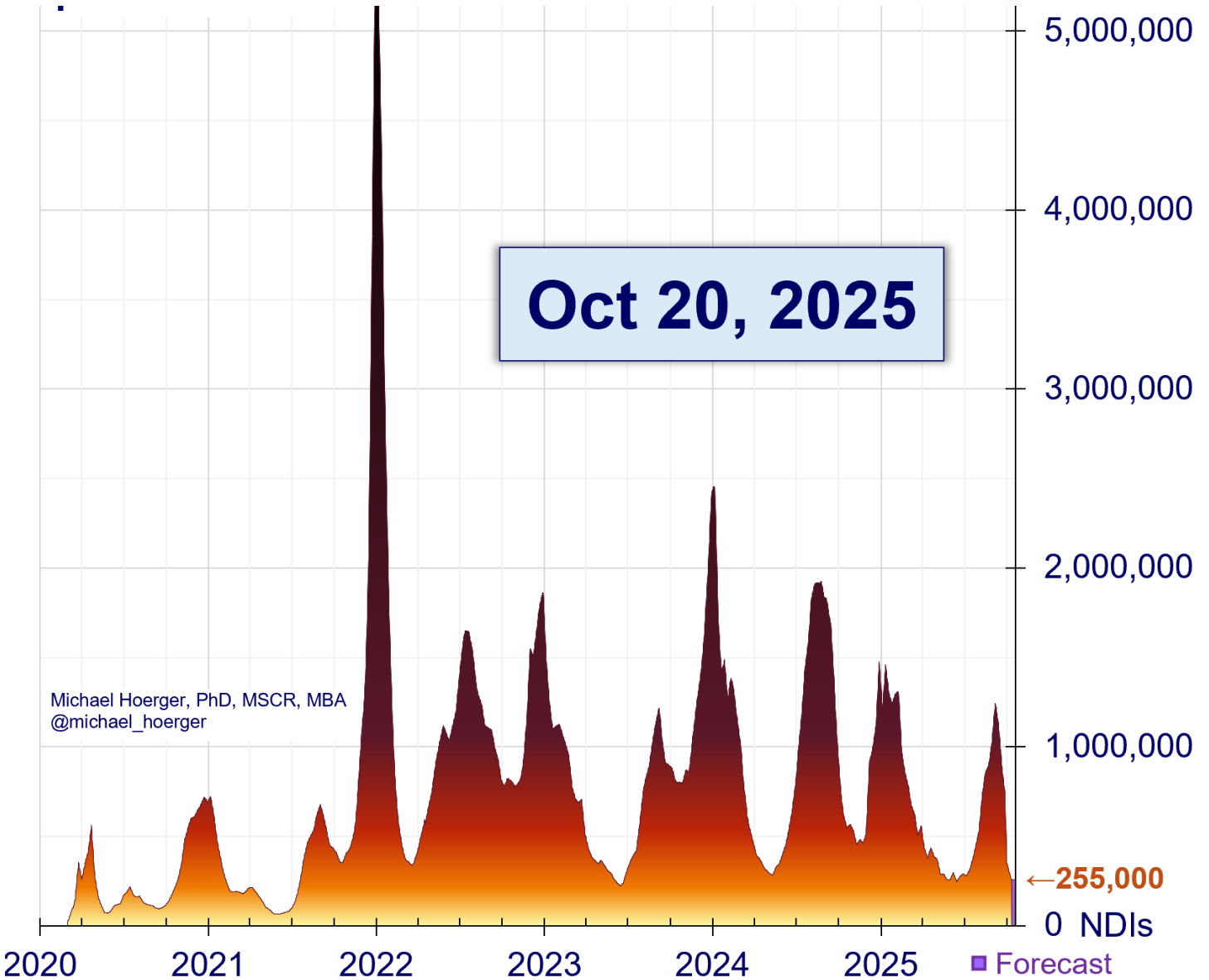


PMC U.S. COVID-19 Report for October 20, 2025.

pmc19.com/data

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Announcements

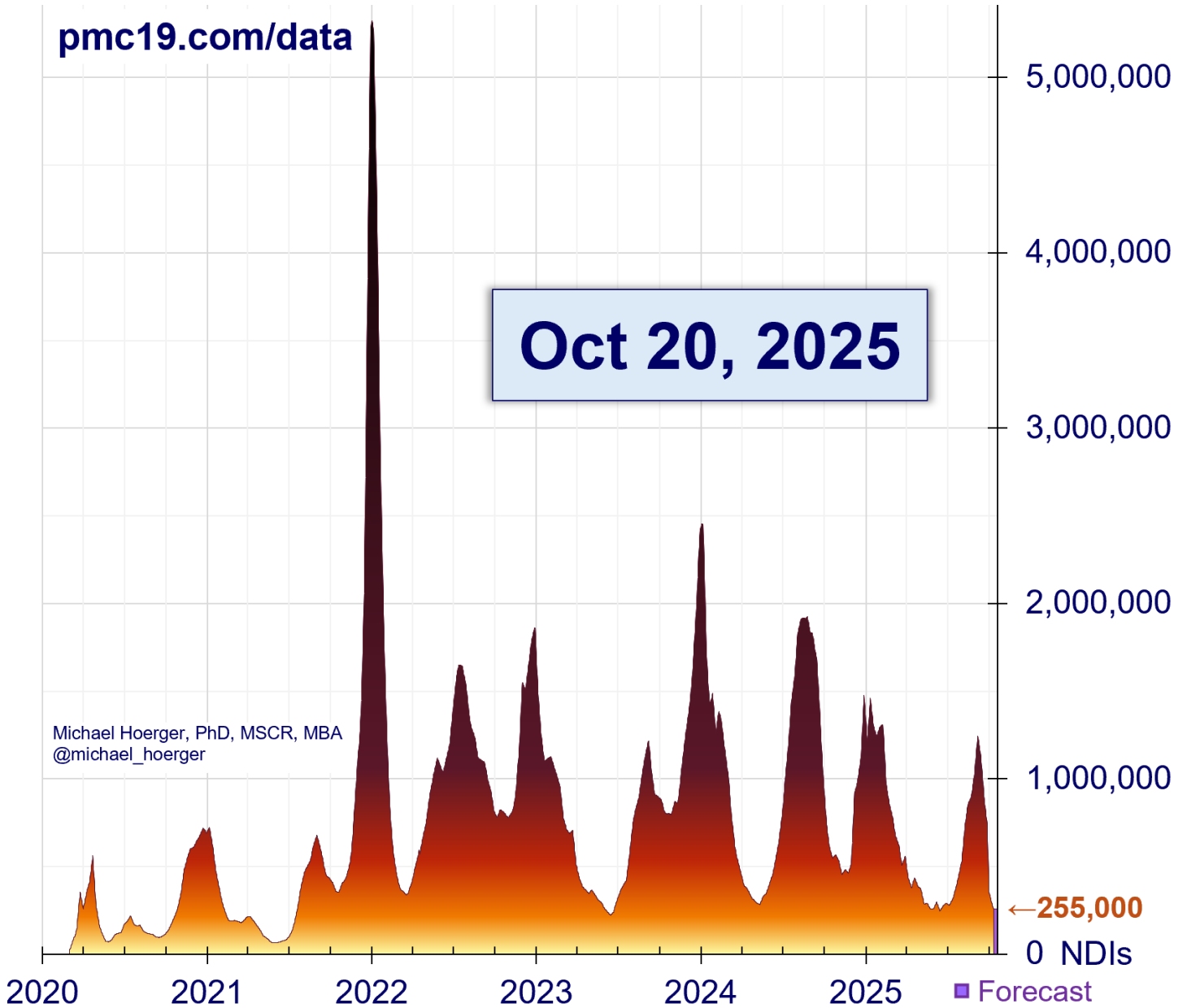
Popular and News Media Coverage:

- FOX8 News (Oct 20): <https://www.fox8live.com/2025/10/21/government-shutdown-affects-health-data-jobs-numbers-more/>
- Stateline (Oct 20): <https://stateline.org/2025/10/20/shutdown-leaves-gaps-in-states-health-data-possibly-endangering-lives/>

Data Quality

- **Take the current report as providing a “limited forecast.”** The CDC (80% model weight) has not reported this month, and Biobot (20% model weight) has not reported the past two weeks. We are able to estimate current levels and forecast using WastewaterSCAN data as a temporary substitute. Our model does not regularly incorporate WastewaterSCAN data because the CDC and Biobot data have been reported with a regular cadence and are standardized more rigorously. For long-term and cross-regional comparisons, the WastewaterSCAN data have limitations, but they suffice for short-term comparisons. Recent changes in relative transmission are based on their data. Take the forecast as an estimation of what we would expect if the CDC and Biobot data follow similar trends, which is likely. Note that Puerto Rico continues to report qualitative levels this week, the only region included on the heat map. Absent the state-level CDC data, we have provided a national prevalence risk table this week as a substitute. Note that our website includes links to all known state and regional wastewater dashboards, so readers may be able to find some good localized data still, just without our prevalence (1 in _____) estimates. Expect Biobot to provide a data update soon and eventually the CDC. We are hopeful data quality will pick up before the winter wave begins.

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



Current transmission is estimated as about 20% of that of the summer peak 6 weeks ago. Levels remain very high in the absolute sense, but this is important risk reduction in relative terms. Many COVID conscious patients are scheduling appointments during the next 4 weeks, albeit without localized CDC data.

National COVID-19 Estimates (U.S.)

Oct 20, 2025

pmc19.com/data

Infections

Proportion Actively Infectious	1 in 191 (0.5%)
New Daily Infections	255,000
Infections the Past Week	1,800,000
Infections in 2025	191,000,000
Cumulative Infections per Person	4.69

Long COVID

Long COVID Cases Resulting from New Daily Infections	13,000 to 51,000
Long COVID Cases Resulting from New Weekly Infections	90,000 to 360,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	70 to 120
Excess Deaths Resulting from New Weekly Infections	500 to 900

The estimated 255,000 new daily infections for October 20. We do not expect transmission to fall much further.

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

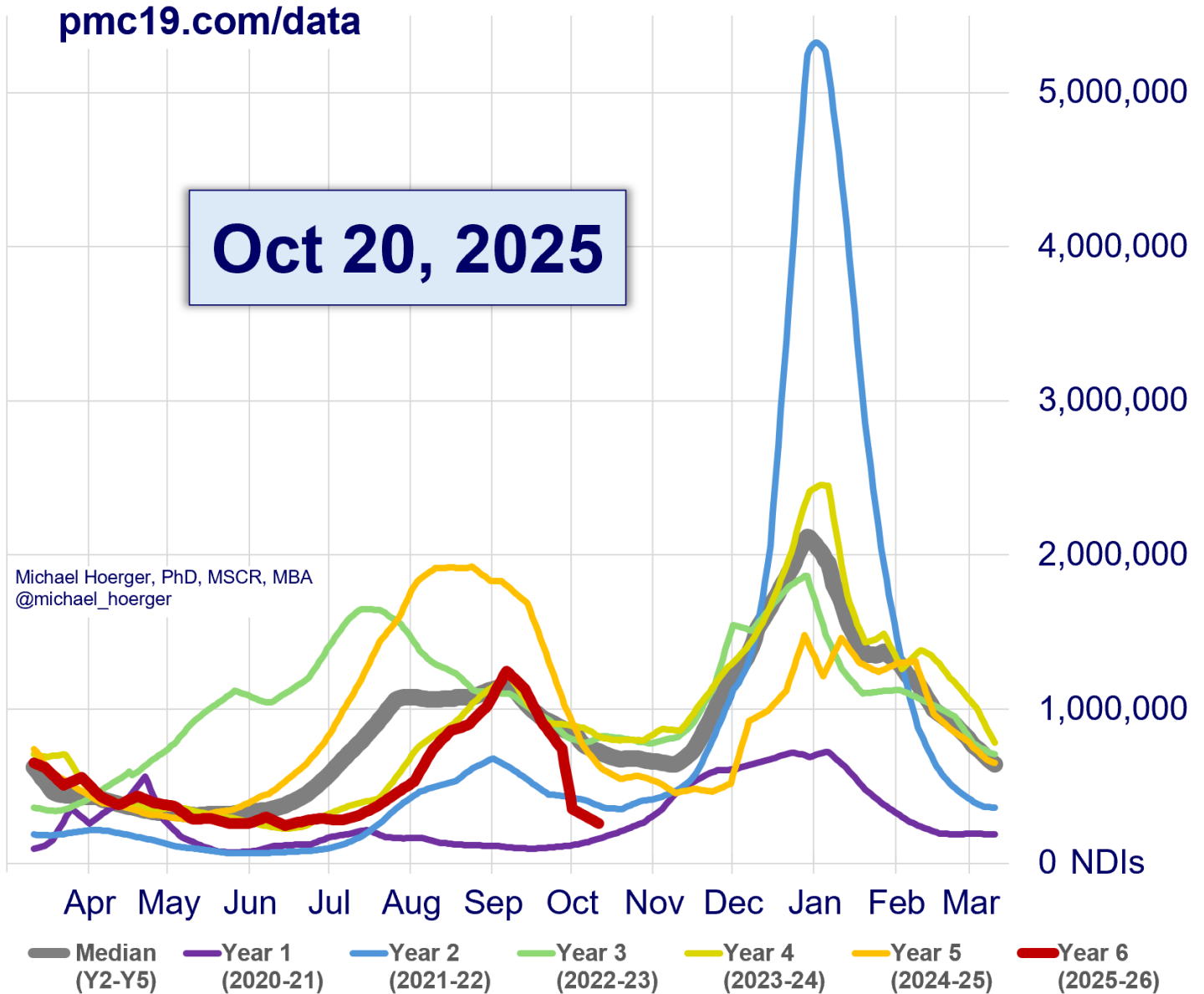
Oct 20, 2025

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<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.5%
2	1.0%
3	1.6%
4	2.1%
5	2.6%
10	5.1%
15	7.6%
20	10.0%
25	12.3%
30	14.5%
50	23.1%
75	32.5%
100	40.8%
200	64.9%
300	79.2%

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 191 people (0.5%) estimated actively infectious, exposure risk remains troubling in schools and much larger gatherings.

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



After current transmission (red) was closely tracking that of two years ago (yellow), notice the significant departure, with a steep decline in transmission more like a year ago (orange). The lack of resemblance between current and prior years' transmission creates uncertainty about the winter.

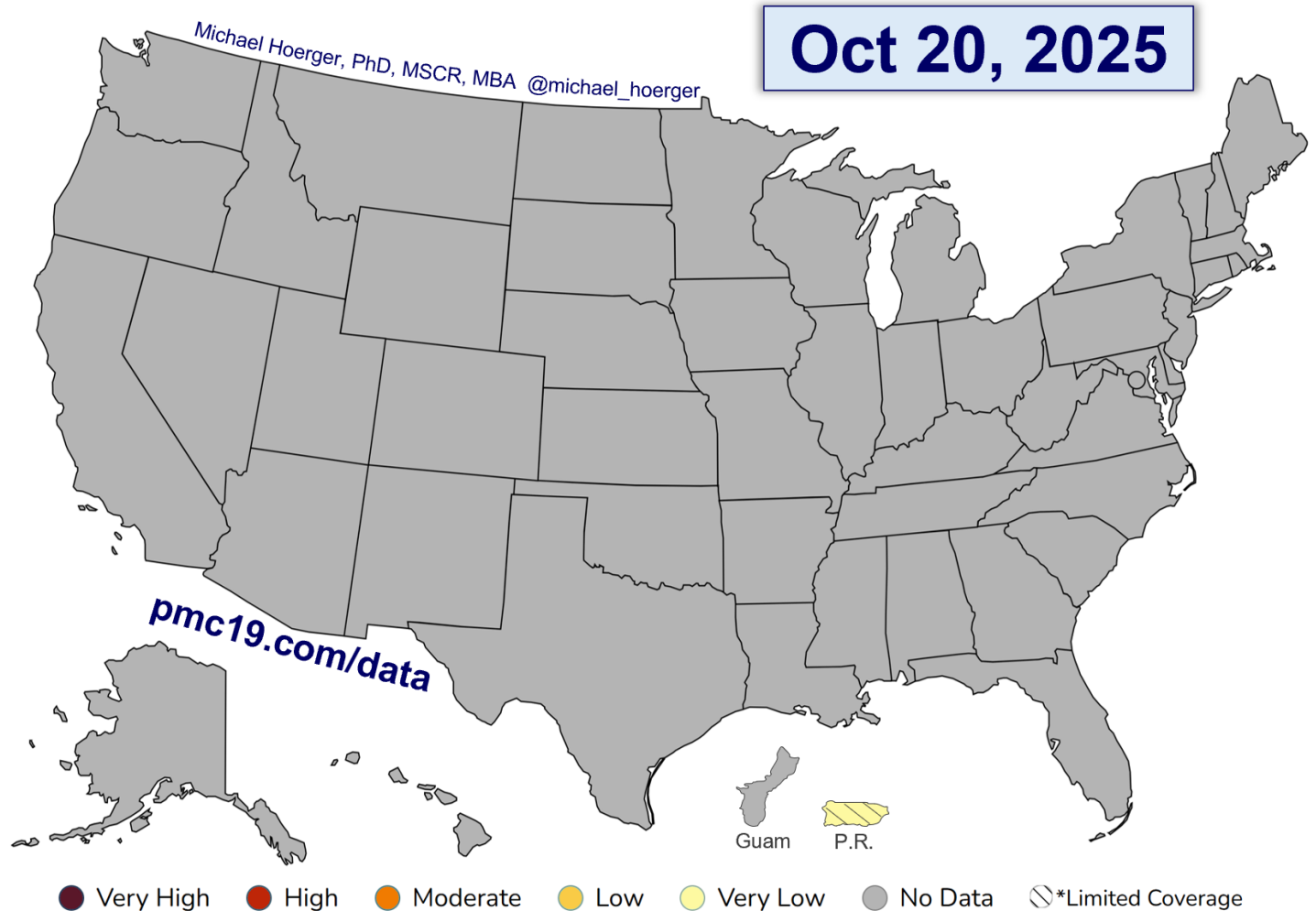
SARS-CoV-2 Transmission Forecast, Wastewater-Derived Estimates (U.S.)

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The forecast calls for stable transmission during this relative “lull.” Presently, there is no indication that transmission will depart from this lull prior to early to mid-November. Keep an eye out for isolated states rising on WastewaterSCAN as an early warning for departure from the national lull.

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



The heat map remains in a near-complete blackout with the CDC data offline and only Puerto Rico reporting separately. Transmission in PR closely matches the national trend of a steep decline into a relative lull. Consult localized dashboards and WastewaterSCAN. See <https://pmc19.com/states> for useful links. Take non-CDC estimates with a grain of salt, and focus more on the level of recent relative changes (e.g., down 50%); long-term comparisons are typically poorly standardized, and cross-regional estimates are of low rigor (e.g., WastewaterSCAN commonly has the West low, even when all other data sources indicate very high).

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.