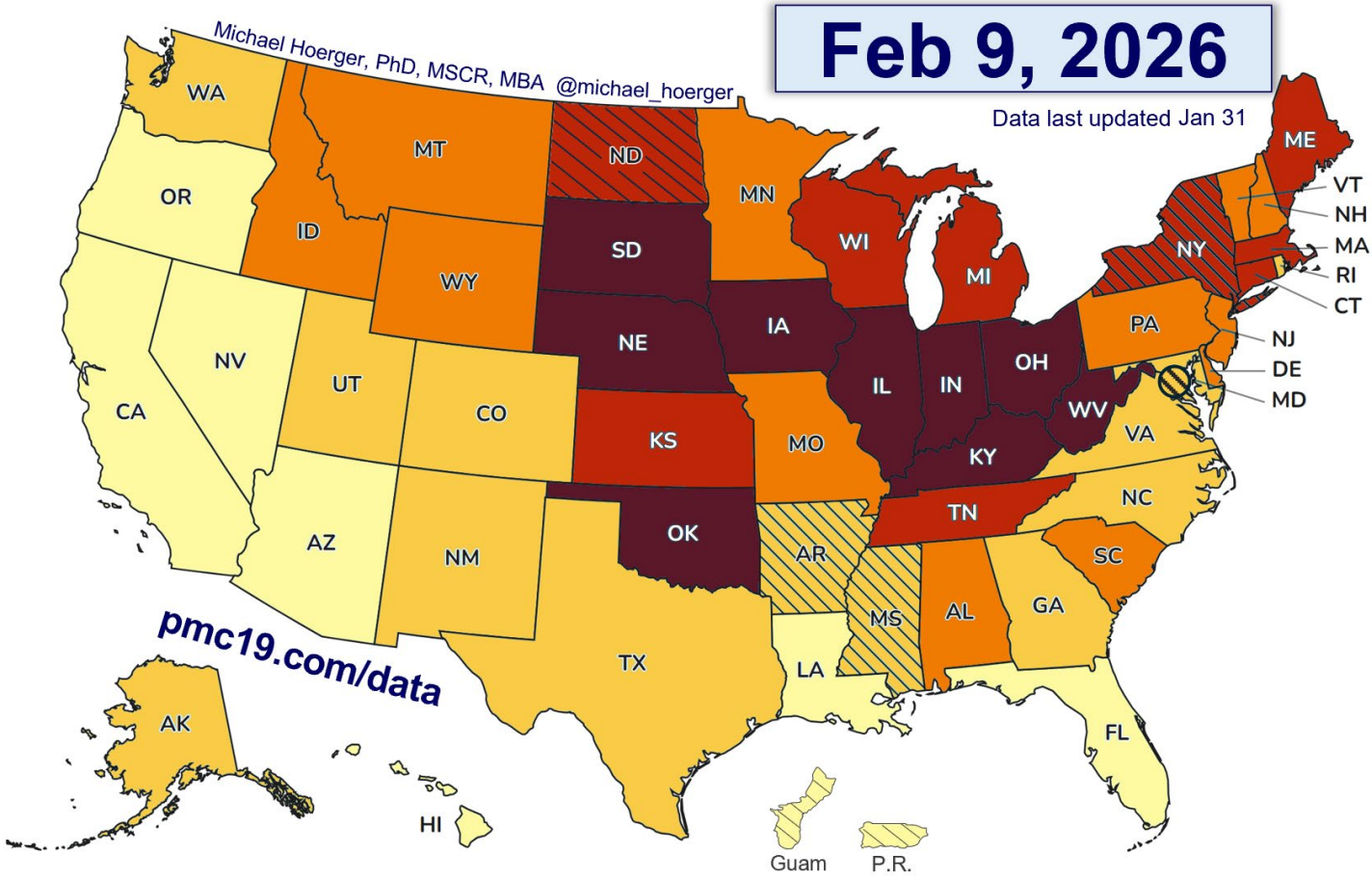
PMC U.S. COVID-19 Report for February 9, 2026. pmc19.com/data

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



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Announcements

News

- **We've launched "Wave 2" of our Dashboard Survey (Closes Feb 17).** 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

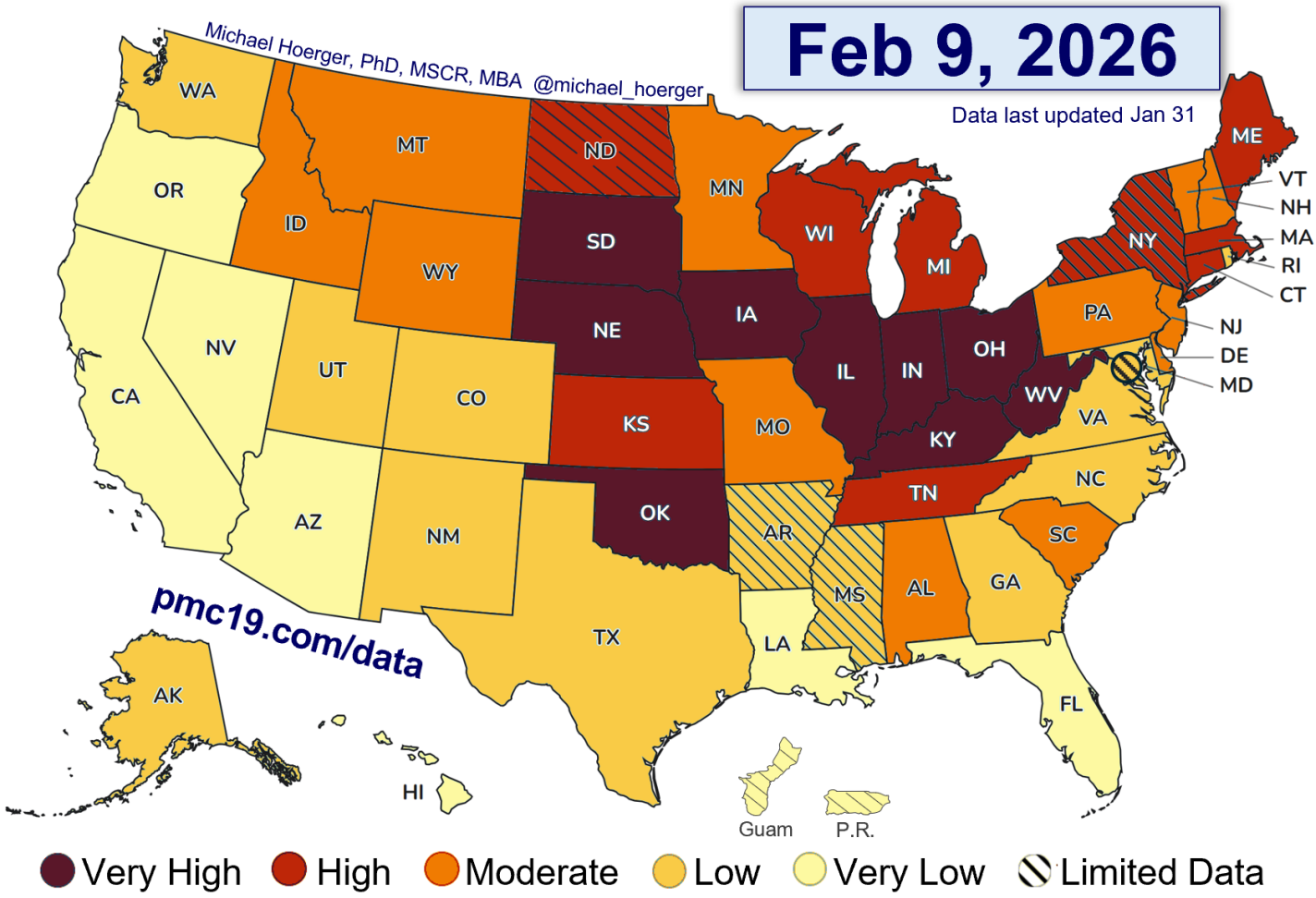
- We have provided a 1-hour summary of the state of COVID-19 intended for college audiences who may be unfamiliar with the data, news, and published literature. Link: https://www.veed.io/view/d545fed7-ef78-4be4-887e-c42eec8249ef

- 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 month.

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 and Northeast saw upticks in the most recent week's data. DC 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. Note that New York state estimates are highly volatile due to extremely poor reporting the past 8 months.

COVID-19 State Prevalence Estimates

pmc19.com/data

Feb 9, 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 56 (1.8%)	16%	36%	59%	83%
Alaska	Low	1 in 94 (1.1%)	10%	23%	41%	66%
Arizona	Very Low	1 in 152 (0.7%)	6%	15%	28%	48%
Arkansas	Low*	1 in 67 (1.5%)	14%	31%	53%	78%
California	Very Low	1 in 195 (0.5%)	5%	12%	23%	40%
Colorado	Low	1 in 75 (1.3%)	13%	29%	49%	74%
Connecticut	**High**	1 in 39 (2.6%)	23%	48%	73%	93%
Delaware	Moderate	1 in 44 (2.3%)	20%	43%	68%	90%
District of Columbia (1 wk lag)	Low*	1 in 71 (1.4%)	13%	30%	51%	76%
Florida	Very Low	1 in 140 (0.7%)	7%	16%	30%	51%
Georgia	Low	1 in 98 (1.0%)	10%	23%	40%	64%
Guam	Very Low	1 in 188 (0.5%)	5%	12%	23%	41%
Hawaii	Very Low	1 in 149 (0.7%)	7%	15%	29%	49%
Idaho	Moderate	1 in 54 (1.8%)	17%	37%	61%	85%
Illinois	**Very High**	1 in 27 (3.8%)	32%	62%	85%	98%
Indiana	**Very High**	1 in 21 (4.8%)	39%	70%	91%	>99%
Iowa	**Very High**	1 in 26 (3.9%)	33%	63%	86%	98%
Kansas	**High**	1 in 41 (2.4%)	22%	46%	71%	91%
Kentucky	**Very High**	1 in 17 (5.9%)	45%	78%	95%	>99%
Louisiana	Very Low	1 in 169 (0.6%)	6%	14%	26%	45%
Maine	**High**	1 in 31 (3.2%)	28%	56%	80%	96%
Maryland	Low	1 in 81 (1.2%)	12%	27%	46%	71%
Massachusetts	**High**	1 in 29 (3.4%)	29%	58%	82%	97%
Michigan	**High**	1 in 35 (2.8%)	25%	51%	76%	94%
Minnesota	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%
Mississippi	Low*	1 in 79 (1.3%)	12%	27%	47%	72%

* Limited data reporting

Data last updated Jan 31

DC did not report this week.

COVID-19 State Prevalence Estimates

pmc19.com/data *Feb 9, 2026*

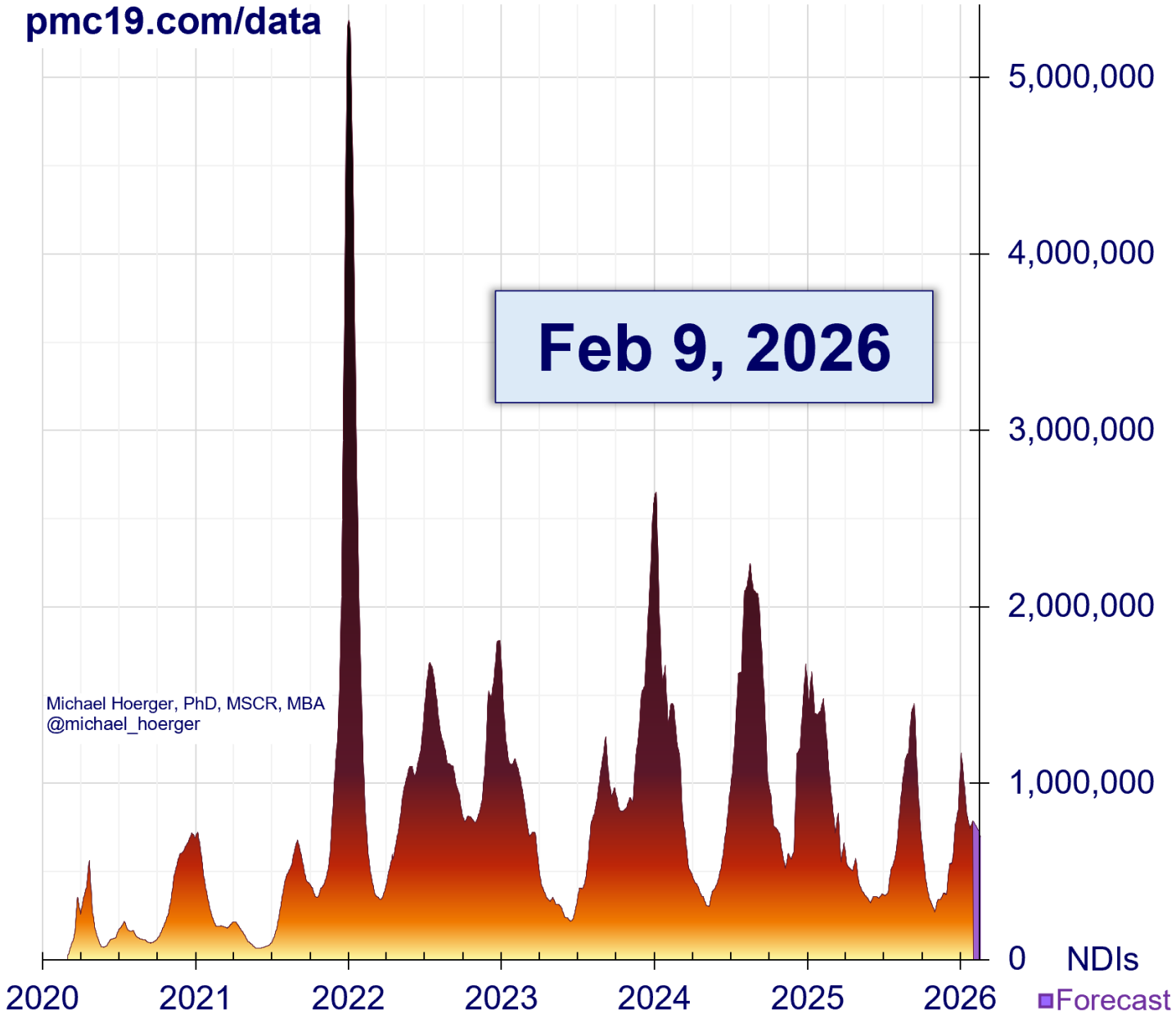
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Moderate	1 in 43 (2.3%)	21%	44%	69%	90%
Montana	Moderate	1 in 63 (1.6%)	15%	33%	55%	80%
Nebraska	**Very High**	1 in 23 (4.4%)	36%	67%	89%	99%
Nevada	Very Low	1 in 155 (0.6%)	6%	15%	28%	48%
New Hampshire	Moderate	1 in 49 (2.0%)	19%	40%	64%	87%
New Jersey	Moderate	1 in 60 (1.7%)	15%	34%	57%	81%
New Mexico	Low	1 in 68 (1.5%)	14%	31%	52%	77%
New York	**High***	1 in 37 (2.7%)	24%	50%	75%	94%
North Carolina	Low	1 in 76 (1.3%)	12%	28%	48%	73%
North Dakota	**High***	1 in 29 (3.5%)	30%	59%	83%	97%
Ohio	**Very High**	1 in 25 (4.0%)	34%	64%	87%	98%
Oklahoma	**Very High**	1 in 28 (3.6%)	31%	60%	84%	97%
Oregon	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
Pennsylvania	Moderate	1 in 53 (1.9%)	17%	38%	62%	85%
Rhode Island	Low	1 in 66 (1.5%)	14%	32%	53%	78%
South Carolina	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%
South Dakota	**Very High**	1 in 15 (6.8%)	50%	83%	97%	>99%
Tennessee	**High**	1 in 35 (2.8%)	25%	51%	76%	94%
Texas	Low	1 in 85 (1.2%)	11%	26%	45%	69%
Utah	Low	1 in 74 (1.4%)	13%	29%	50%	75%
Vermont	Moderate	1 in 47 (2.1%)	19%	42%	66%	88%
Virginia	Low	1 in 96 (1.0%)	10%	23%	41%	65%
Washington	Low	1 in 107 (0.9%)	9%	21%	38%	61%
West Virginia	**Very High**	1 in 15 (6.6%)	50%	82%	97%	>99%
Wisconsin	**High**	1 in 30 (3.3%)	29%	57%	82%	97%
Wyoming	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%

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

Data last updated Jan 31

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.

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



The present (12th) wave follows the pattern of last winter, albeit with a lower peak, and closely resembles the late summer 2023 wave. 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 9, 2026 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 65 (1.5%)
New Daily Infections	752,000
Infections the Past Week	5,350,000
Infections in 2026	35,000,000
Cumulative Infections per Person	5.07

Long COVID

Long COVID Cases Resulting from New Daily Infections	38,000 to 150,000
Long COVID Cases Resulting from New Weekly Infections	268,000 to 1,070,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	210 to 360
Excess Deaths Resulting from New Weekly Infections	1,500 to 2,500

Notice that transmission is percolating around 750,000 new daily infections or 1.5% of the population actively infectious. Weekly excess deaths remain near 2,000.

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

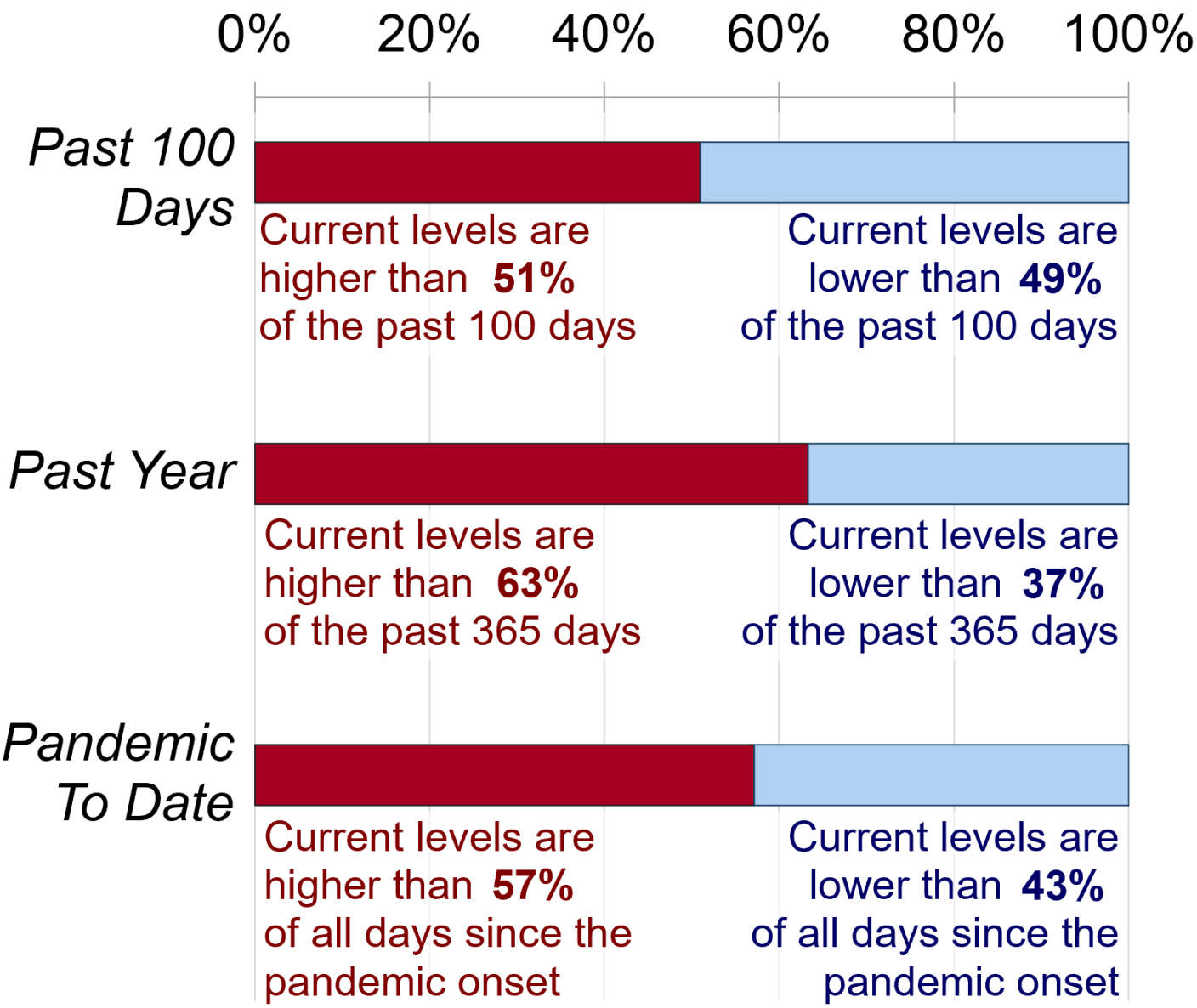
Feb 9, 2026 **pmc19.com/data**

Number of People	Chances Anyone is Infectious
1	1.5%
2	3.0%
3	4.5%
4	6.0%
5	7.4%
10	14.3%
15	20.7%
20	26.6%
25	32.1%
30	37.2%
50	53.9%
75	68.7%
100	78.7%
200	95.5%
300	99.0%

In a room of 25 people representative of the U.S. population, there would be a 32% chance of an exposure if there were no testing and isolation protocols.

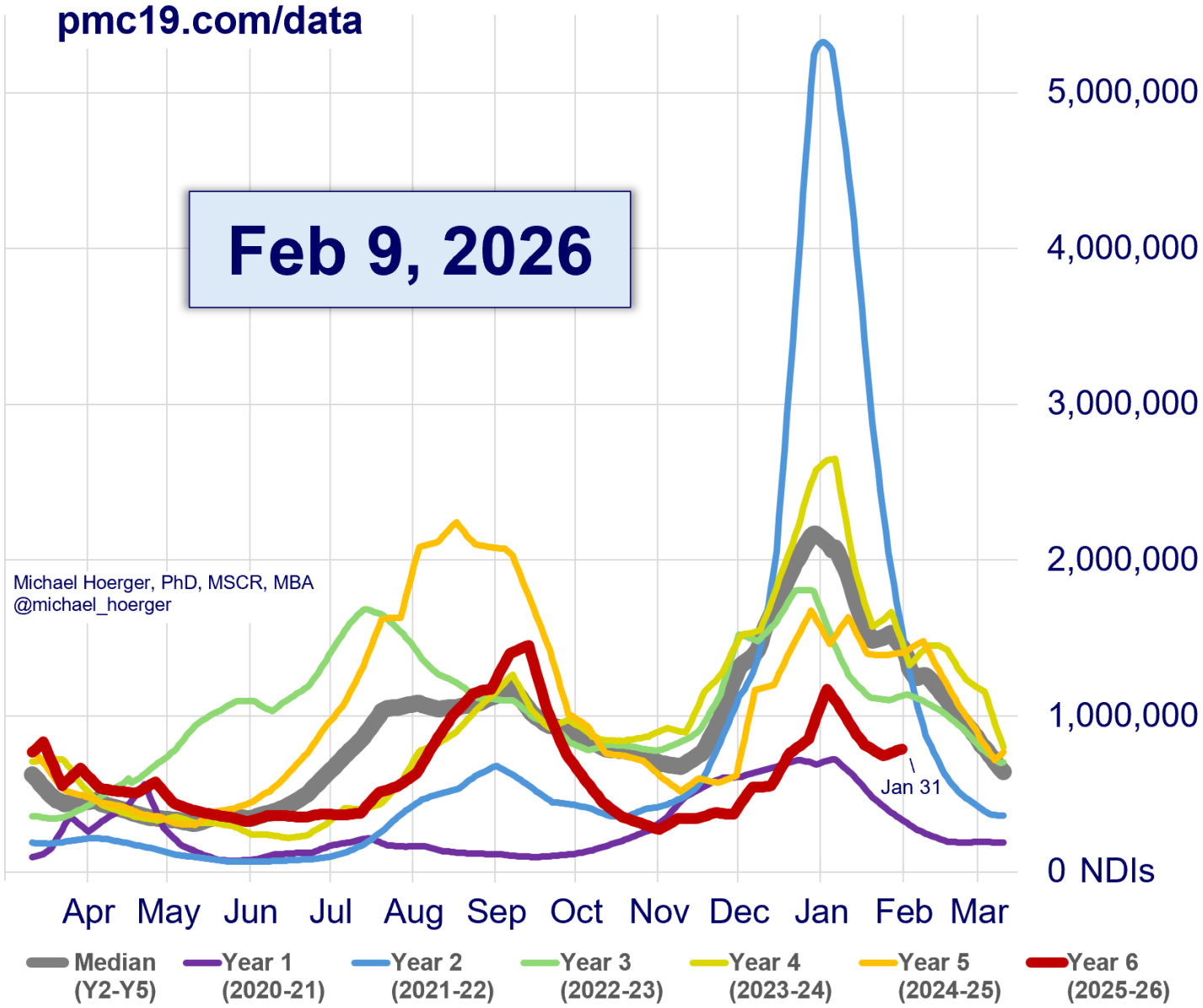
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Feb 9, 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.

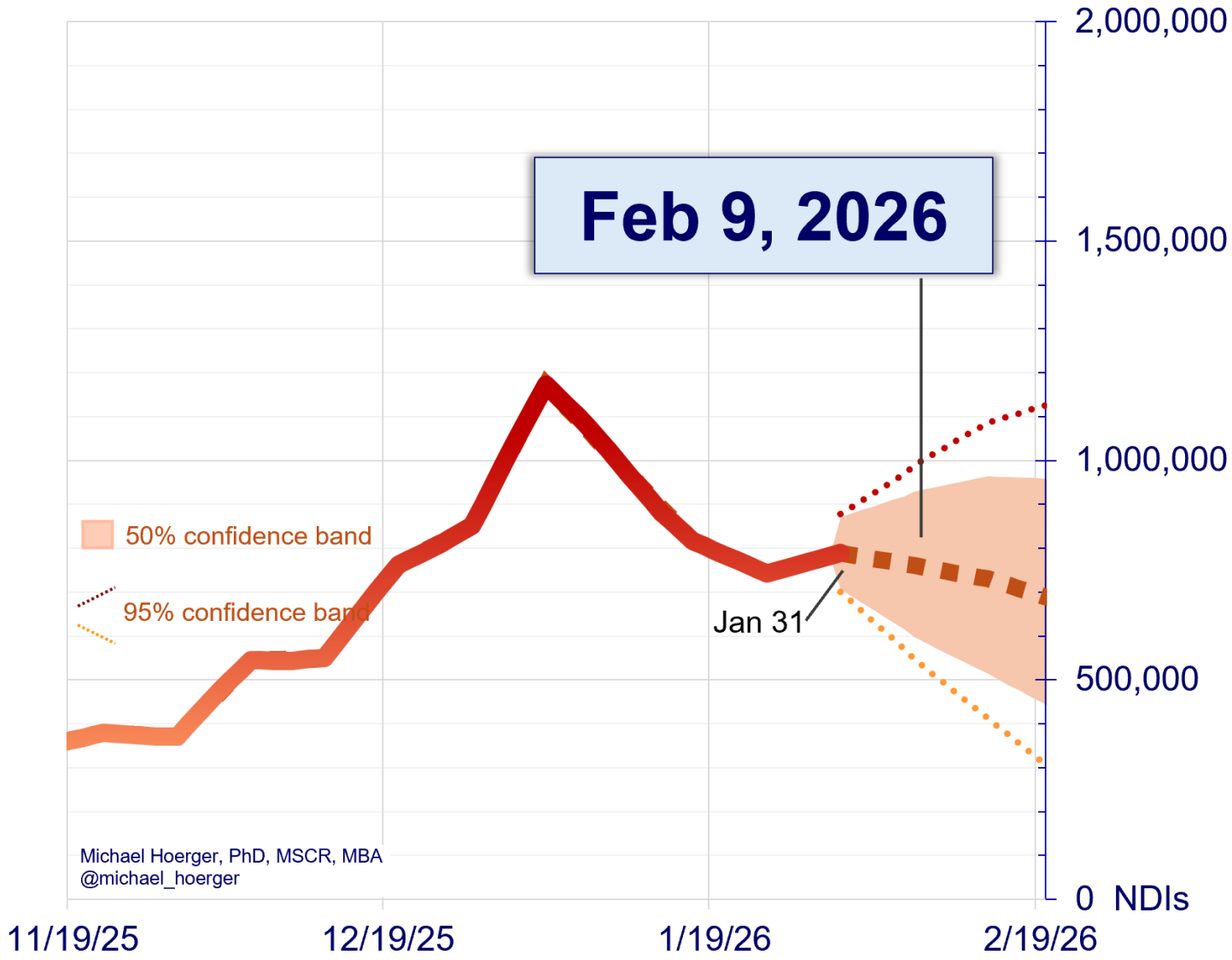
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



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. With the late January apparent rebound in transmission, the high transmission is expected to carry on longer than initially forecasted.

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.