PMC U.S. COVID-19 Report for October 6, 2025. pmc19.com/data

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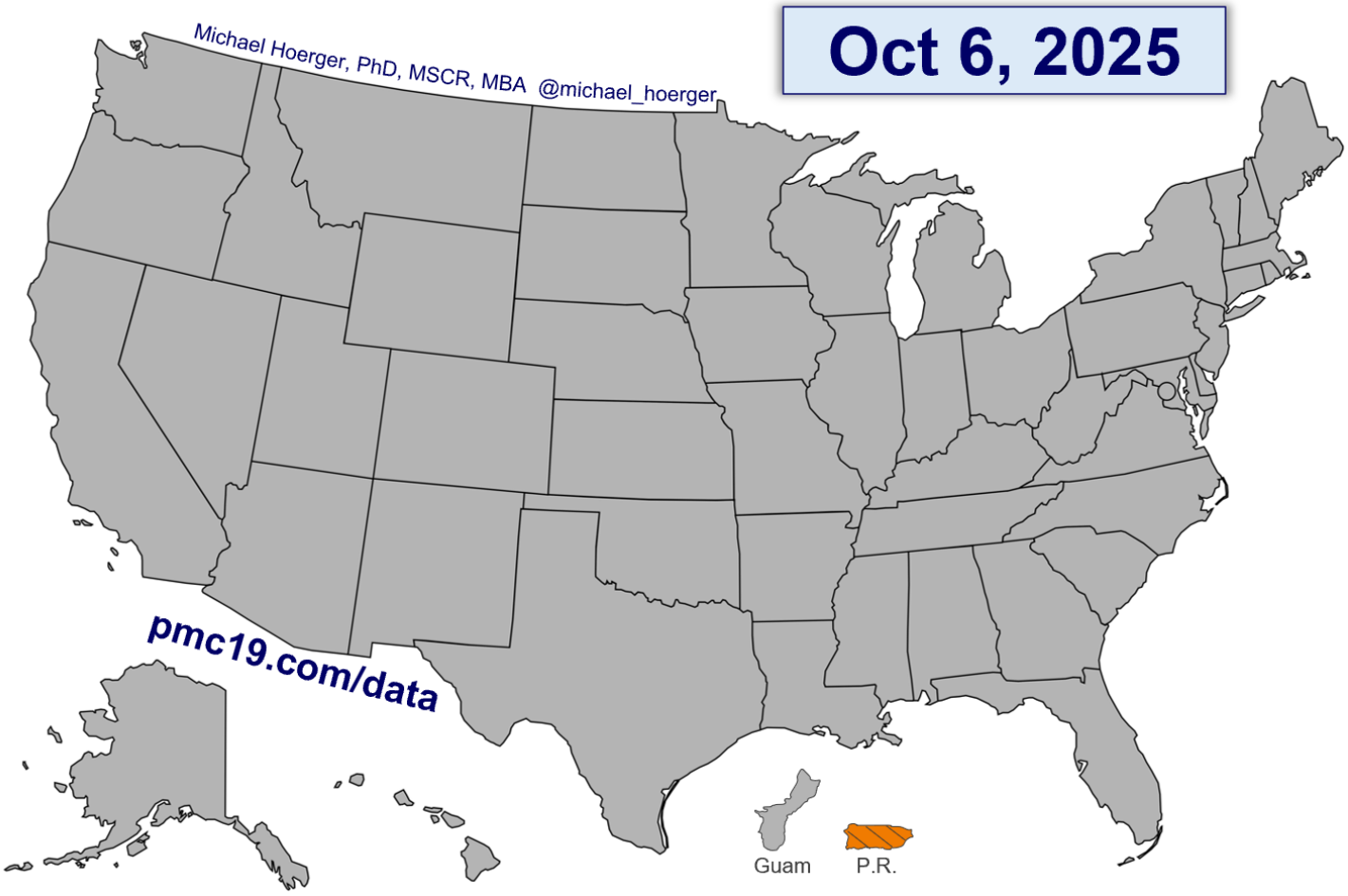

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Announcements

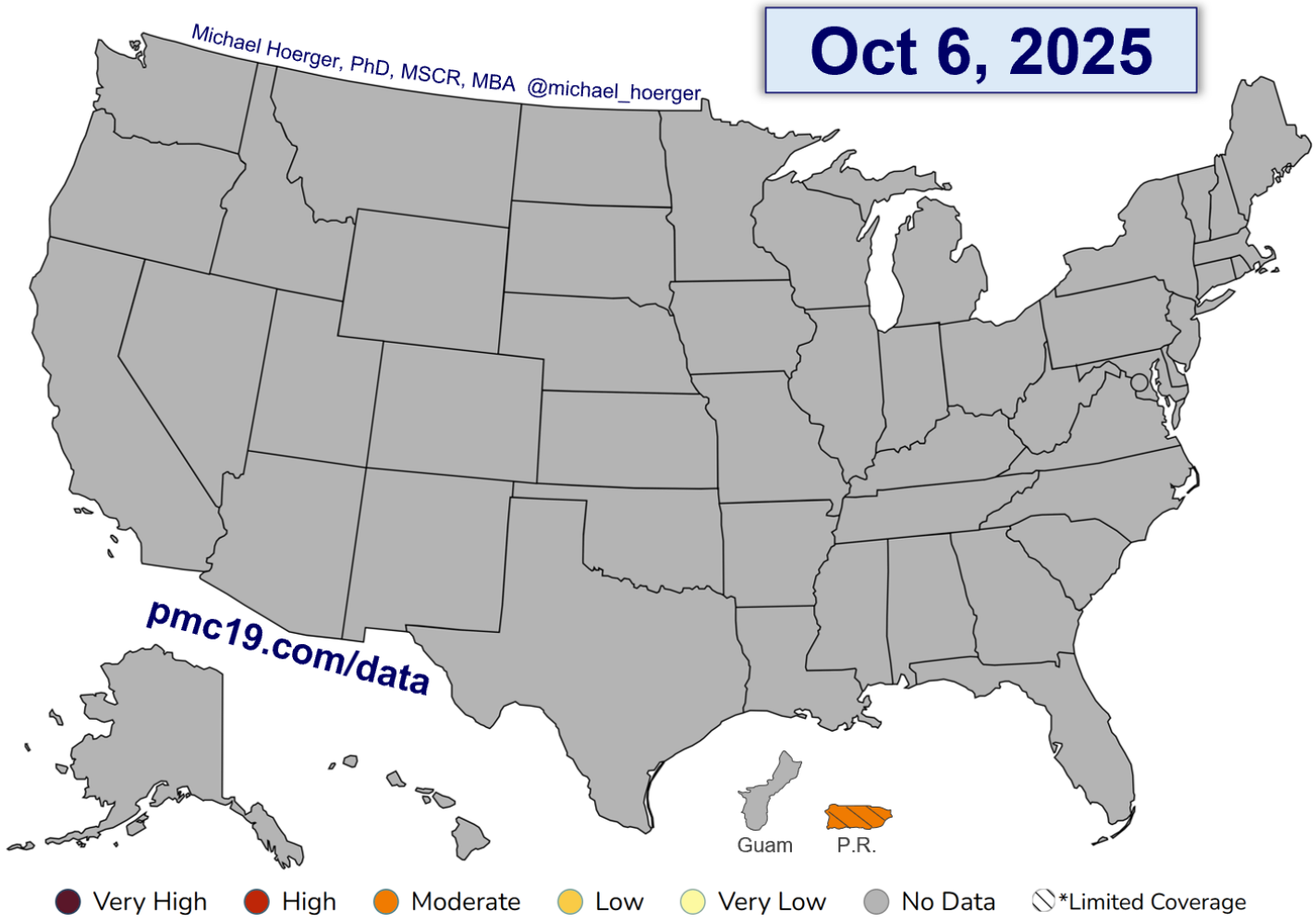
Popular and News Media Coverage:

- Back-to-School Health Forum 2025: https://www.youtube.com/watch?v=n5_RRRMS_HU
- COVID Safety for Schools: https://youtube.com/watch?feature=shared&v=7q5CDiCXn7E

Data Quality

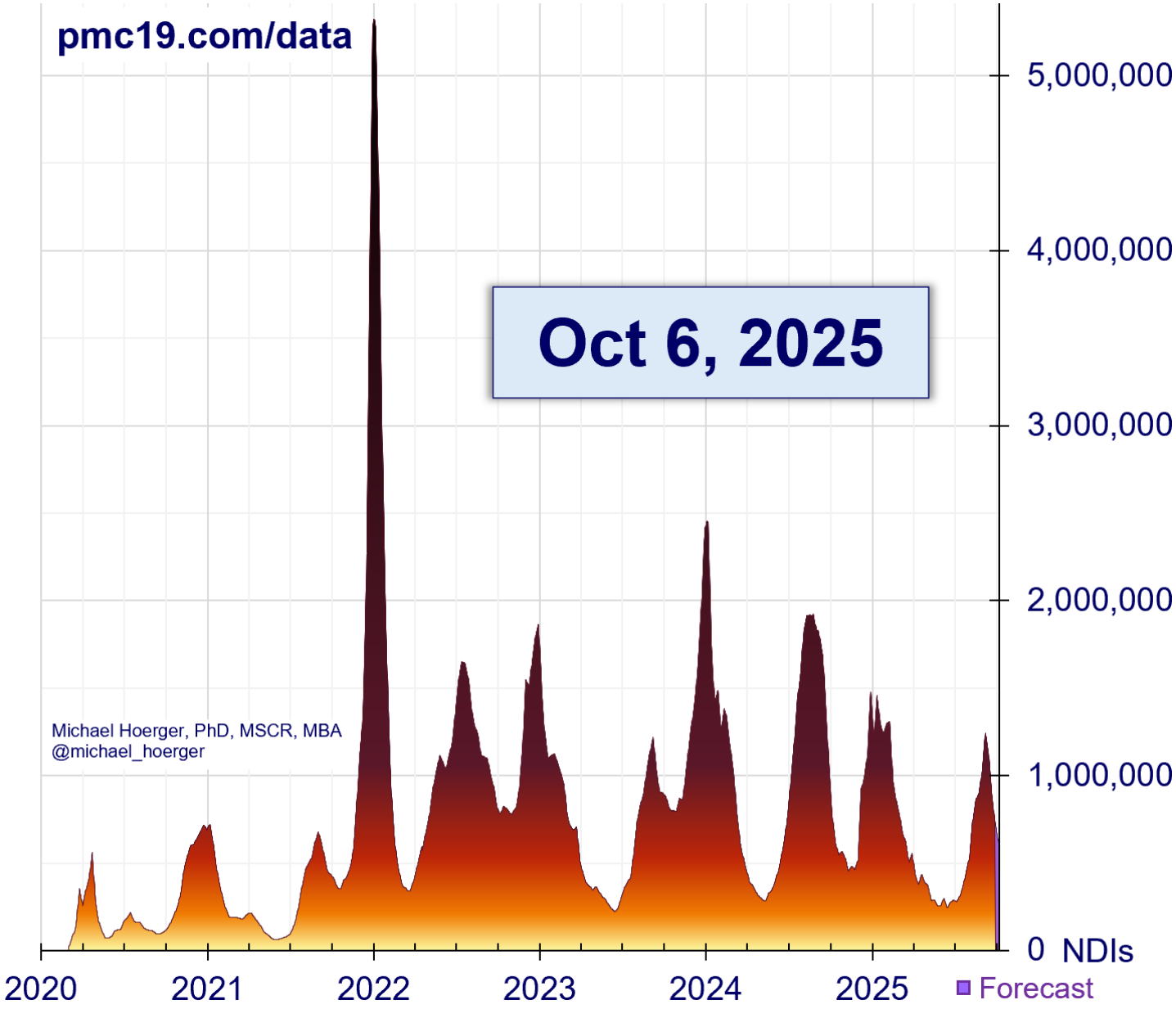
- Biobot (20%) reported this week, whereas the CDC (80% model weight) did not, due to the federal government "shutdown." Monitoring an infectious disease with a mortality count comparable to lung cancer (PMC estimate) or breast cancer (2024 reported deaths) does not fall under federal priorities. Puerto Rico reported this week and is included on the heat map (PR uses CDC methodology but has been excluded by the CDC).
- ***Take the current report as providing a "limited forecast."*** The model defers to Biobot in estimating changes in transmission during the most recent week of data. Although the model uses substantial historical and recent data more than a week old, the most recent estimate of transmission is the most important. A slightly more pessimistic trajectory and dramatically more optimistic trajectory are possible, and transmission varies substantially by state.

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



We are in a near-complete blackout on CDC-based estimates of national variation in COVID levels. Consult localized dashboards and WastewaterSCAN. See https://pmc19.com/data/#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).

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



Current transmission is estimated as about half that of the summer peak exactly 1 month 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 6 weeks, albeit without localized CDC data.

National COVID-19 Estimates (U.S.)

Oct 6, 2025 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 81 (1.2%)
New Daily Infections	602,000
Infections the Past Week	4,540,000
Infections in 2025	189,000,000
Cumulative Infections per Person	4.69

Long COVID

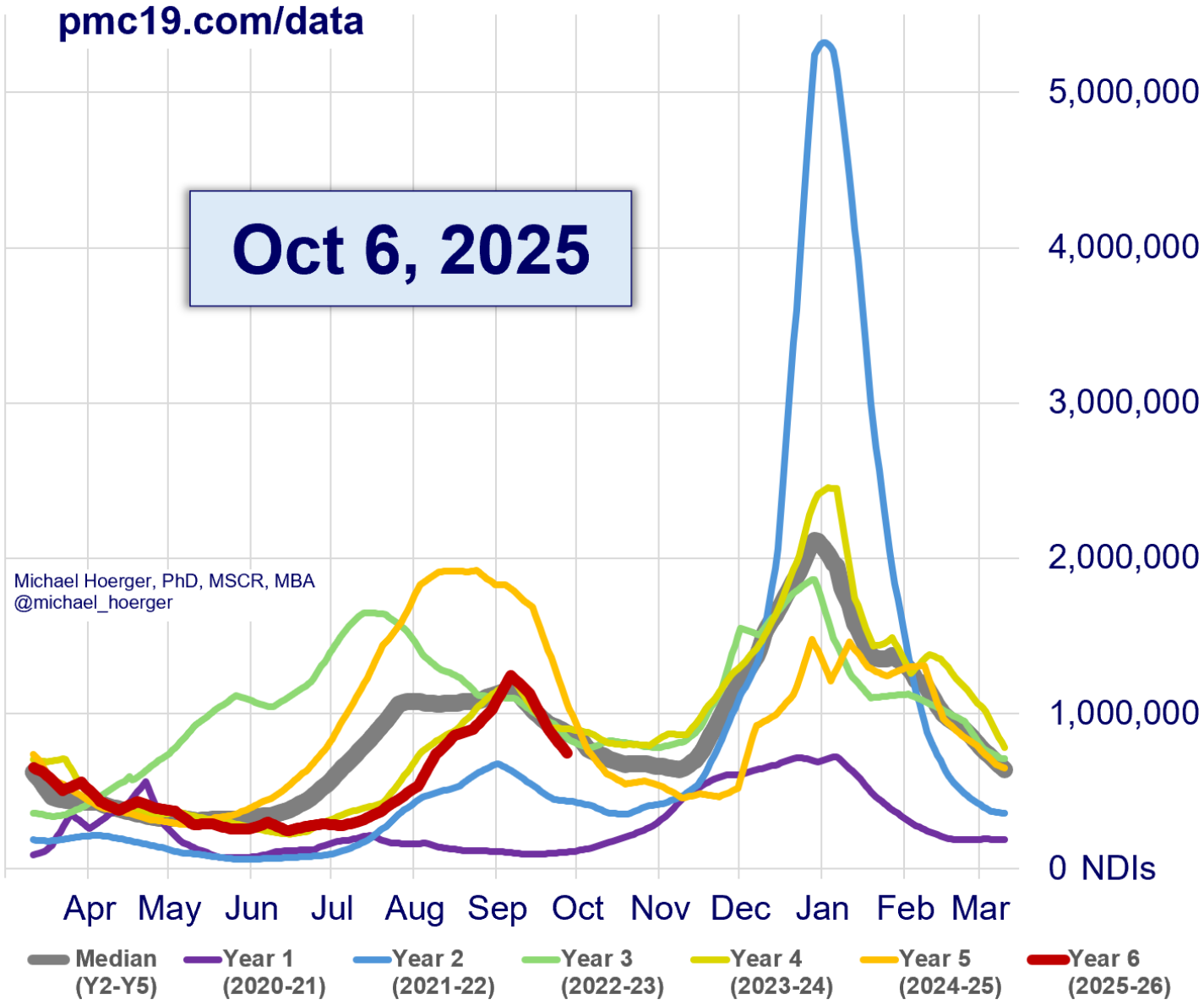
Long COVID Cases Resulting from New Daily Infections	30,000 to 120,000
Long COVID Cases Resulting from New Weekly Infections	227,000 to 910,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	170 to 280
Excess Deaths Resulting from New Weekly Infections	1,300 to 2,100

The estimated 602,000 new daily infections for October 6 are almost perfectly half that (48.5%) of the peak on September 6 at 1,240,000 new daily infections. Infections, resulting post-acute sequelae, and resulting excess deaths remain high despite falling to half the national peak.

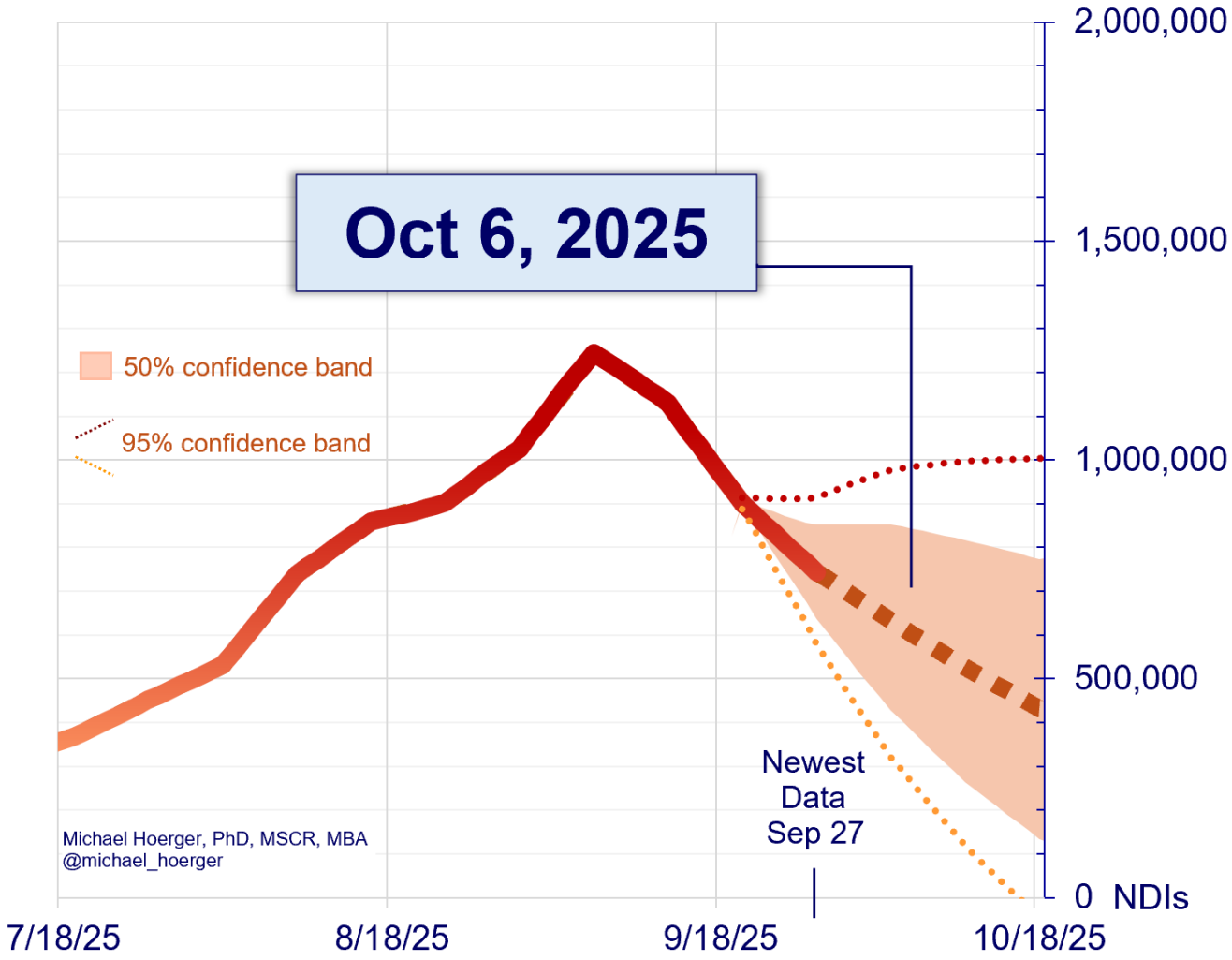
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



As noted repeatedly, ongoing transmission (red) closely tracks that of two years ago (yellow). That is a very simple “forecast” of what may lie ahead. Simple is good when relating this information to others. We also noted that our PMC forecast has suggested a lower dip than the yellow line, which increasingly looks correct.

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

pmc19.com/data



The central estimate suggests that by late October national transmission will fall below 400,000 new daily infections. Biobot data have been running “cooler” and suggest closer to a more optimistic estimate of 250,000. Yet, minor upward retroactive corrections and flat CDC data could suggest a relative “lull” closer to 500,000 new daily infections. Presently, there is no indication that nationally the relative lull will be anywhere outside of early to mid November.

These are last week's state-level estimates of transmission. In general, transmission is about 25% lower than what is shown here, but the decrease (or increase) for each state remains uncertain.

COVID-19 State Prevalence Estimates

pmc19.com/data

Sep 29, 2025

State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Alabama	**High**	1 in 33 (3.0%)	26%	54%	79%	95%
Alaska	Low	1 in 69 (1.5%)	14%	31%	52%	77%
Arizona	Moderate*	1 in 42 (2.4%)	21%	45%	70%	91%
Arkansas	**High**	1 in 38 (2.7%)	24%	49%	74%	93%
California	**High**	1 in 36 (2.8%)	24%	50%	75%	94%
Colorado	Low	1 in 69 (1.5%)	14%	31%	52%	77%
Connecticut	**Very High**	1 in 18 (5.6%)	44%	77%	95%	>99%
Delaware	**Very High**	1 in 24 (4.1%)	34%	65%	88%	98%
District of Columbia	Low	1 in 81 (1.2%)	12%	27%	46%	71%
Florida	Low	1 in 62 (1.6%)	15%	34%	56%	80%
Georgia	Low	1 in 101 (1.0%)	10%	22%	39%	63%
Guam	Very Low	1 in 130 (0.8%)	7%	18%	32%	54%
Hawaii	Moderate	1 in 53 (1.9%)	17%	38%	61%	85%
Idaho	Low	1 in 62 (1.6%)	15%	33%	55%	80%
Illinois	Moderate	1 in 60 (1.7%)	15%	34%	57%	81%
Indiana	**High**	1 in 27 (3.8%)	32%	62%	85%	98%
Iowa	Moderate	1 in 58 (1.7%)	16%	35%	58%	82%
Kansas	Low	1 in 78 (1.3%)	12%	28%	48%	73%
Kentucky	Moderate	1 in 39 (2.6%)	23%	48%	73%	93%
Louisiana	**High**	1 in 36 (2.7%)	24%	50%	75%	94%
Maine	Moderate	1 in 40 (2.5%)	22%	47%	72%	92%
Maryland	Low	1 in 69 (1.4%)	14%	30%	52%	77%
Massachusetts	**High**	1 in 37 (2.7%)	24%	50%	75%	94%
Michigan	Very Low	1 in 111 (0.9%)	9%	20%	36%	60%
Minnesota	**High**	1 in 37 (2.7%)	24%	49%	74%	93%
Mississippi	Low*	1 in 70 (1.4%)	13%	30%	51%	76%

* Limited data reporting

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COVID-19 State Prevalence Estimates

pmc19.com/data

Sep 29, 2025

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 Low	1 in 156 (0.6%)	6%	15%	27%	47%
Montana	**High**	1 in 37 (2.7%)	24%	50%	75%	94%
Nebraska	**High**	1 in 27 (3.8%)	32%	62%	85%	98%
Nevada	**Very High**	1 in 15 (6.6%)	50%	82%	97%	>99%
New Hampshire	Moderate	1 in 59 (1.7%)	16%	35%	58%	82%
New Jersey	Low	1 in 82 (1.2%)	12%	27%	46%	71%
New Mexico	Low	1 in 102 (1.0%)	9%	22%	39%	63%
New York	**High**	1 in 35 (2.8%)	25%	51%	76%	94%
North Carolina	**High**	1 in 35 (2.9%)	25%	52%	77%	94%
North Dakota	**High***	1 in 34 (3.0%)	26%	53%	78%	95%
Ohio	Moderate	1 in 58 (1.7%)	16%	35%	58%	83%
Oklahoma	Low*	1 in 81 (1.2%)	12%	27%	46%	71%
Oregon	**High**	1 in 32 (3.1%)	27%	55%	80%	96%
Pennsylvania	Low	1 in 61 (1.6%)	15%	34%	56%	81%
Rhode Island	**High**	1 in 33 (3.1%)	27%	54%	79%	96%
South Carolina	Moderate	1 in 40 (2.5%)	22%	47%	72%	92%
South Dakota	**High**	1 in 28 (3.5%)	30%	59%	84%	97%
Tennessee	Low	1 in 75 (1.3%)	13%	28%	49%	74%
Texas	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%
Utah	**Very High**	1 in 26 (3.8%)	32%	62%	86%	98%
Vermont	Low	1 in 69 (1.5%)	14%	31%	52%	77%
Virginia	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
Washington	**High**	1 in 31 (3.2%)	28%	56%	80%	96%
West Virginia	Low	1 in 68 (1.5%)	14%	31%	52%	77%
Wisconsin	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%
Wyoming	Moderate	1 in 47 (2.1%)	19%	41%	66%	88%

* Limited reporting; North Dakota has no data and uses the average of MN, MT, & SD

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly.

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.