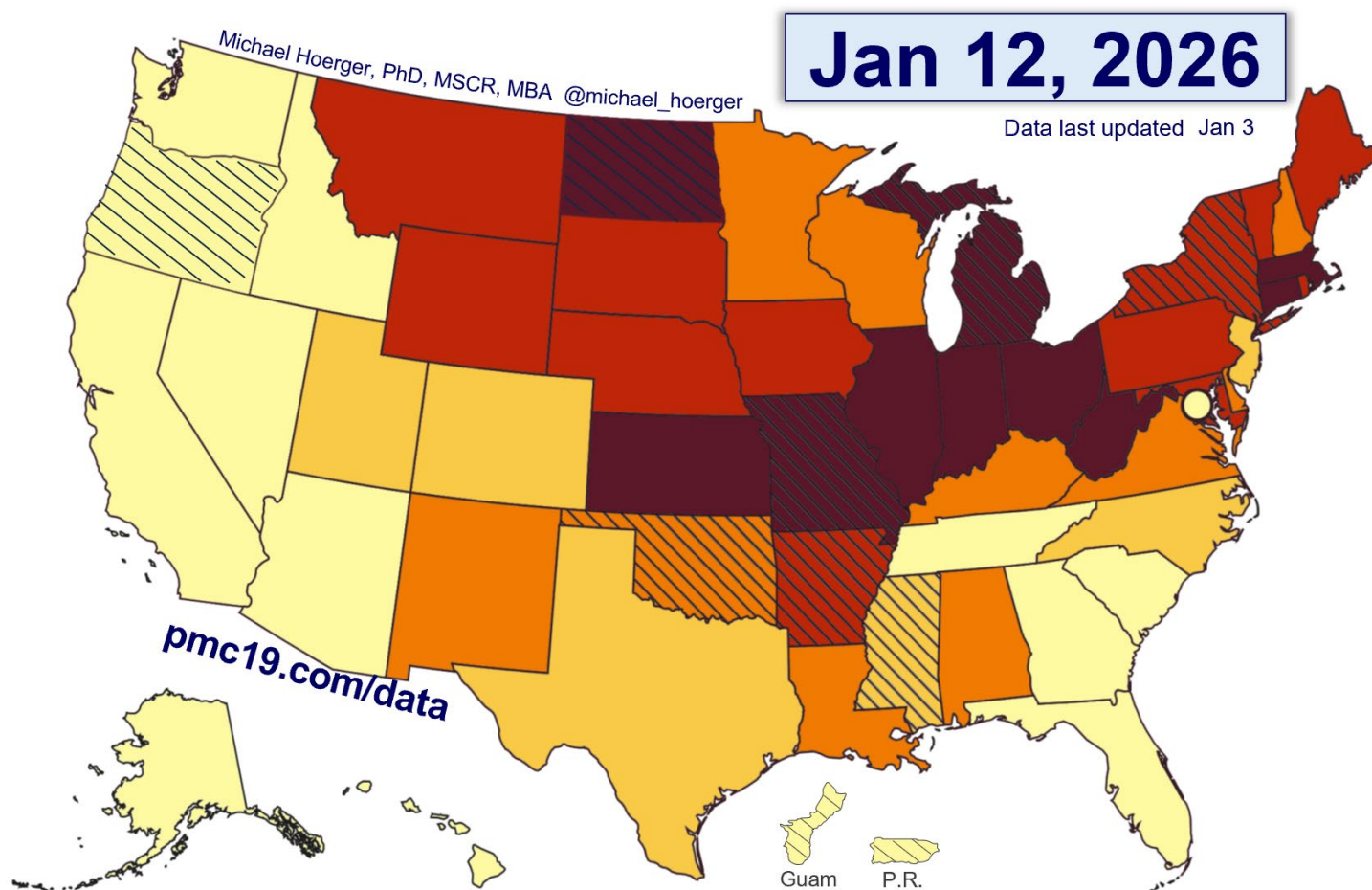# PMC U.S. COVID-19 Report for January 12, 2026. pmc19.com/data

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

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Announcements

News

- **We've launched "Wave 2" of our Dashboard Survey.** 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, 3) and gain feedback to guide future research grant submissions to gain PPE funding for people with cancer, other serious conditions, or 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

- Career scientists at the CDC published an article last week in JAMA Internal Medicine noting the U.S. has experienced >100,000 direct deaths from COVID-19 each of the past two years, far higher than those recorded on death certificates. When factoring in excess deaths, as we and Swiss Re do, the figures are still higher. Nonetheless, breaking the 100,000 threshold, and the stability of the estimate over two years, should give pause. This is comparable to adding two deadly cancers to the population. Link: http://tinyurl.com/stilldying
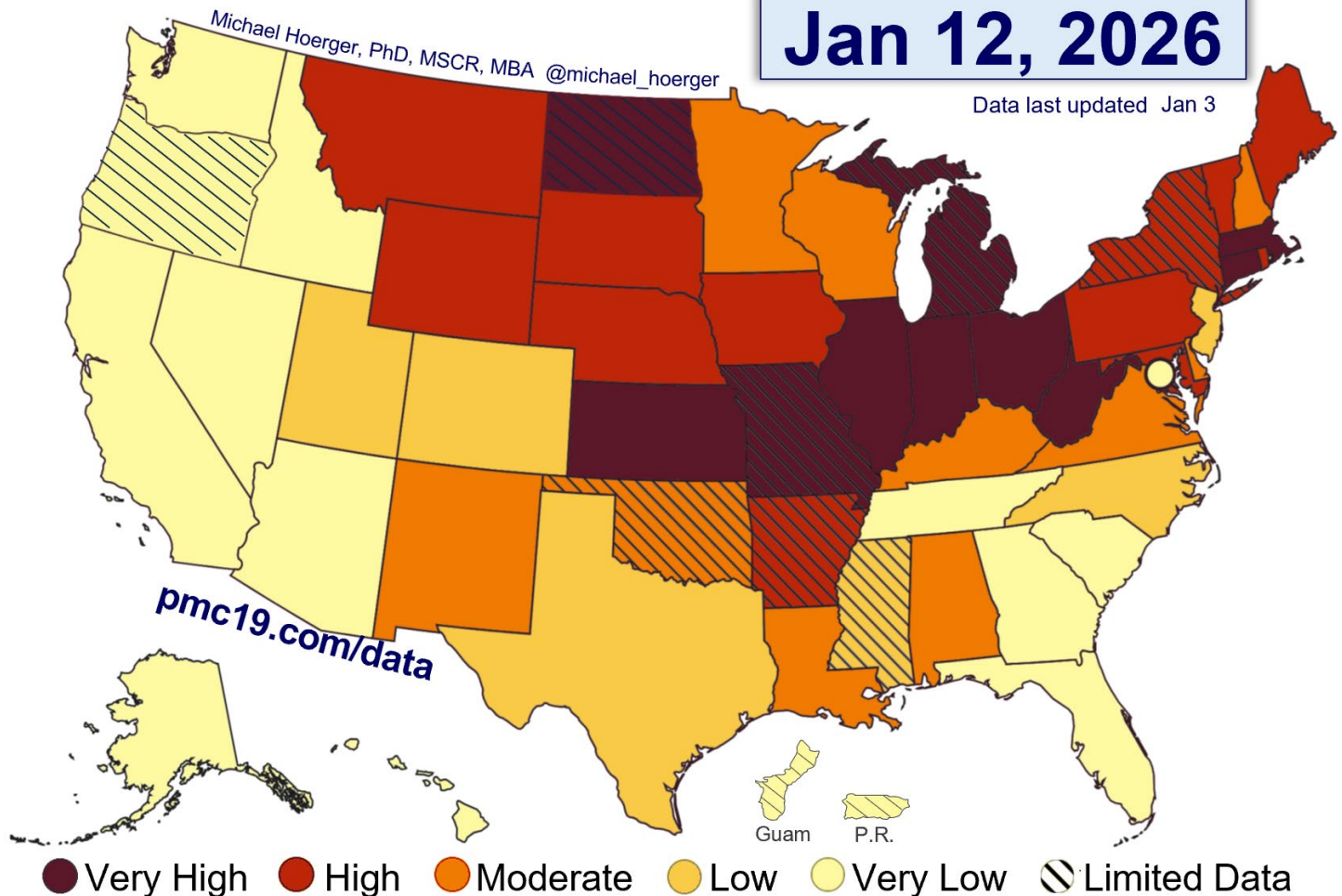
Data Quality

- The CDC (80% model weight) and Biobot (20% model weight) both reported this week. Some states still have low-quality reporting (e.g., OR, NY, MI), but it is much better than last week. Last week, the peak was corrected downward, but now that more data are in, it has been corrected upward again, closely matching the forecast from two weeks ago. A similar pattern has occurred the past two winters, in which the most infected regions (perhaps unsurprisingly) have the hardest time time with timely data reporting.

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

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Jan 12, 2026

Data last updated Jan 3

pmc19.com/data

Guam　　P.R.

● Very High　● High　● Moderate　● Low　● Very Low　⦸ Limited Data

The 12th COVID wave in the U.S. is peaking or may have peaked as early as December 27. Notice that 1/3 of the states and regions have poor data quality. The Midwest and Northeast have the highest transmission overall.

COVID-19 State Prevalence Estimates

pmc19.com/data

Jan 12, 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 45 (2.2%)	20%	43%	68%	90%
Alaska	Very Low	1 in 152 (0.7%)	6%	15%	28%	48%
Arizona	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
Arkansas	High*	1 in 36 (2.8%)	24%	50%	75%	94%
California	Very Low	1 in 245 (0.4%)	4%	10%	19%	34%
Colorado	Low	1 in 77 (1.3%)	12%	28%	48%	73%
Connecticut	Very High	1 in 24 (4.2%)	35%	66%	88%	99%
Delaware	Moderate	1 in 45 (2.2%)	20%	43%	68%	90%
District of Columbia	Very Low	1 in 161 (0.6%)	6%	14%	27%	46%
Florida	Very Low	1 in 147 (0.7%)	7%	16%	29%	49%
Georgia	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
Guam	Very Low	1 in 216 (0.5%)	5%	11%	21%	37%
Hawaii	Very Low	1 in 189 (0.5%)	5%	12%	23%	41%
Idaho	Very Low	1 in 130 (0.8%)	7%	18%	32%	54%
Illinois	Very High	1 in 27 (3.7%)	32%	61%	85%	98%
Indiana	Very High	1 in 15 (6.8%)	50%	83%	97%	>99%
Iowa	High	1 in 28 (3.6%)	31%	60%	84%	97%
Kansas	Very High	1 in 25 (4.0%)	33%	64%	87%	98%
Kentucky	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%
Louisiana	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%
Maine	High	1 in 32 (3.1%)	27%	54%	79%	96%
Maryland	High	1 in 35 (2.9%)	25%	51%	76%	94%
Massachusetts	Very High	1 in 27 (3.7%)	31%	61%	85%	98%
Michigan	Very High*	1 in 21 (4.7%)	38%	70%	91%	>99%
Minnesota	Moderate	1 in 44 (2.3%)	21%	44%	68%	90%
Mississippi	Low*	1 in 71 (1.4%)	13%	30%	51%	76%

* Limited data reporting

Data last updated Jan 3

AR, MI, and MS all have low quality data reporting this week.

COVID-19 State Prevalence Estimates

pmc19.com/data

Jan 12, 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	Very High*	1 in 22 (4.5%)	37%	68%	90%	99%
Montana	High	1 in 36 (2.8%)	25%	51%	76%	94%
Nebraska	High	1 in 28 (3.6%)	30%	60%	84%	97%
Nevada	Very Low	1 in 142 (0.7%)	7%	16%	30%	51%
New Hampshire	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
New Jersey	Low	1 in 67 (1.5%)	14%	31%	53%	78%
New Mexico	Moderate	1 in 55 (1.8%)	17%	37%	60%	84%
New York	High*	1 in 29 (3.5%)	30%	59%	83%	97%
North Carolina	Low	1 in 80 (1.2%)	12%	27%	47%	71%
North Dakota	High*	1 in 38 (2.6%)	23%	48%	73%	93%
Ohio	Very High	1 in 21 (4.7%)	38%	70%	91%	>99%
Oklahoma	Moderate*	1 in 60 (1.7%)	15%	34%	57%	81%
Oregon (imputed)	Very Low*	1 in 161 (0.6%)	6%	14%	27%	46%
Pennsylvania	High	1 in 28 (3.6%)	30%	60%	84%	97%
Rhode Island	High	1 in 40 (2.5%)	22%	47%	72%	92%
South Carolina	Very Low	1 in 111 (0.9%)	9%	20%	36%	60%
South Dakota	High	1 in 36 (2.8%)	24%	50%	75%	94%
Tennessee	Very Low	1 in 119 (0.8%)	8%	19%	34%	57%
Texas	Low	1 in 90 (1.1%)	11%	24%	43%	67%
Utah	Low	1 in 98 (1.0%)	10%	23%	40%	64%
Vermont	High	1 in 30 (3.3%)	29%	57%	82%	97%
Virginia	Moderate	1 in 59 (1.7%)	16%	35%	58%	82%
Washington	Very Low	1 in 166 (0.6%)	6%	14%	26%	45%
West Virginia	Very High	1 in 14 (7.2%)	53%	85%	98%	>99%
Wisconsin	Moderate	1 in 46 (2.2%)	20%	43%	67%	89%
Wyoming	High	1 in 36 (2.8%)	25%	51%	76%	94%

* Limited reporting; ND has no data, averages MN, MT, & SD
   OR has not reported in two weeks, averages CA, WA, ID, NV

Data last updated   Jan 3

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly. Oregon has not reported this week, so we imputed their estimate. Several other states have poor data quality, including New York.

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

pmc19.com/data

Jan 12, 2026

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The U.S. is in the middle of a 12th COVID wave. The revised data suggest a higher-and-later possible peak of January 3 at 1,060,000 new daily infections. We have only peaked later than January 3 once, which was January 6 of the winter 2020-21 wave.

National COVID-19 Estimates (U.S.)

Jan 12, 2026   **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 55 (1.8%)
New Daily Infections	892,000
Infections the Past Week	5,600,000
Infections in 2026	12,000,000
Cumulative Infections per Person	4.94

Long COVID

Long COVID Cases Resulting from New Daily Infections	45,000 to 178,000
Long COVID Cases Resulting from New Weekly Infections	280,000 to 1,120,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	260 to 440
Excess Deaths Resulting from New Weekly Infections	1,600 to 2,700

If the wave has peaked, then we have dipped to approximately 900,000 new daily infections. Notice that estimated cumulative infections are approaching 5 per person.

National COVID-19 Risk Table (U.S.)
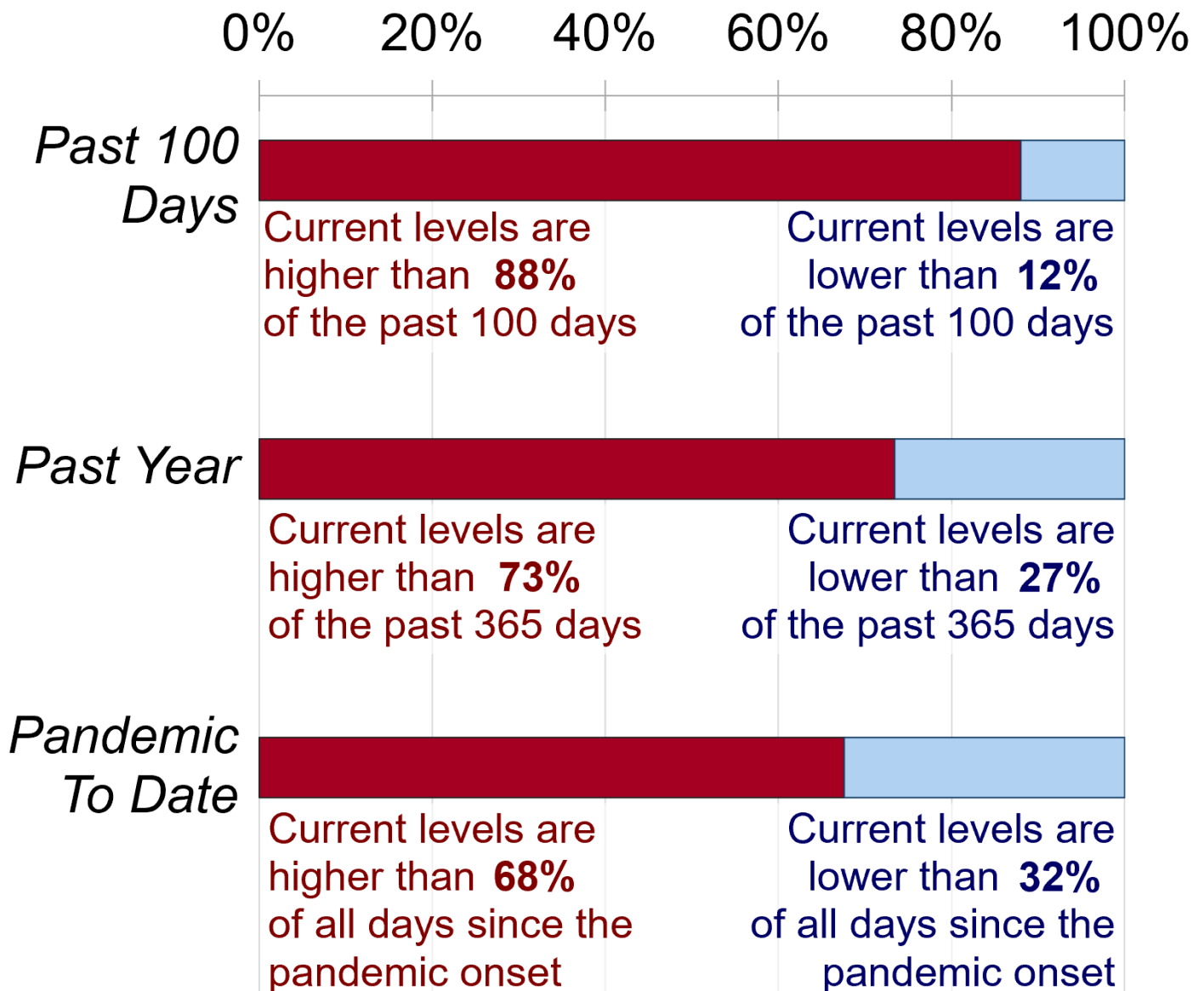
Jan 12, 2026   pmc19.com/data

Number of People	Chances Anyone is Infectious
1	1.8%
2	3.6%
3	5.4%
4	7.1%
5	8.8%
10	16.8%
15	24.1%
20	30.8%
25	36.9%
30	42.4%
50	60.1%
75	74.8%
100	84.1%
200	97.5%
300	99.6%

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 55 people (1.8%) estimated actively infectious, exposure risk remains high in group settings.
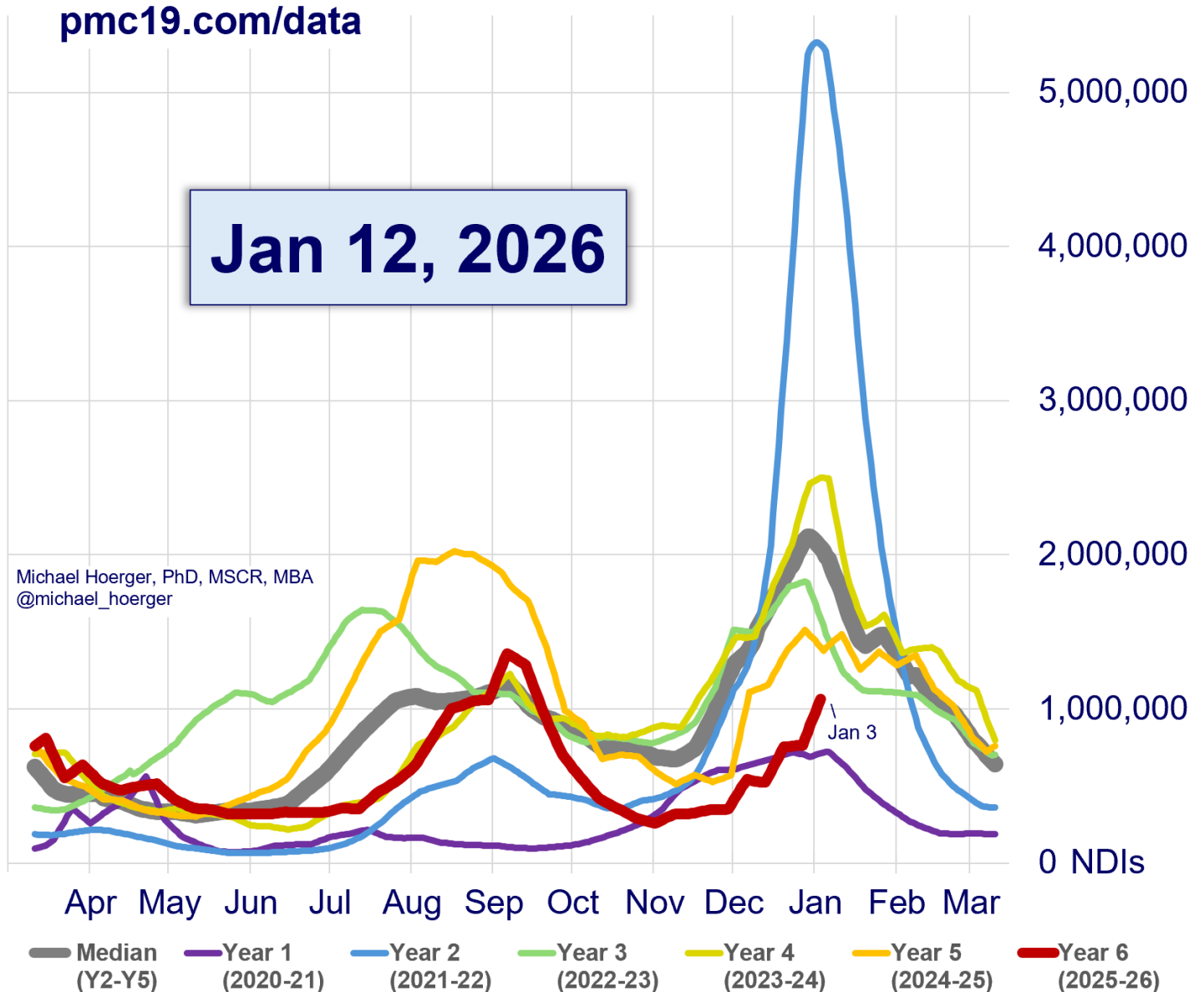
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Jan 12, 2026   **pmc19.com/data**

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

Past 100 Days

Current levels are higher than **88%** of the past 100 days

Current levels are lower than **12%** of the past 100 days

Past Year

Current levels are higher than **73%** of the past 365 days

Current levels are lower than **27%** of the past 365 days

Pandemic To Date

Current levels are higher than **68%** of all days since the pandemic onset

Current levels are lower than **32%** of all days since the pandemic onset

These gauges show high relative transmission, compared to recent months as well as the totality of the pandemic.
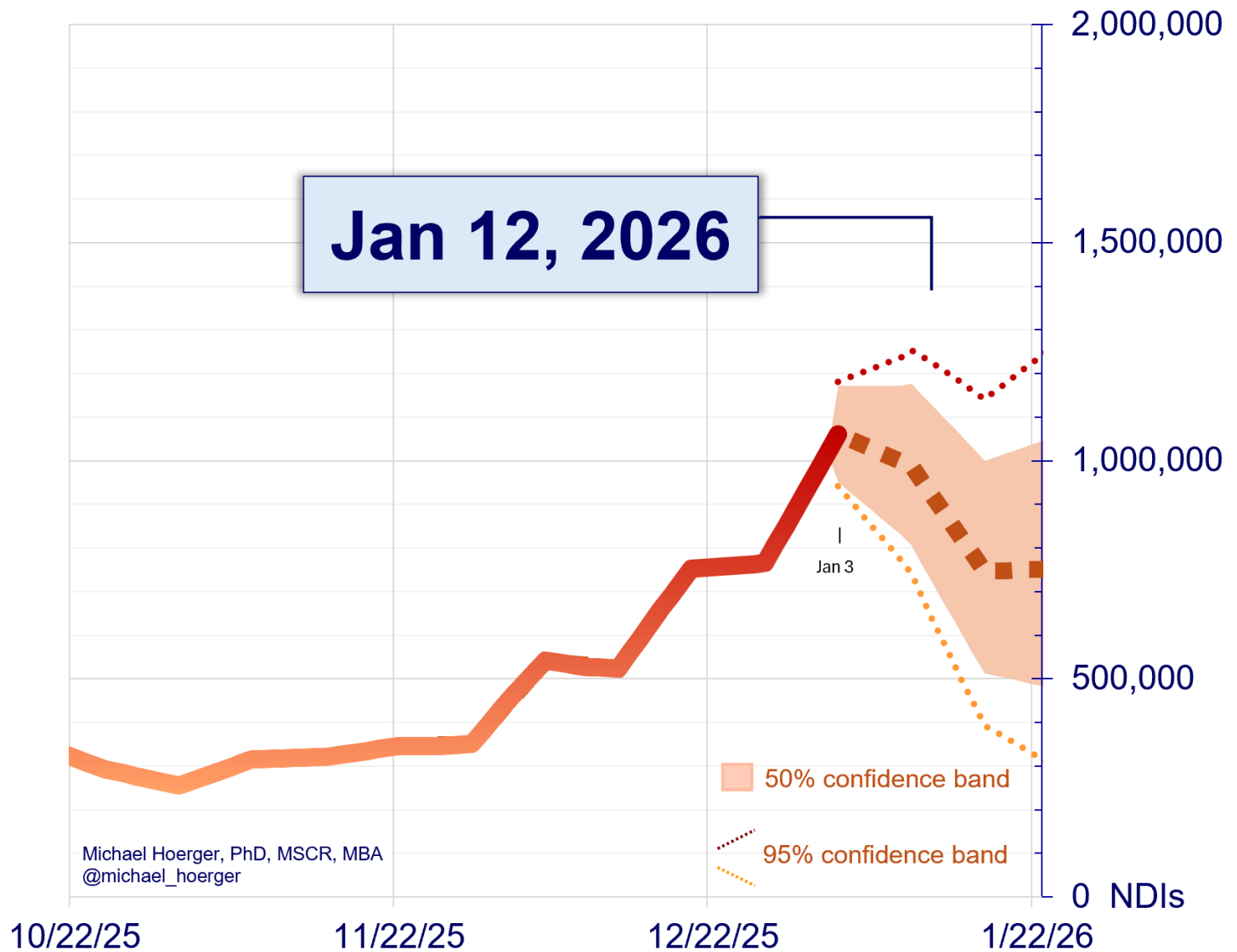
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)

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

With most of the holiday data now in, the forecast has much more certainty than last week. The central estimate suggests a slight forthcoming decline, followed by percolating transmission during back-to-school, then further declines. Last year was rockier, than that remains a possibility too.

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.