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

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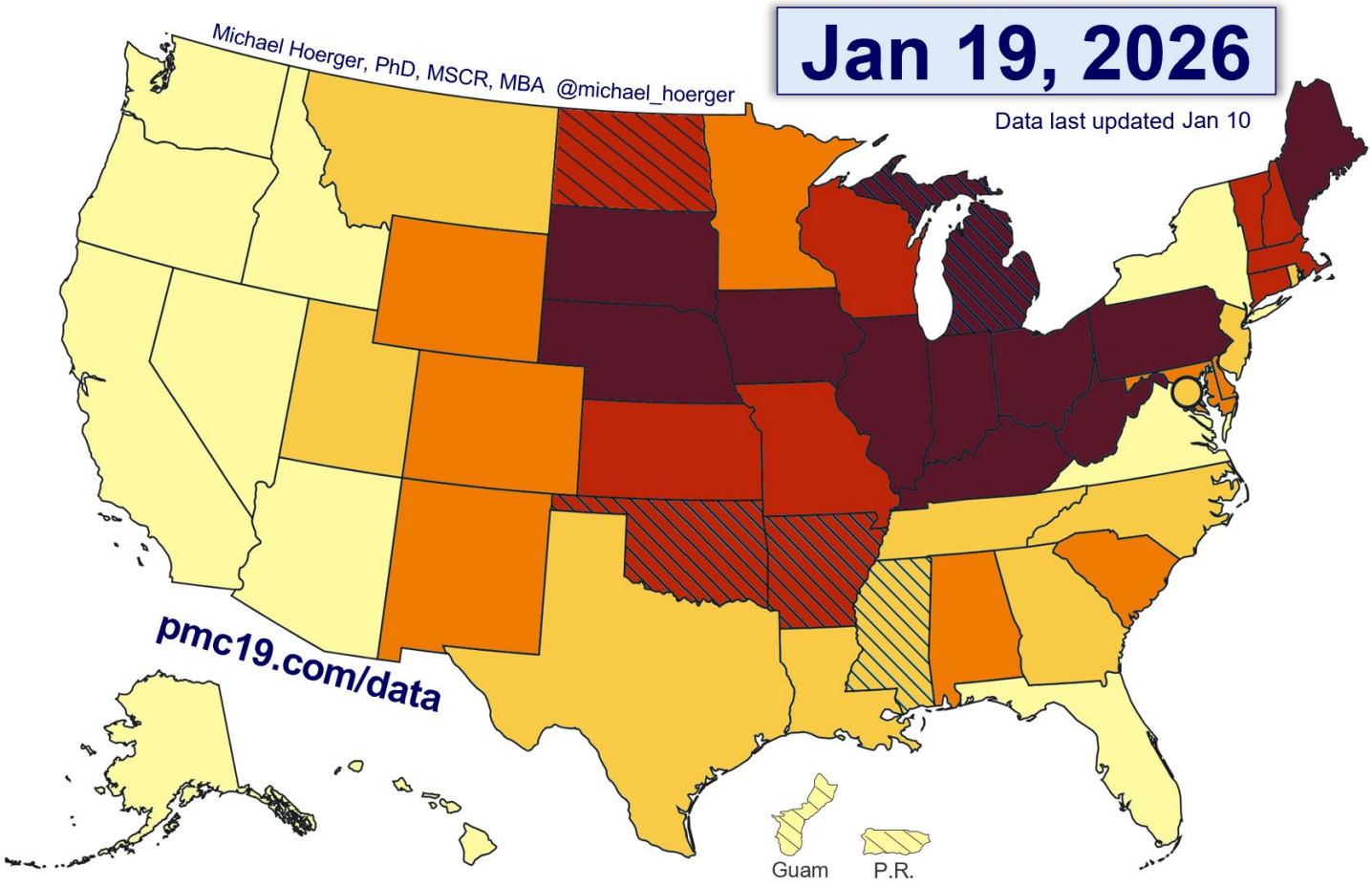

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Announcements

News

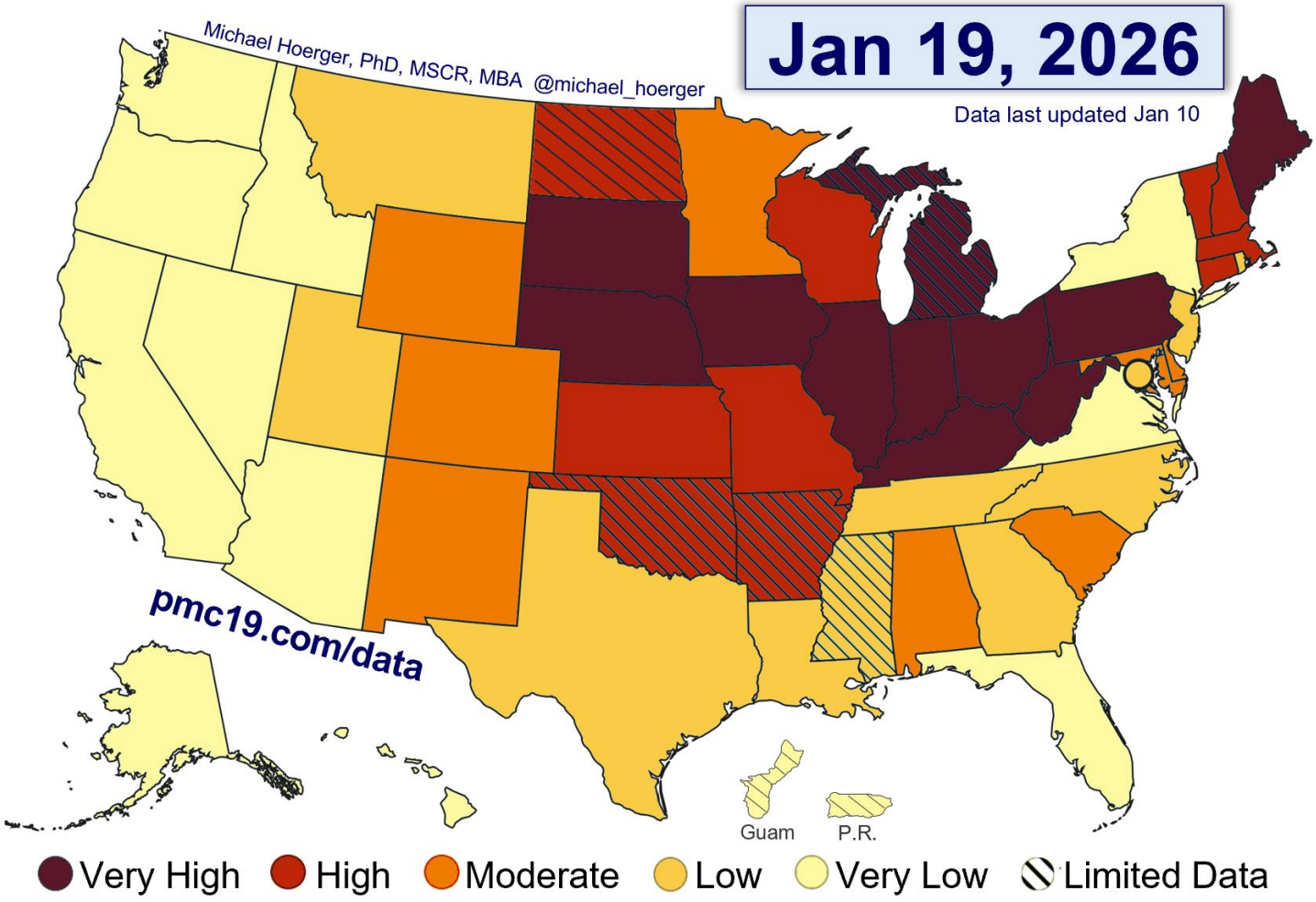
- **We've launched "Wave 2" of our Dashboard Survey.** If you have not completed it in 2026, please do so! We ran an earlier version last winter (2024-25). The survey allows us to 1) document the precautions people continue to use, 2) gain feedback to improve the dashboard, 3) and gain feedback to guide 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

- 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

Data Quality

- The CDC (80% model weight) and Biobot (20% model weight) both reported this week. Some states still have low-quality reporting, especially New York, but it is much better than last week. There have been major retroactive data corrections in both the CDC and Biobot data the past two weeks, which lead us to estimate the peak transmission as marginally higher, later, and more prolonged. Transmission in New York is likely higher than shown and estimated, given low data quality, and much higher levels in all surrounding states.

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



The 12th COVID wave in the U.S. likely peaked on January 3 with ongoing high transmission. Transmission remains high on the back end of the wave, particularly with students returning to school.

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COVID-19 State Prevalence Estimates

pmc19.com/data

Jan 19, 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 63 (1.6%)	15%	33%	55%	80%
Alaska	Very Low	1 in 120 (0.8%)	8%	19%	34%	57%
Arizona	Very Low	1 in 203 (0.5%)	5%	12%	22%	39%
Arkansas	**High***	1 in 28 (3.5%)	30%	59%	83%	97%
California	Very Low	1 in 193 (0.5%)	5%	12%	23%	40%
Colorado	Moderate	1 in 61 (1.6%)	15%	34%	56%	81%
Connecticut	**High**	1 in 35 (2.8%)	25%	51%	76%	94%
Delaware	Moderate	1 in 42 (2.4%)	22%	45%	70%	91%
District of Columbia	Low	1 in 65 (1.5%)	14%	32%	54%	79%
Florida	Very Low	1 in 117 (0.9%)	8%	19%	35%	58%
Georgia	Low	1 in 77 (1.3%)	12%	28%	48%	73%
Guam	Very Low	1 in 219 (0.5%)	4%	11%	20%	37%
Hawaii	Very Low	1 in 132 (0.8%)	7%	17%	32%	53%
Idaho	Very Low	1 in 160 (0.6%)	6%	15%	27%	47%
Illinois	**Very High**	1 in 17 (6.0%)	46%	78%	95%	>99%
Indiana	**Very High**	1 in 16 (6.4%)	48%	81%	96%	>99%
Iowa	**Very High**	1 in 18 (5.4%)	43%	75%	94%	>99%
Kansas	**High**	1 in 39 (2.6%)	23%	48%	73%	92%
Kentucky	**Very High**	1 in 22 (4.5%)	37%	68%	90%	99%
Louisiana	Low	1 in 74 (1.4%)	13%	29%	49%	74%
Maine	**Very High**	1 in 17 (5.7%)	45%	77%	95%	>99%
Maryland	Moderate	1 in 44 (2.2%)	20%	43%	68%	90%
Massachusetts	**High**	1 in 30 (3.3%)	28%	57%	81%	96%
Michigan	**Very High***	1 in 23 (4.3%)	36%	67%	89%	99%
Minnesota	Moderate	1 in 47 (2.1%)	19%	42%	66%	88%
Mississippi	Low*	1 in 74 (1.4%)	13%	29%	49%	74%

* Limited data reporting

Data last updated Jan 10

COVID-19 State Prevalence Estimates

pmc19.com/data *Jan 19, 2026*

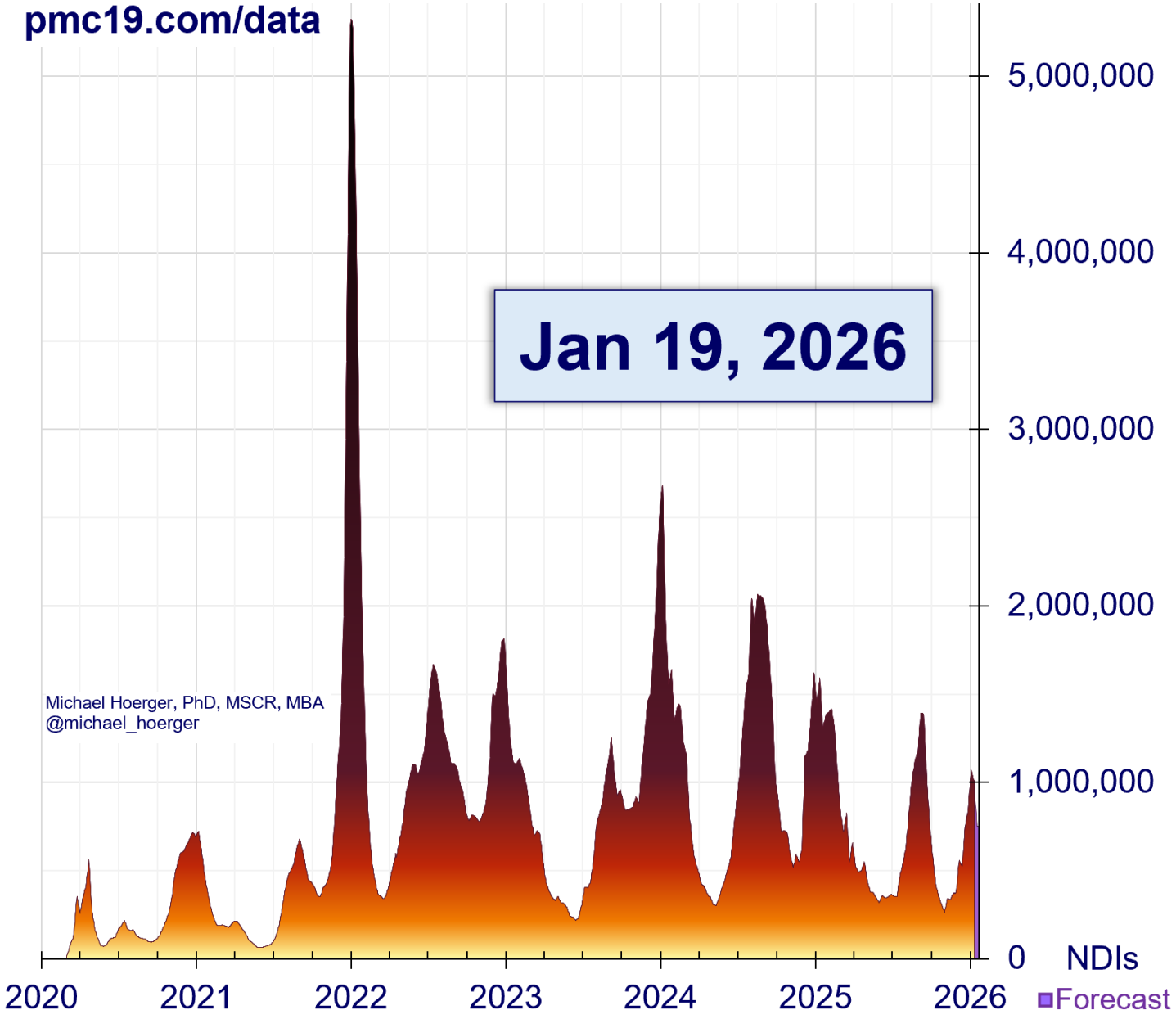
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	**High**	1 in 39 (2.6%)	23%	48%	73%	93%
Montana	Low	1 in 69 (1.5%)	14%	31%	52%	77%
Nebraska	**Very High**	1 in 18 (5.6%)	44%	76%	94%	>99%
Nevada	Very Low	1 in 125 (0.8%)	8%	18%	33%	55%
New Hampshire	**High**	1 in 30 (3.3%)	29%	57%	82%	97%
New Jersey	Low	1 in 74 (1.4%)	13%	29%	49%	74%
New Mexico	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%
New York (poor data)	Very Low*	1 in 135 (0.7%)	7%	17%	31%	53%
North Carolina	Low	1 in 77 (1.3%)	12%	28%	48%	73%
North Dakota	**High***	1 in 35 (2.8%)	25%	51%	76%	94%
Ohio	**Very High**	1 in 22 (4.5%)	37%	69%	90%	>99%
Oklahoma	**High***	1 in 35 (2.8%)	25%	51%	76%	94%
Oregon	Very Low	1 in 134 (0.7%)	7%	17%	31%	53%
Pennsylvania	**Very High**	1 in 24 (4.2%)	35%	66%	88%	99%
Rhode Island	Low	1 in 80 (1.3%)	12%	27%	47%	72%
South Carolina	Moderate	1 in 59 (1.7%)	16%	35%	58%	82%
South Dakota	**Very High**	1 in 20 (4.9%)	40%	72%	92%	>99%
Tennessee	Low	1 in 83 (1.2%)	11%	26%	45%	70%
Texas	Low	1 in 82 (1.2%)	12%	27%	46%	71%
Utah	Low	1 in 96 (1.0%)	10%	23%	41%	65%
Vermont	**High**	1 in 33 (3.0%)	26%	53%	78%	95%
Virginia	Very Low	1 in 138 (0.7%)	7%	17%	30%	52%
Washington	Very Low	1 in 125 (0.8%)	8%	18%	33%	55%
West Virginia	**Very High**	1 in 11 (9.5%)	63%	92%	>99%	>99%
Wisconsin	**High**	1 in 28 (3.5%)	30%	59%	84%	97%
Wyoming	Moderate	1 in 42 (2.4%)	22%	46%	70%	91%

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

Data last updated Jan 10

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 is low quality, and we will consider imputing estimates for the state if they do not improve reporting.**

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



The U.S. is in the middle of a 12th COVID wave. The peak is estimated to have occurred on January 3 at 1,070,000 new daily infections.

National COVID-19 Estimates (U.S.)

Jan 19, 2026 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 52 (1.9%)
New Daily Infections	941,000
Infections the Past Week	6,020,000
Infections in 2026	18,000,000
Cumulative Infections per Person	5.01

Long COVID

Long COVID Cases Resulting from New Daily Infections	47,000 to 188,000
Long COVID Cases Resulting from New Weekly Infections	301,000 to 1,200,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	270 to 450
Excess Deaths Resulting from New Weekly Infections	1,700 to 2,900

The U.S. has now surpassed an estimated average of 5 SARS-CoV-2 infections per person.

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

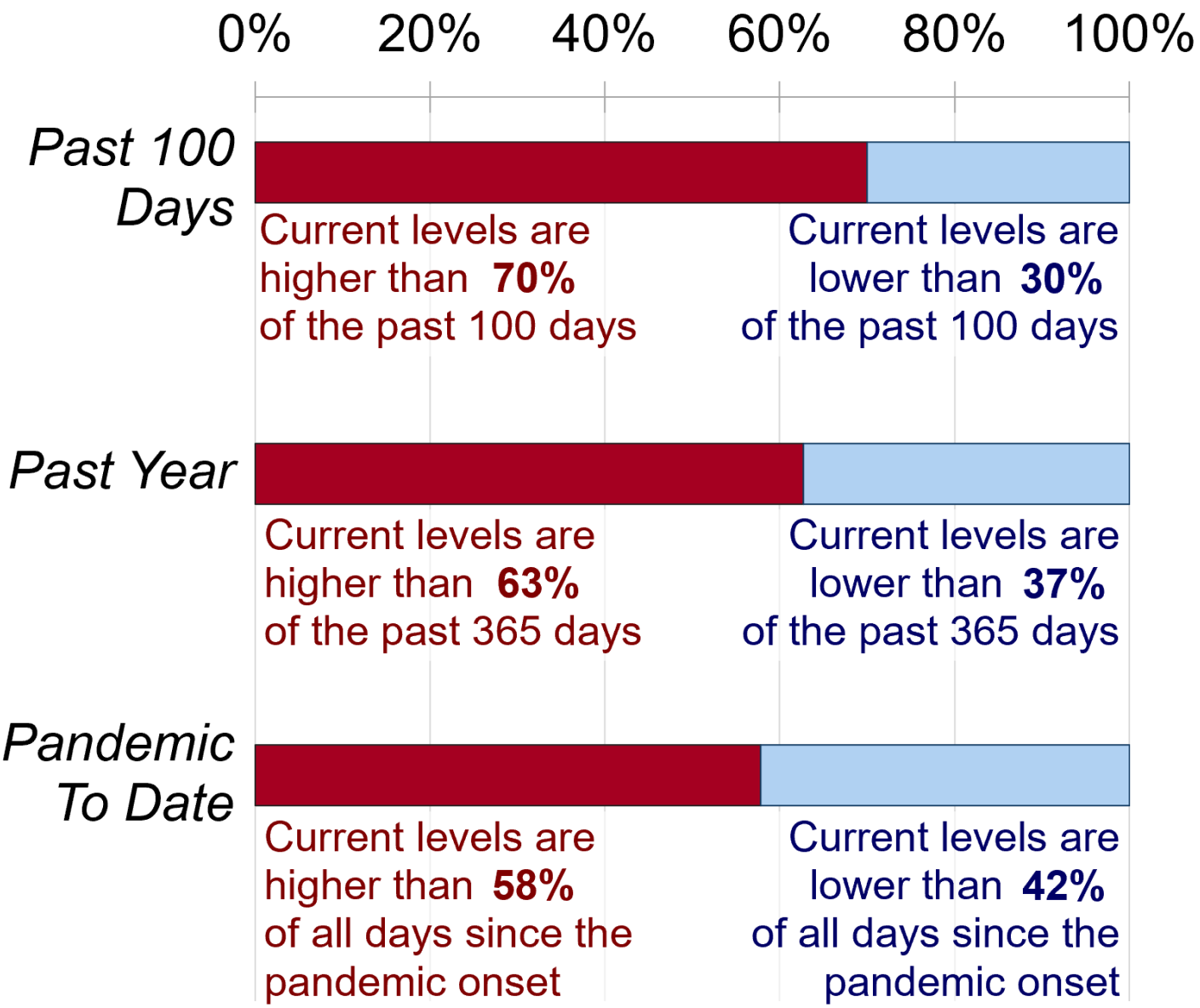
Jan 19, 2026 pmc19.com/data

Number of People	Chances Anyone is Infectious
1	1.9%
2	3.8%
3	5.7%
4	7.5%
5	9.3%
10	17.7%
15	25.3%
20	32.2%
25	38.5%
30	44.2%
50	62.2%
75	76.7%
100	85.7%
200	97.9%
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 52 people (1.9%) estimated actively infectious, exposure risk remains high in group settings.

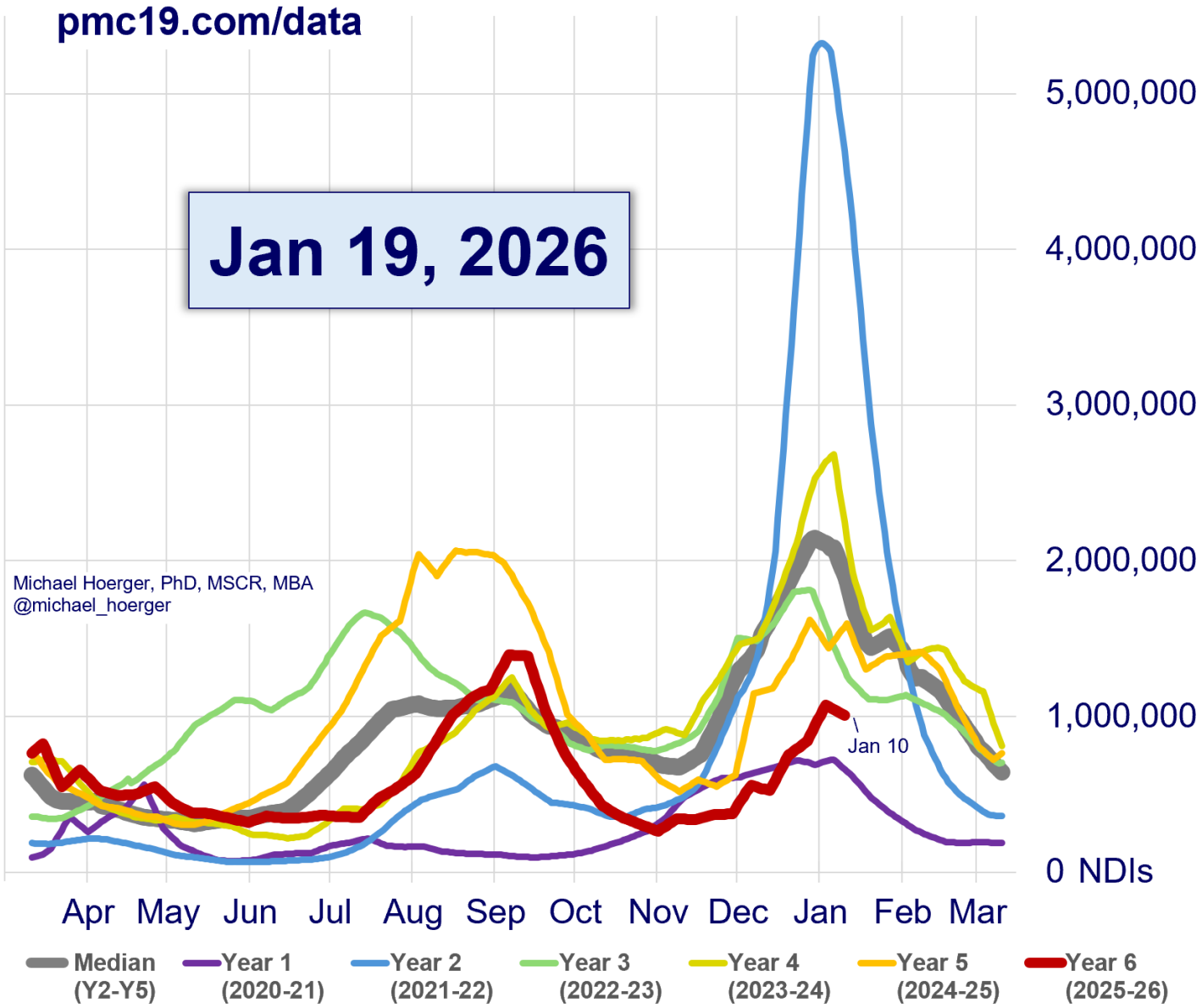
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Jan 19, 2026 pmc19.com/data



These gauges show moderate-to-high relative transmission, compared to recent months as well as the totality of the pandemic.

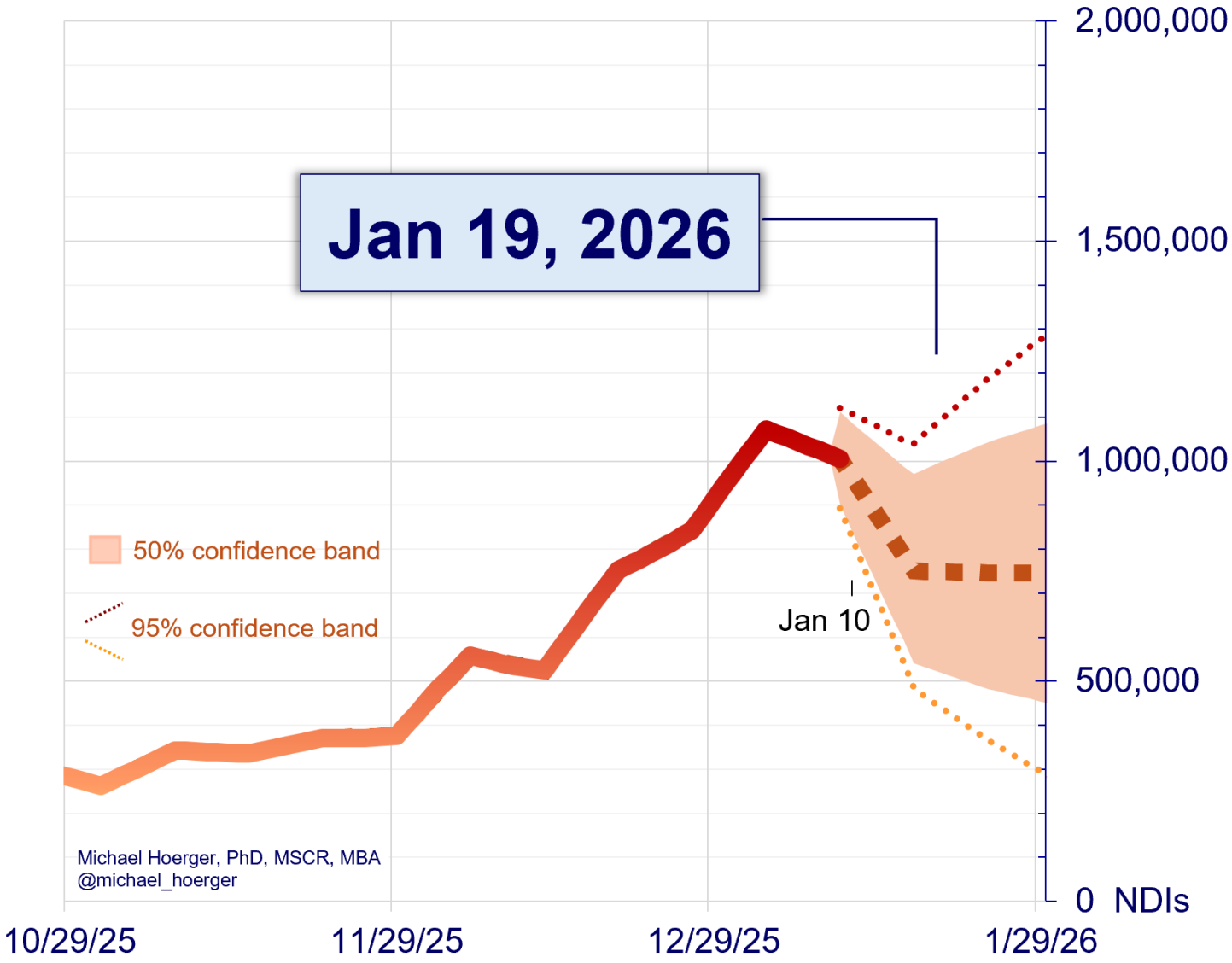
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



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



Transmission appears to be declining post-peak, but the back-to-school period is anticipated to stall the decline of the wave, as in prior years. Transmission is expected to remain elevated with a slow wave decline.

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.