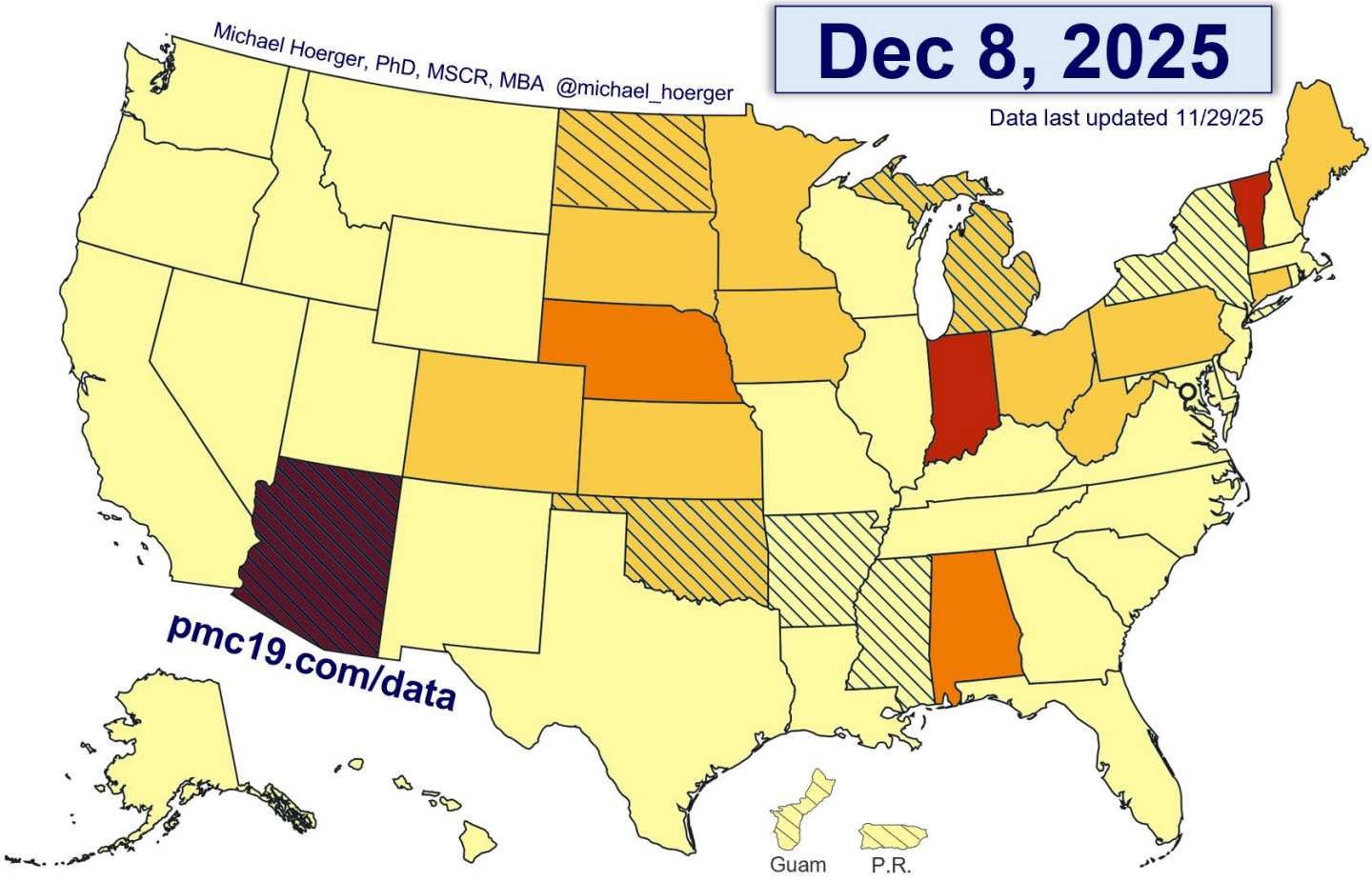
COVID-19 Heat Map, Based on CDC Wastewater Data and Levels (U.S.)



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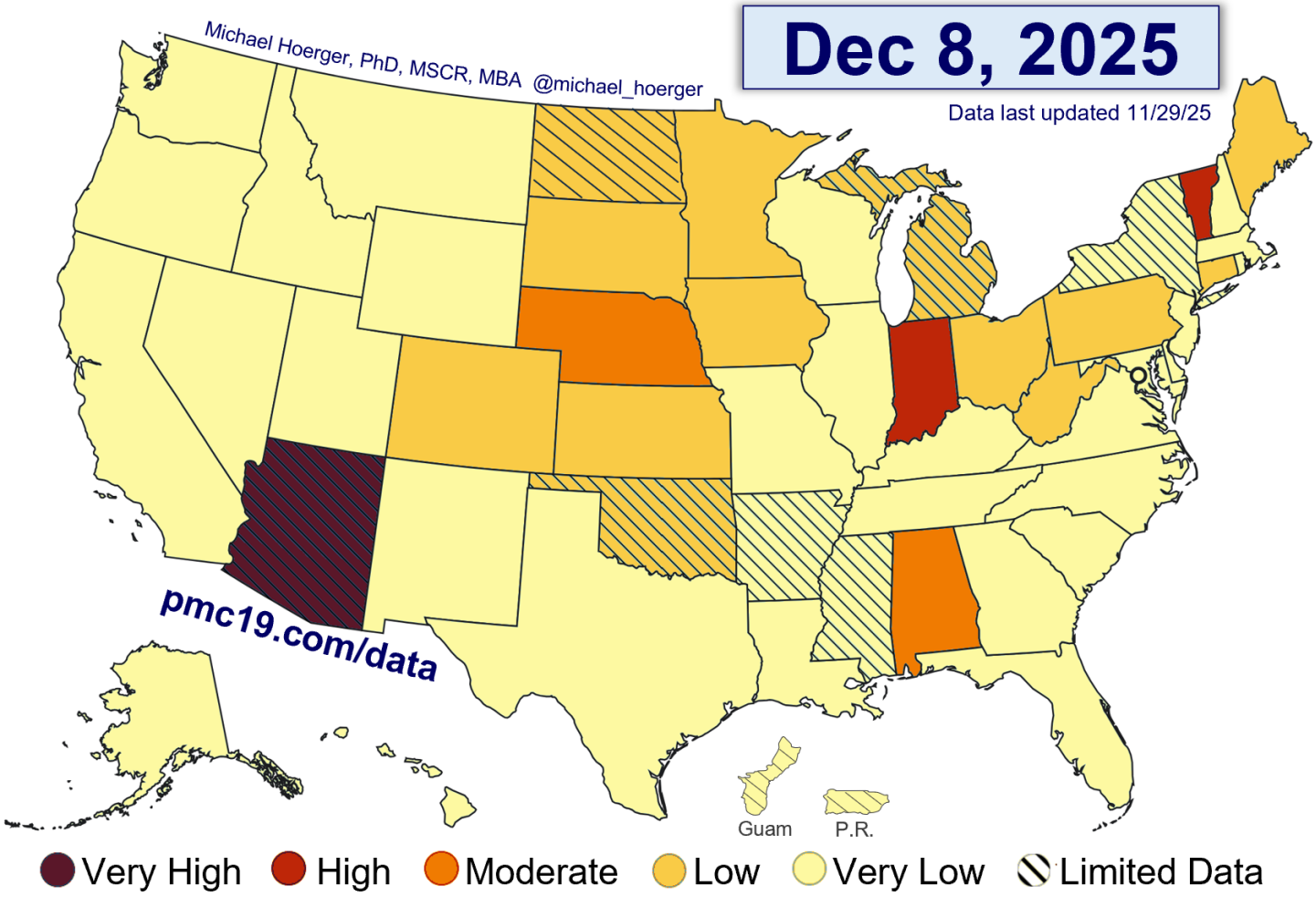
Announcements

Data Quality

- Both the CDC (80% model weight) and Biobot (20% weight) reported this week. The CDC data show flat transmission nationally, whereas the Biobot data are more volatile and suggest an uptick from a lower lull. Data are through late November only.

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



Five states have moderate to very high transmission. 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, DC, and California.

COVID-19 State Prevalence Estimates

pmc19.com/data

Dec 8, 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 47 (2.1%)	19%	42%	66%	89%
Alaska	Very Low	1 in 220 (0.5%)	4%	11%	20%	37%
Arizona	**Very High***	1 in 18 (5.7%)	44%	77%	95%	>99%
Arkansas	Very Low*	1 in 138 (0.7%)	7%	17%	30%	52%
California	Very Low	1 in 574 (0.2%)	2%	4%	8%	16%
Colorado	Low	1 in 76 (1.3%)	12%	28%	49%	74%
Connecticut	Low	1 in 91 (1.1%)	10%	24%	43%	67%
Delaware	Very Low	1 in 307 (0.3%)	3%	8%	15%	28%
District of Columbia	Very Low	1 in 5,777 (0.0%)	0%	0%	1%	2%
Florida	Very Low	1 in 494 (0.2%)	2%	5%	10%	18%
Georgia	Very Low	1 in 180 (0.6%)	5%	13%	24%	43%
Guam	Very Low	1 in 289 (0.3%)	3%	8%	16%	29%
Hawaii	Very Low	1 in 704 (0.1%)	1%	3%	7%	13%
Idaho	Very Low	1 in 121 (0.8%)	8%	19%	34%	56%
Illinois	Very Low	1 in 112 (0.9%)	9%	20%	36%	59%
Indiana	**High**	1 in 30 (3.3%)	29%	57%	81%	97%
Iowa	Low	1 in 83 (1.2%)	11%	26%	46%	70%
Kansas	Low	1 in 105 (1.0%)	9%	21%	38%	62%
Kentucky	Very Low	1 in 160 (0.6%)	6%	15%	27%	47%
Louisiana	Very Low	1 in 141 (0.7%)	7%	16%	30%	51%
Maine	Low	1 in 73 (1.4%)	13%	29%	50%	75%
Maryland	Very Low	1 in 245 (0.4%)	4%	10%	18%	34%
Massachusetts	Very Low	1 in 140 (0.7%)	7%	16%	30%	51%
Michigan	Low*	1 in 87 (1.2%)	11%	25%	44%	69%
Minnesota	Low	1 in 99 (1.0%)	10%	22%	40%	64%
Mississippi	Very Low*	1 in 391 (0.3%)	3%	6%	12%	23%

* Limited data reporting

Data last updated 11/29/25

COVID-19 State Prevalence Estimates

pmc19.com/data *Dec 8, 2025*

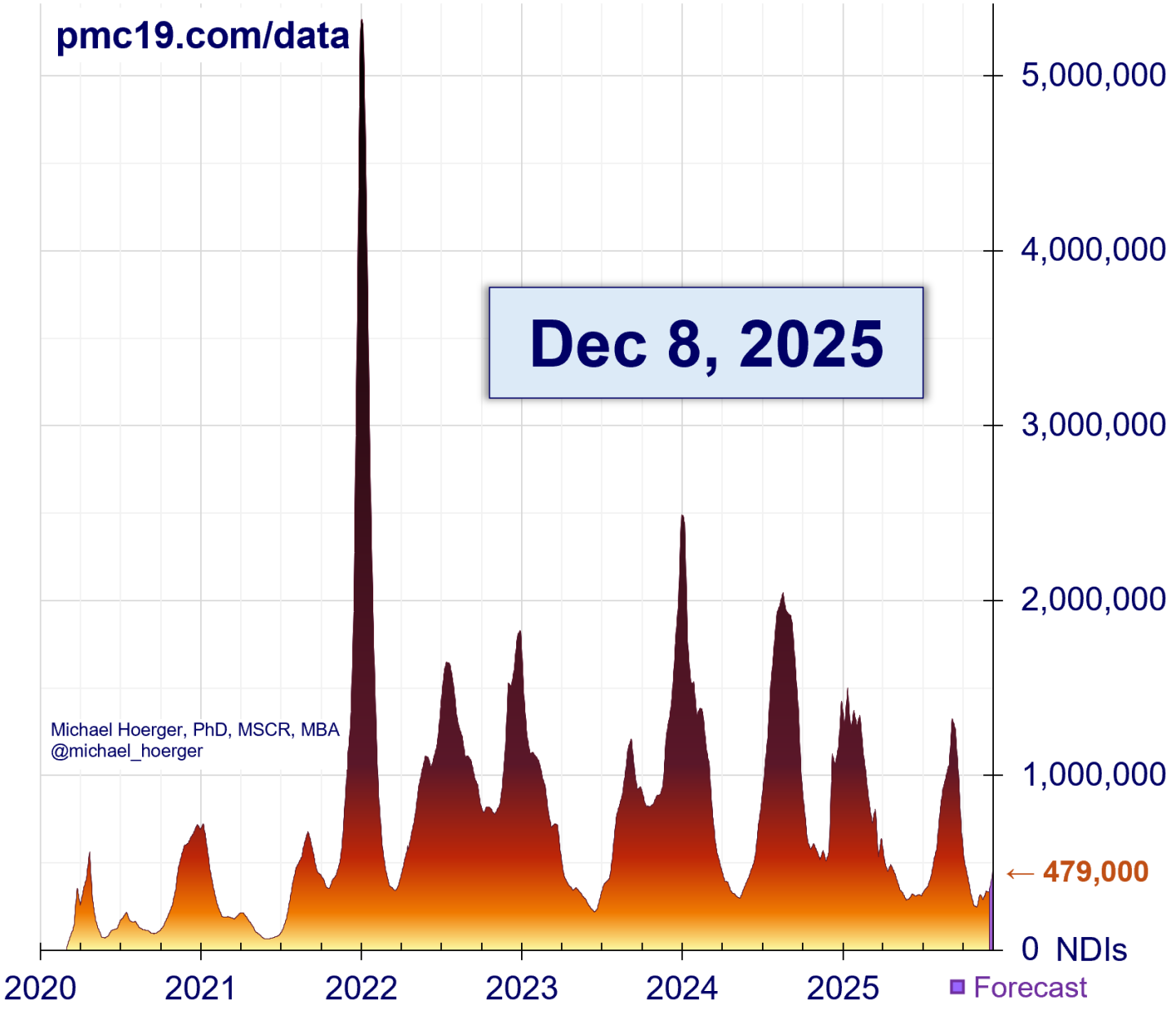
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 176 (0.6%)	6%	13%	25%	43%
Montana	Very Low	1 in 136 (0.7%)	7%	17%	31%	52%
Nebraska	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
Nevada	Very Low	1 in 372 (0.3%)	3%	7%	13%	24%
New Hampshire	Very Low	1 in 109 (0.9%)	9%	21%	37%	60%
New Jersey	Very Low	1 in 217 (0.5%)	5%	11%	21%	37%
New Mexico	Very Low	1 in 118 (0.8%)	8%	19%	35%	57%
New York	Very Low*	1 in 260 (0.4%)	4%	9%	18%	32%
North Carolina	Very Low	1 in 233 (0.4%)	4%	10%	19%	35%
North Dakota	Low*	1 in 101 (1.0%)	9%	22%	39%	63%
Ohio	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Oklahoma	Low*	1 in 68 (1.5%)	14%	31%	53%	77%
Oregon	Very Low	1 in 150 (0.7%)	6%	15%	28%	49%
Pennsylvania	Low	1 in 89 (1.1%)	11%	25%	43%	68%
Rhode Island	Very Low	1 in 187 (0.5%)	5%	13%	24%	42%
South Carolina	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
South Dakota	Low	1 in 82 (1.2%)	12%	26%	46%	71%
Tennessee	Very Low	1 in 119 (0.8%)	8%	19%	34%	57%
Texas	Very Low	1 in 263 (0.4%)	4%	9%	17%	32%
Utah	Very Low	1 in 298 (0.3%)	3%	8%	15%	29%
Vermont	**High**	1 in 35 (2.8%)	25%	51%	76%	94%
Virginia	Very Low	1 in 213 (0.5%)	5%	11%	21%	38%
Washington	Very Low	1 in 184 (0.5%)	5%	13%	24%	42%
West Virginia	Low	1 in 76 (1.3%)	12%	28%	48%	73%
Wisconsin	Very Low	1 in 213 (0.5%)	5%	11%	21%	38%
Wyoming	Very Low	1 in 137 (0.7%)	7%	17%	31%	52%

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

Data last updated 11/29/25

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, definitive evidence of the winter trajectory is likely to appear in the December 12 CDC data.

National COVID-19 Estimates (U.S.)

Dec 8, 2025 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 102 (1%)
New Daily Infections	479,000
Infections the Past Week	2,940,000
Infections in 2025	225,000,000
Cumulative Infections per Person	4.84

Long COVID

Long COVID Cases Resulting from New Daily Infections	24,000 to 96,000
Long COVID Cases Resulting from New Weekly Infections	147,000 to 590,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	140 to 240
Excess Deaths Resulting from New Weekly Infections	900 to 1,400

New daily infections are estimated at 479,000 for December 8. Late November transmission was relatively flat like last year, defying trends from the earlier years that had transmission increase pre-Thanksgiving.

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

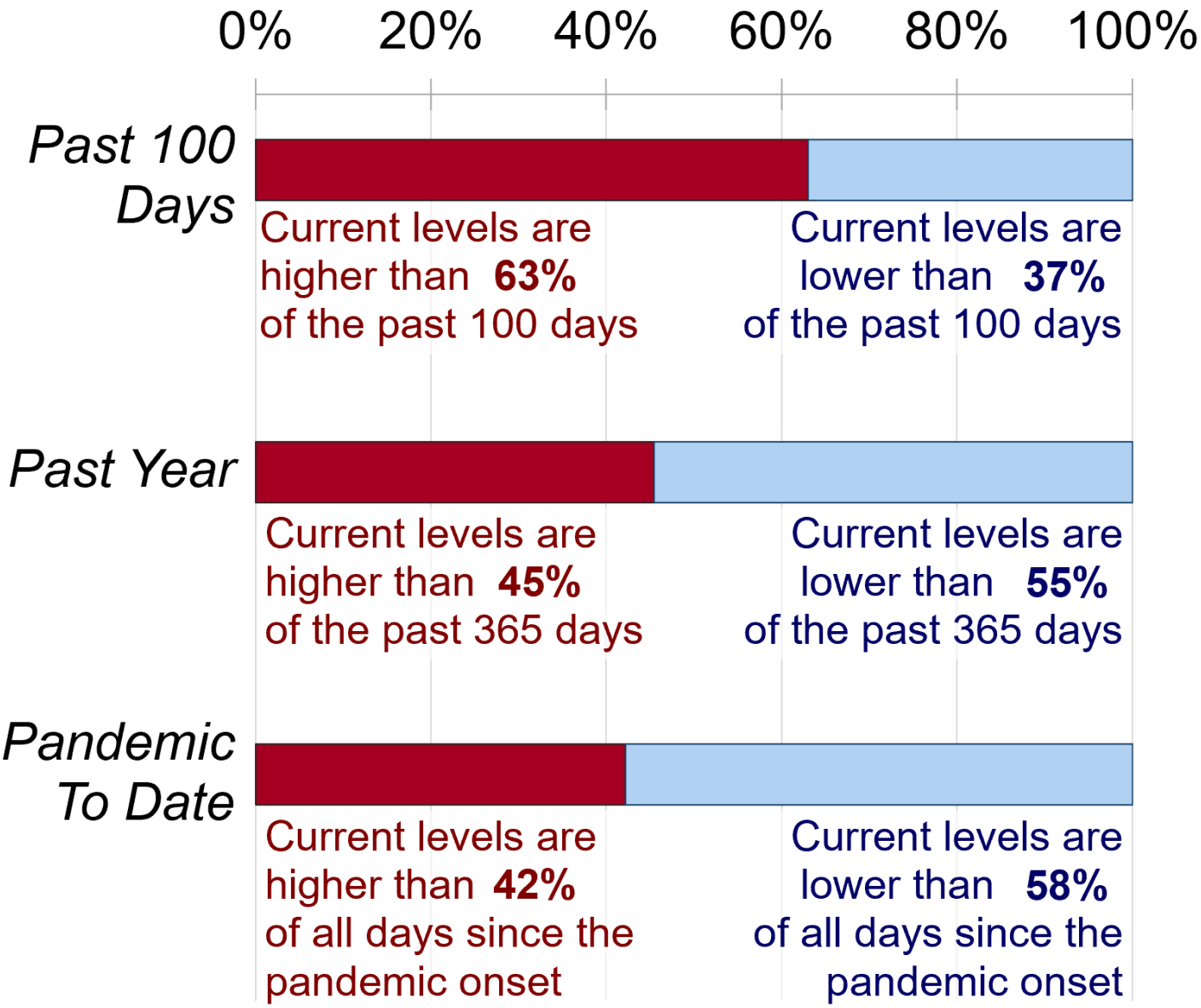
Dec 8, 2025 pmc19.com/data

Number of People	Chances Anyone is Infectious
1	1.0%
2	1.9%
3	2.9%
4	3.9%
5	4.8%
10	9.4%
15	13.7%
20	17.9%
25	21.8%
30	25.6%
50	38.9%
75	52.2%
100	62.6%
200	86.0%
300	94.8%

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 102 people (1.0%) estimated actively infectious, exposure risk remains troubling in schools and much larger gatherings.

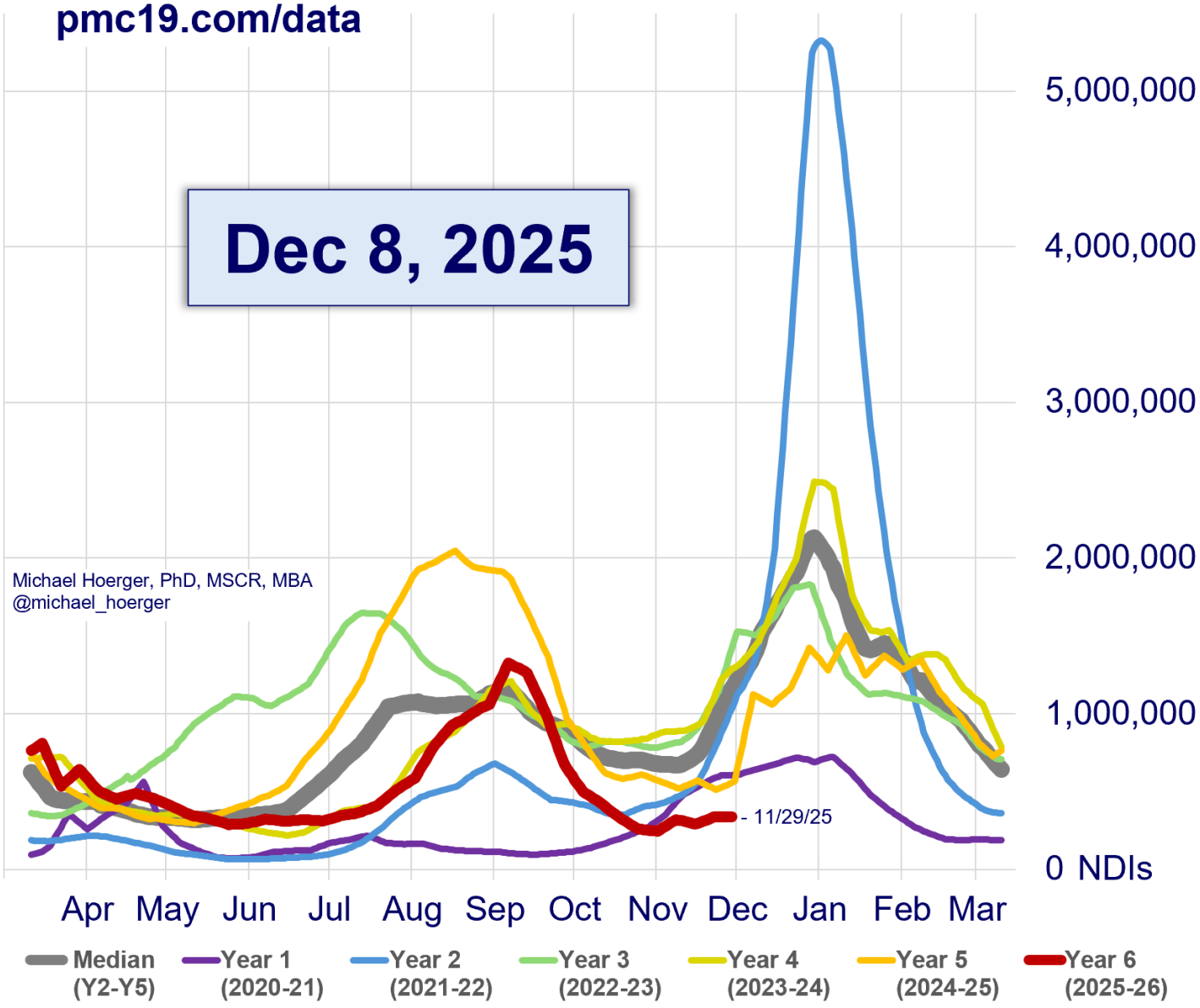
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Dec 8, 2025 pmc19.com/data



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

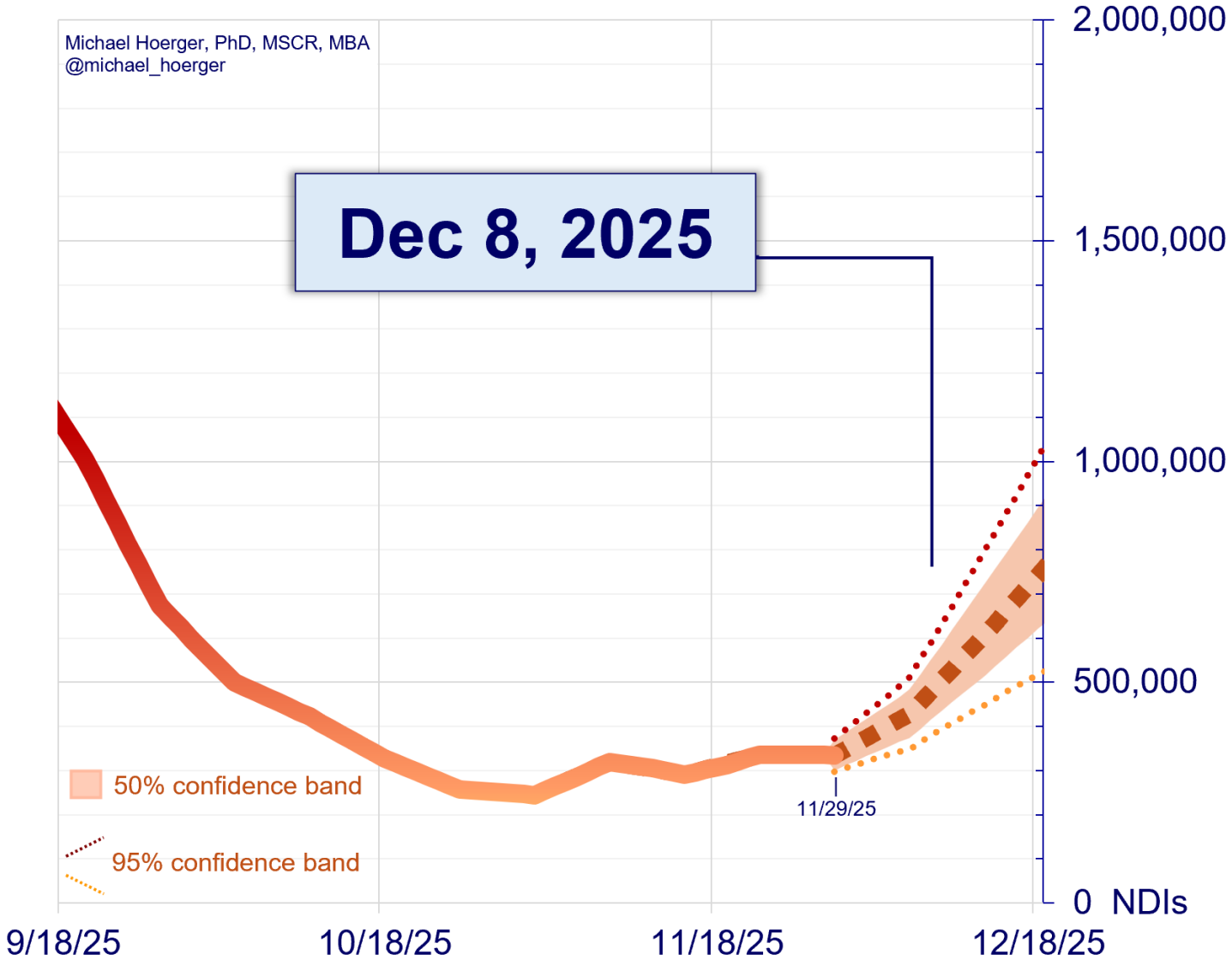
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



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 12 CDC data if following prior years' trends. Otherwise, we are headed toward an atypically optimistic winter.

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

pmc19.com/data



Transmission has percolated longer than anticipated. Our model suggests that December 8 is the last day below 500,000 new daily infections; otherwise, expect an atypically optimistic winter. The current forecast calls for a peak around Dec 27 at 1.1 million new daily infections, with a likely range of 0.6-1.5 million, barring major retroactive corrections.

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.