PMC U.S. COVID-19 Report for February 2, 2026. pmc19.com/data

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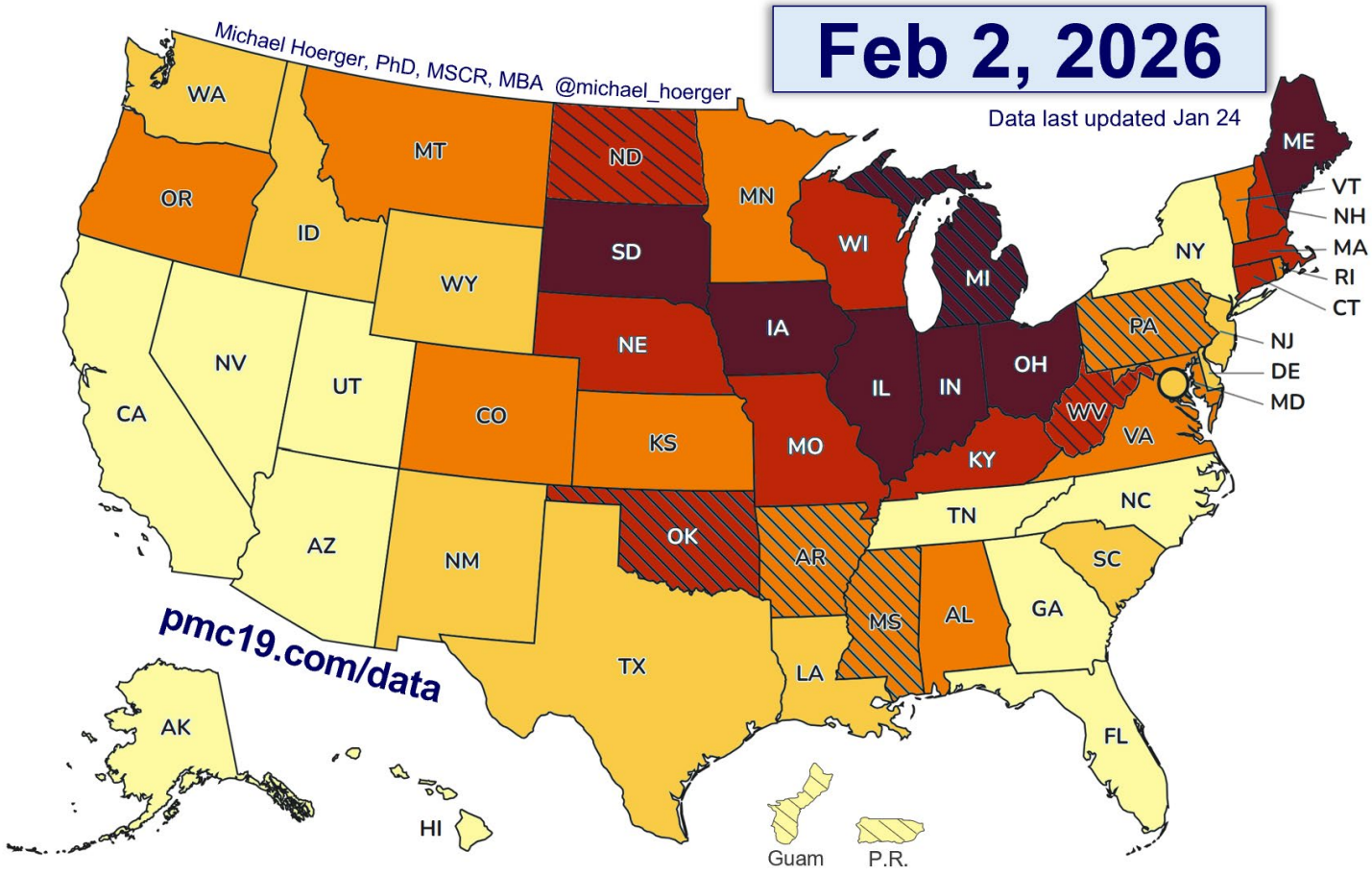

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Announcements

News

- **We've launched "Wave 2" of our Dashboard Survey (Closes Soon).** If you have not completed it in 2026, please do so! We ran an earlier version last winter (2024-25). The survey allows us to 1) document the precautions people continue to use, 2) gain feedback to improve the dashboard, and 3) gain feedback to guide future research grant submissions to gain PPE funding for people with cancer, other serious conditions, or in need and build knowledge to improve real-world public health. We will hold a community town hall, likely on Wednesday, March 11 (the 6th anniversary of the pandemic onset) to discuss the key findings. Please share the survey with anyone who uses the PMC dashboard via the website or informally through social media graphics. Link: https://tinyurl.com/pmc2026

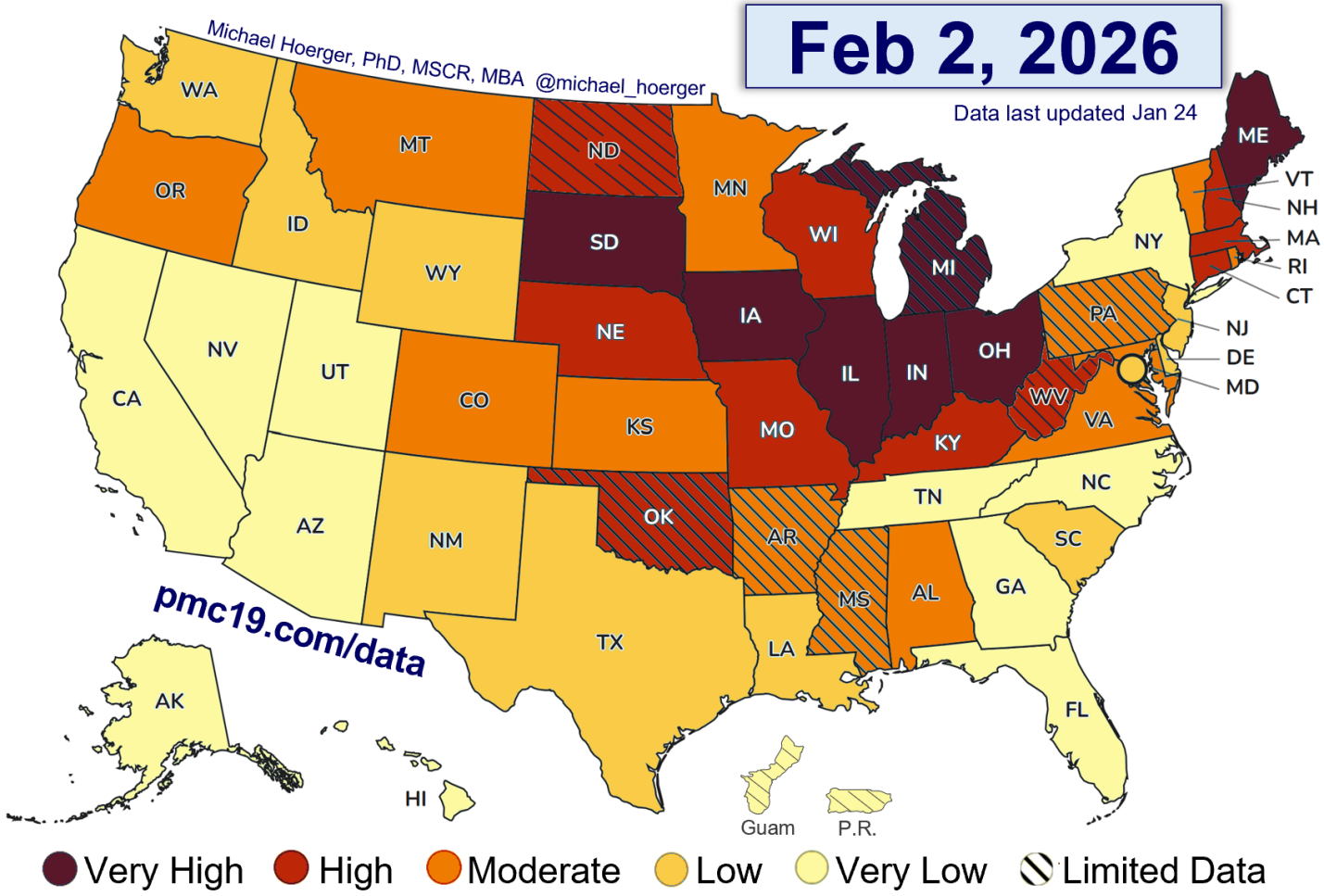
- We have provided a 1-hour summary of the state of COVID-19 intended for college audiences who may be unfamiliar with the data, news, and published literature. Link: https://www.veed.io/view/d545fed7-ef78-4be4-887e-c42eec8249ef

- We will have a new empirical article published on February 24 in a top medical journal.

Data Quality

- The CDC (80% model weight) and Biobot (20% model weight) both reported this week. Some states still have low-quality reporting, but it is much better than the past three weeks.

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



The 12th COVID wave in the U.S. peaked on January 3 with ongoing high transmission, particularly with churning transmission following the back-to-school phase. The Midwest, South, and West saw upticks in the most recent week's data. West Virginia did not report this week, and we have carried over the prior week's value, which is similar to an imputed value based on adjacent states. The Northeast saw declining transmission, on average, but note that data quality is poor in WV, PA, and NY.

COVID-19 State Prevalence Estimates

pmc19.com/data

Feb 2, 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	Moderate	1 in 54 (1.9%)	17%	37%	61%	85%
Alaska	Very Low	1 in 115 (0.9%)	8%	20%	35%	58%
Arizona	Very Low	1 in 152 (0.7%)	6%	15%	28%	48%
Arkansas	Moderate*	1 in 46 (2.2%)	20%	43%	67%	89%
California	Very Low	1 in 197 (0.5%)	5%	12%	22%	40%
Colorado	Moderate	1 in 54 (1.9%)	17%	37%	61%	85%
Connecticut	**High**	1 in 40 (2.5%)	22%	47%	71%	92%
Delaware	Low	1 in 67 (1.5%)	14%	31%	53%	78%
District of Columbia	Low	1 in 72 (1.4%)	13%	29%	50%	75%
Florida	Very Low	1 in 165 (0.6%)	6%	14%	26%	46%
Georgia	Very Low	1 in 176 (0.6%)	6%	13%	25%	43%
Guam	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Hawaii	Very Low	1 in 155 (0.6%)	6%	15%	28%	48%
Idaho	Low	1 in 103 (1.0%)	9%	22%	38%	62%
Illinois	**Very High**	1 in 24 (4.2%)	35%	66%	88%	99%
Indiana	**Very High**	1 in 20 (5.1%)	41%	73%	93%	>99%
Iowa	**Very High**	1 in 22 (4.5%)	37%	68%	90%	99%
Kansas	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
Kentucky	**High**	1 in 29 (3.4%)	29%	58%	82%	97%
Louisiana	Low	1 in 97 (1.0%)	10%	23%	40%	65%
Maine	**Very High**	1 in 27 (3.8%)	32%	62%	85%	98%
Maryland	Moderate	1 in 53 (1.9%)	17%	38%	61%	85%
Massachusetts	**High**	1 in 40 (2.5%)	22%	47%	71%	92%
Michigan	**Very High***	1 in 28 (3.6%)	31%	60%	84%	97%
Minnesota	Moderate	1 in 55 (1.8%)	17%	37%	60%	84%
Mississippi	Moderate*	1 in 42 (2.4%)	21%	45%	70%	91%

* Limited data reporting

Data last updated Jan 24

COVID-19 State Prevalence Estimates

pmc19.com/data

Feb 2, 2026

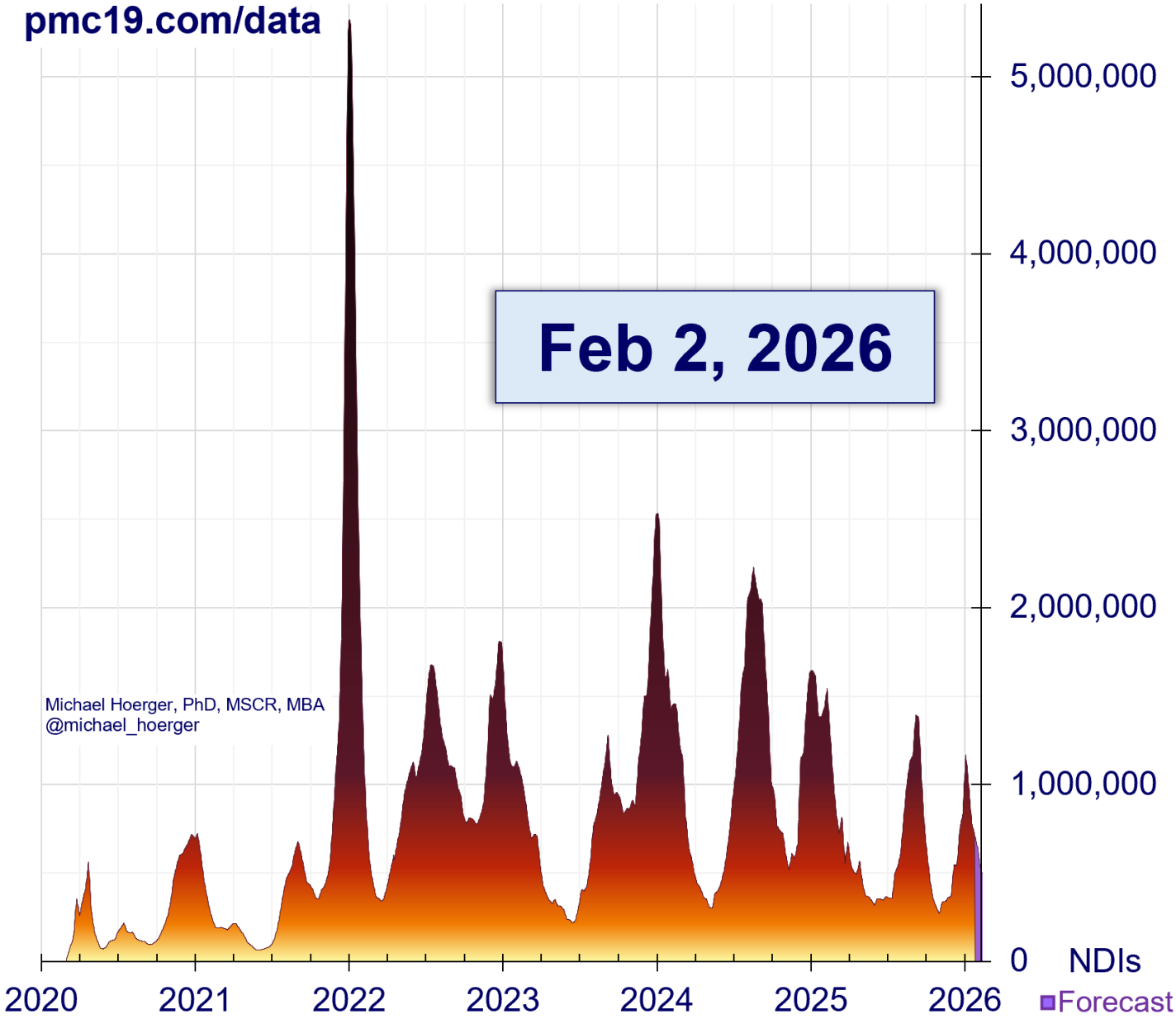
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	**High**	1 in 36 (2.8%)	24%	50%	75%	94%
Montana	Moderate	1 in 51 (1.9%)	18%	39%	63%	86%
Nebraska	**High**	1 in 40 (2.5%)	22%	47%	72%	92%
Nevada	Very Low	1 in 180 (0.6%)	5%	13%	24%	43%
New Hampshire	**High**	1 in 31 (3.2%)	28%	56%	81%	96%
New Jersey	Low	1 in 83 (1.2%)	11%	26%	45%	70%
New Mexico	Low	1 in 100 (1.0%)	10%	22%	40%	64%
New York (poor data)	Very Low	1 in 209 (0.5%)	5%	11%	21%	38%
North Carolina	Very Low	1 in 123 (0.8%)	8%	18%	34%	56%
North Dakota	**High***	1 in 33 (3.0%)	26%	54%	78%	95%
Ohio	**Very High**	1 in 23 (4.4%)	36%	67%	89%	99%
Oklahoma	**High***	1 in 38 (2.6%)	23%	48%	73%	93%
Oregon	Moderate	1 in 60 (1.7%)	15%	34%	57%	81%
Pennsylvania	Moderate*	1 in 65 (1.5%)	14%	32%	54%	79%
Rhode Island	Moderate	1 in 61 (1.6%)	15%	34%	56%	81%
South Carolina	Low	1 in 86 (1.2%)	11%	25%	44%	69%
South Dakota	**Very High**	1 in 19 (5.3%)	42%	75%	94%	>99%
Tennessee	Very Low	1 in 157 (0.6%)	6%	15%	27%	47%
Texas	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Utah	Very Low	1 in 192 (0.5%)	5%	12%	23%	41%
Vermont	Moderate	1 in 57 (1.8%)	16%	36%	59%	83%
Virginia	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Washington	Low	1 in 83 (1.2%)	11%	26%	45%	70%
West Virginia (1 week lag)	**High***	1 in 40 (2.5%)	22%	47%	71%	92%
Wisconsin	**High**	1 in 31 (3.2%)	28%	56%	81%	96%
Wyoming	Low	1 in 80 (1.3%)	12%	27%	47%	72%

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

Data last updated Jan 24

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly. Reporting in New York remains poor. West Virginia did not report this week.

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



Transmission has fallen to about half that of the most recent (12th) wave's peak. Notice that current transmission is similar to the peaks of the first 3 waves of the pandemic. Last winter's wave was retroactively corrected upward in the CDC data – approximately double – so keep that in mind if wellness influencers minimize the current wave as "mild."

National COVID-19 Estimates (U.S.)

Feb 2, 2026 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 80 (1.2%)
New Daily Infections	608,000
Infections the Past Week	4,540,000
Infections in 2026	28,000,000
Cumulative Infections per Person	5.05

Long COVID

Long COVID Cases Resulting from New Daily Infections	30,000 to 122,000
Long COVID Cases Resulting from New Weekly Infections	227,000 to 910,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	180 to 290
Excess Deaths Resulting from New Weekly Infections	1,300 to 2,200

The U.S. has surpassed an estimated average of 5 SARS-CoV-2 infections per person. We estimate >500,000 new daily infections for the 60th day in a row.

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

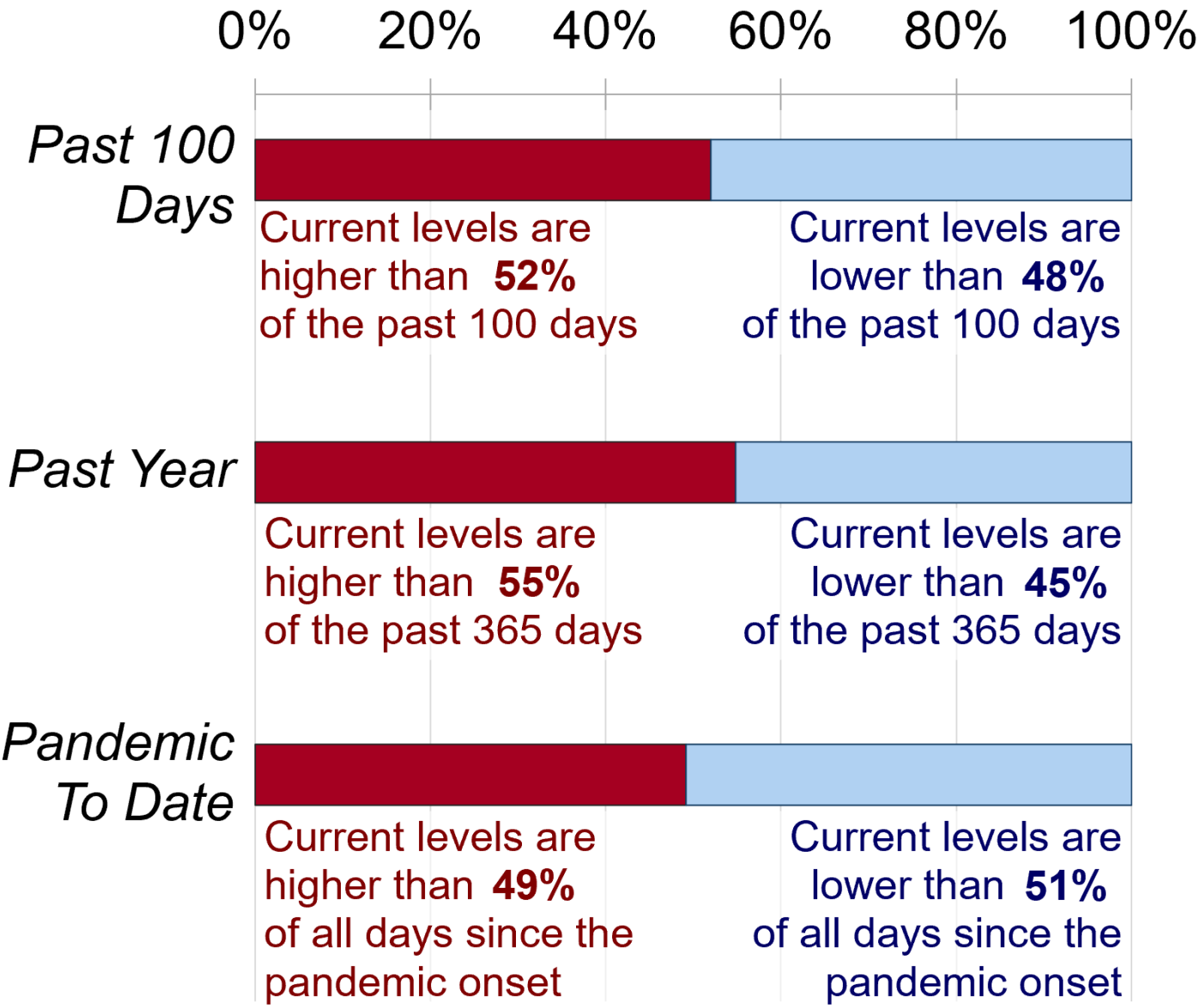
Feb 2, 2026 **pmc19.com/data**

Number of People	Chances Anyone is Infectious
1	1.2%
2	2.5%
3	3.7%
4	4.9%
5	6.1%
10	11.8%
15	17.1%
20	22.1%
25	26.8%
30	31.3%
50	46.5%
75	60.9%
100	71.4%
200	91.8%
300	97.7%

In a room of 25 people representative of the U.S. population, there would be a 27% chance of an exposure if there were no testing and isolation protocols.

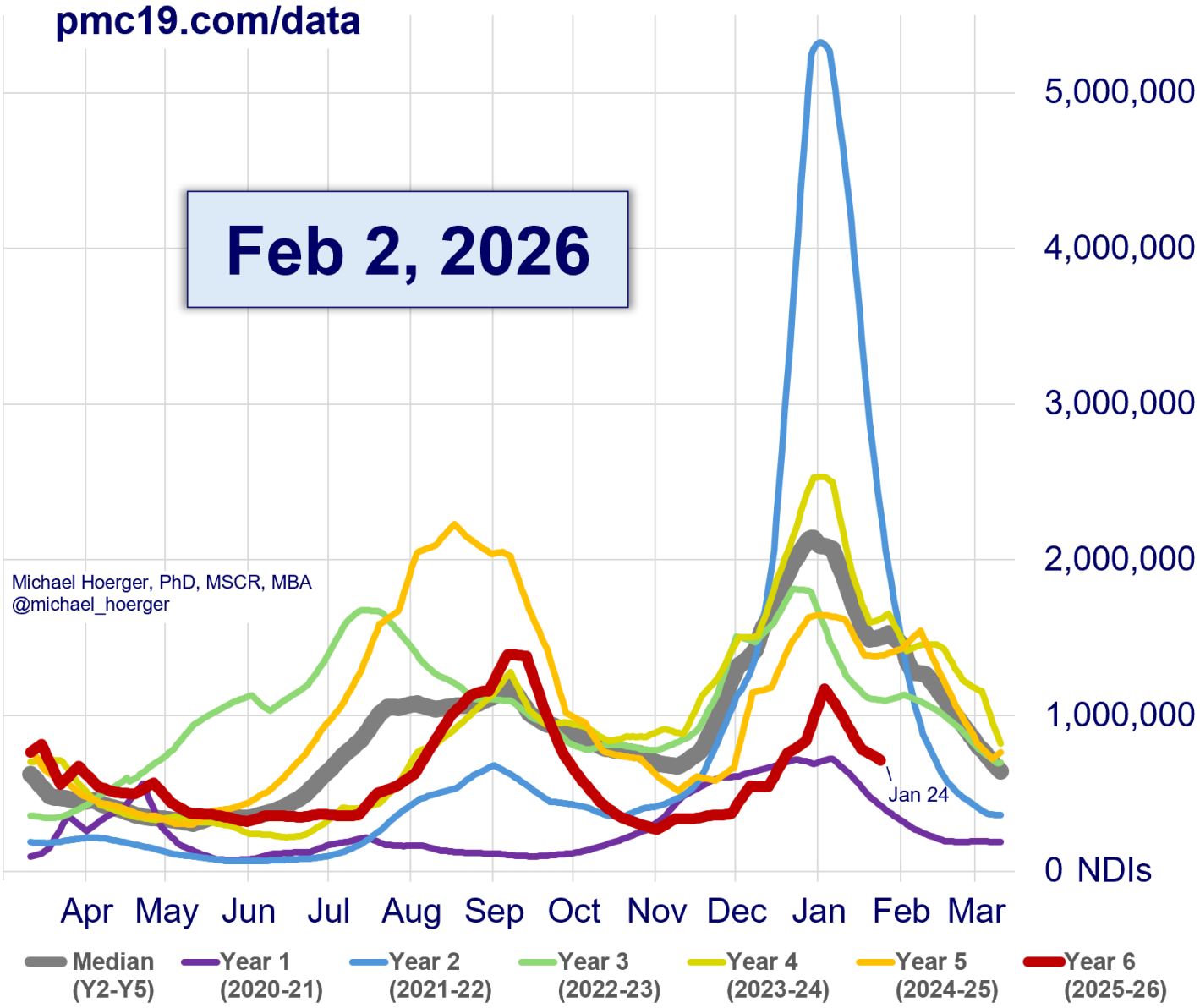
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Feb 2, 2026 pmc19.com/data



If one were to line up all days since the pandemic onset, it would be a coin toss whether today's transmission would be higher or lower than a randomly selected day. The COVID-19 pandemic persists.

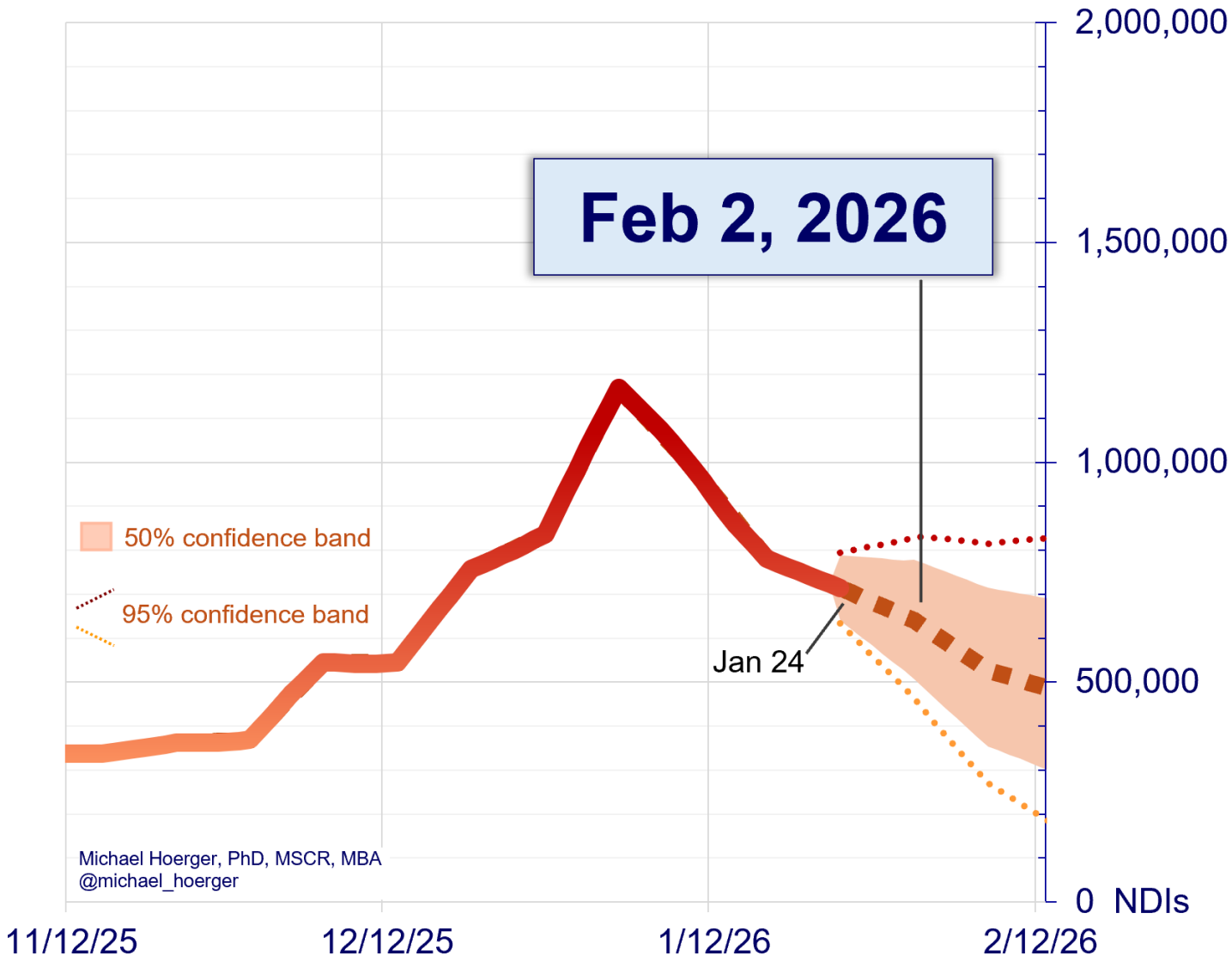
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



As with the past 3 years, late January transmission has percolated, rather than declined steeply.

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

pmc19.com/data



Transmission is anticipated to continue to decline slowly heading into mid-to-late February.

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.