PMC U.S. COVID-19 Report for September 8, 2025. pmc19.com/data

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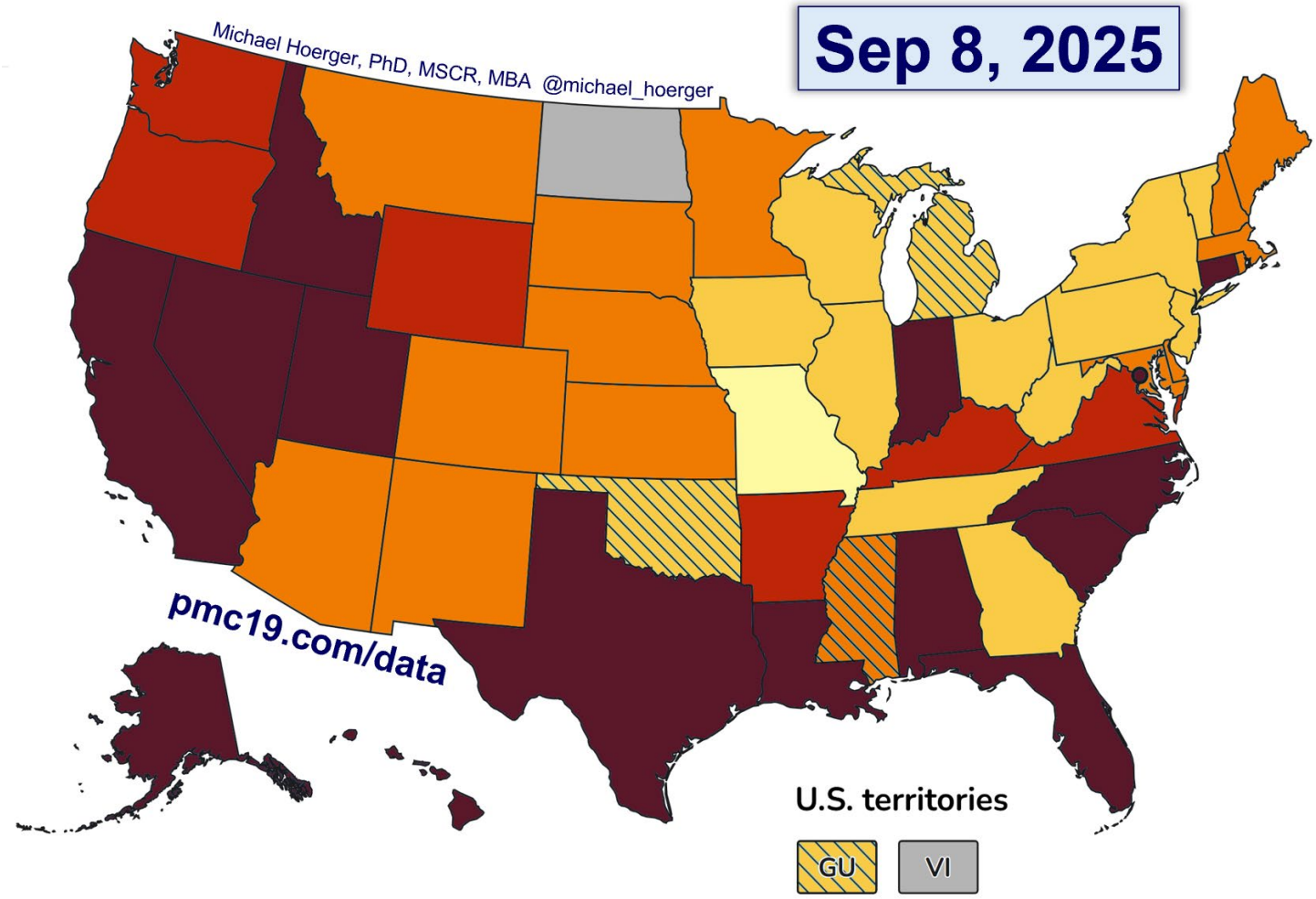

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Announcements

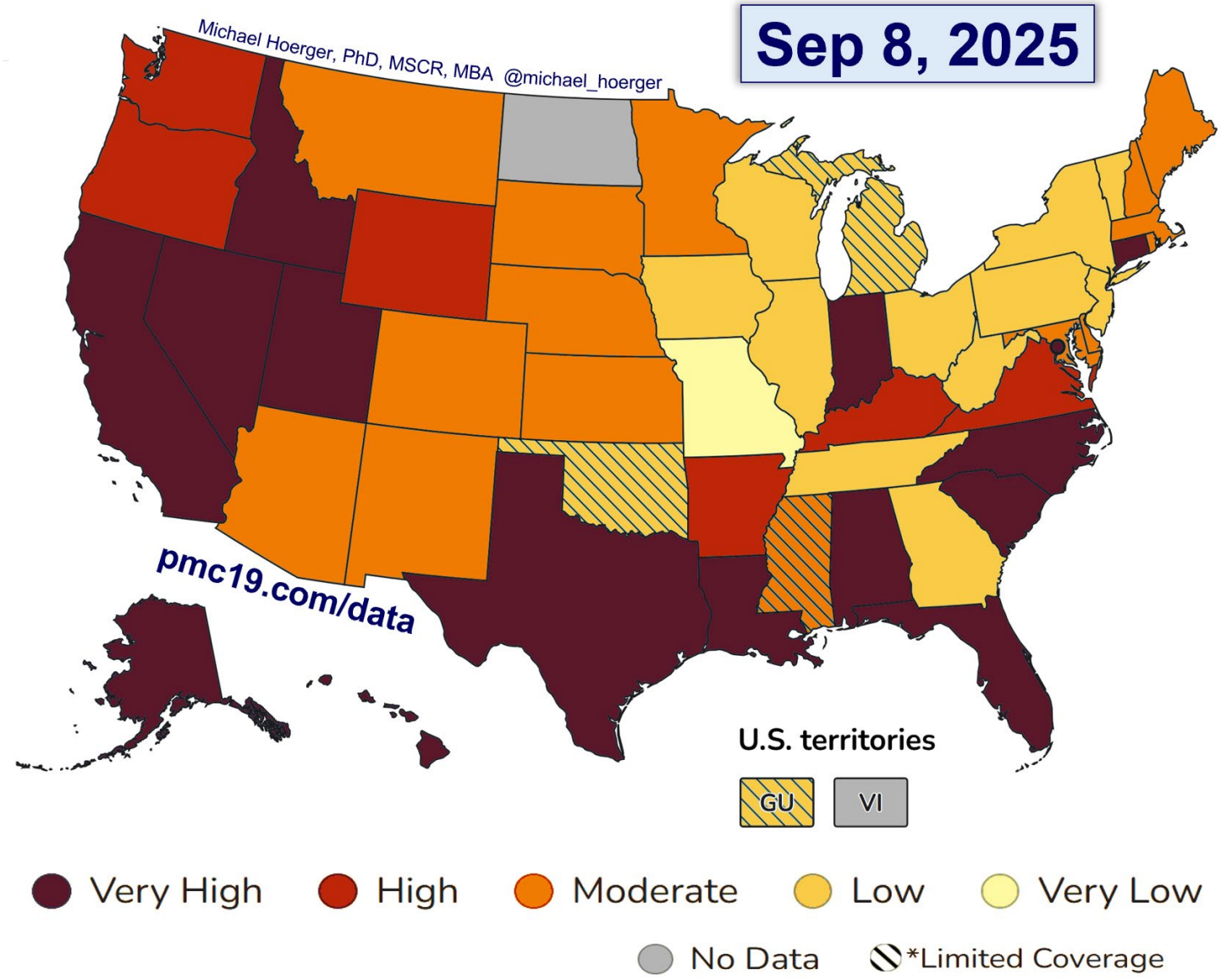
PMC 3.0 Update. The PMC 3.0 model launched last week. The update accounts for the CDC changes and makes several strategic improvements. A fully updated Technical Appendix will appear later in the week.

- **Improving summer forecasting.** The ***model updates*** were designed to improve forecasting by dealing with two key challenges: a) variability in the timing and shape of summer waves, and b) increasing regional variation in transmission. For the first challenge, we tested adding many additional features to the model; most added nothing, reflecting the challenges in summer forecasting with few summer waves so far, but a few will improve overall estimates of the summer peak and post-peak decline. Second, we have incorporated a variable on the percentage of states seeing increased transmission. This is a big-picture metric that captures regional variation quite well. It also provides an intuitive mental shortcut. When 65-80% of states are increasing, expect a peak roughly 3 weeks later. The risk is that if state-level data get disrupted, so too will the model.
- **Increasing reach and impact.** Some changes readers will notice in this and future updates is an increasing focus on ***state-level data*** and images designed for better ***social media dissemination*** on Instagram and TikTok. Specifically, all images are squares, very easy for Instagram posts as is or with light commentary above/below, and useful for TikTok videos with two images at a time or single images with commentary.
- **Identifying what matters.** Finally, we have cut or ***de-implemented*** some of the dashboard information seemingly less used. Voice your displeasure as needed. This is a dynamic community-based dashboard, and we hope you will find these updates useful.

Popular and News Media Coverage:

- Comedian Francesca Fiorentini with a public health roundup on YouTube, mentioning PMC late in the clip: https://www.youtube.com/watch?v=yhr6Kwgrnhs
- 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
- The TODAY Show is tracking vaccinations and transmission, including using the PMC dashboard: https://www.today.com/health/coronavirus/covid-2025-summer-surge-rcna218754

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



Transmission is High or Very High in 21 states and territories, spreading from the South and West toward other regions. Expect the Very High regions to begin to fall, and the lower-transmission regions to pick up.

COVID-19 State Prevalence Estimates

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State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Alabama	**Very High**	1 in 21 (4.8%)	39%	71%	91%	>99%
Alaska	**Very High**	1 in 23 (4.3%)	36%	67%	89%	99%
Arizona	Moderate	1 in 54 (1.9%)	17%	37%	61%	85%
Arkansas	**High**	1 in 31 (3.2%)	28%	56%	81%	96%
California	**Very High**	1 in 25 (4.1%)	34%	64%	87%	98%
Colorado	Moderate	1 in 58 (1.7%)	16%	35%	58%	82%
Connecticut	**Very High**	1 in 20 (5.0%)	40%	72%	92%	>99%
Delaware	Moderate	1 in 45 (2.2%)	20%	43%	68%	89%
District of Columbia	**Very High**	1 in 20 (5.0%)	40%	72%	92%	>99%
Florida	**Very High**	1 in 22 (4.6%)	37%	69%	90%	>99%
Georgia	Low	1 in 62 (1.6%)	15%	33%	56%	80%
Guam	Low	1 in 68 (1.5%)	14%	31%	52%	77%
Hawaii	**Very High**	1 in 20 (4.9%)	39%	71%	92%	>99%
Idaho	**Very High**	1 in 20 (5.0%)	40%	72%	92%	>99%
Illinois	Low	1 in 66 (1.5%)	14%	32%	53%	78%
Indiana	**Very High**	1 in 24 (4.2%)	35%	66%	88%	99%
Iowa	Low	1 in 68 (1.5%)	14%	31%	52%	77%
Kansas	Moderate	1 in 54 (1.9%)	17%	38%	61%	85%
Kentucky	**High**	1 in 31 (3.2%)	28%	56%	80%	96%
Louisiana	**Very High**	1 in 20 (5.0%)	40%	72%	92%	>99%
Maine	Moderate	1 in 42 (2.4%)	22%	46%	70%	91%
Maryland	Moderate	1 in 51 (1.9%)	18%	39%	63%	86%
Massachusetts	Moderate	1 in 46 (2.2%)	20%	42%	66%	89%
Michigan	Low*	1 in 77 (1.3%)	12%	28%	48%	73%
Minnesota	Moderate	1 in 49 (2.0%)	19%	40%	64%	87%
Mississippi	Moderate*	1 in 45 (2.2%)	20%	43%	67%	89%

* Limited data reporting

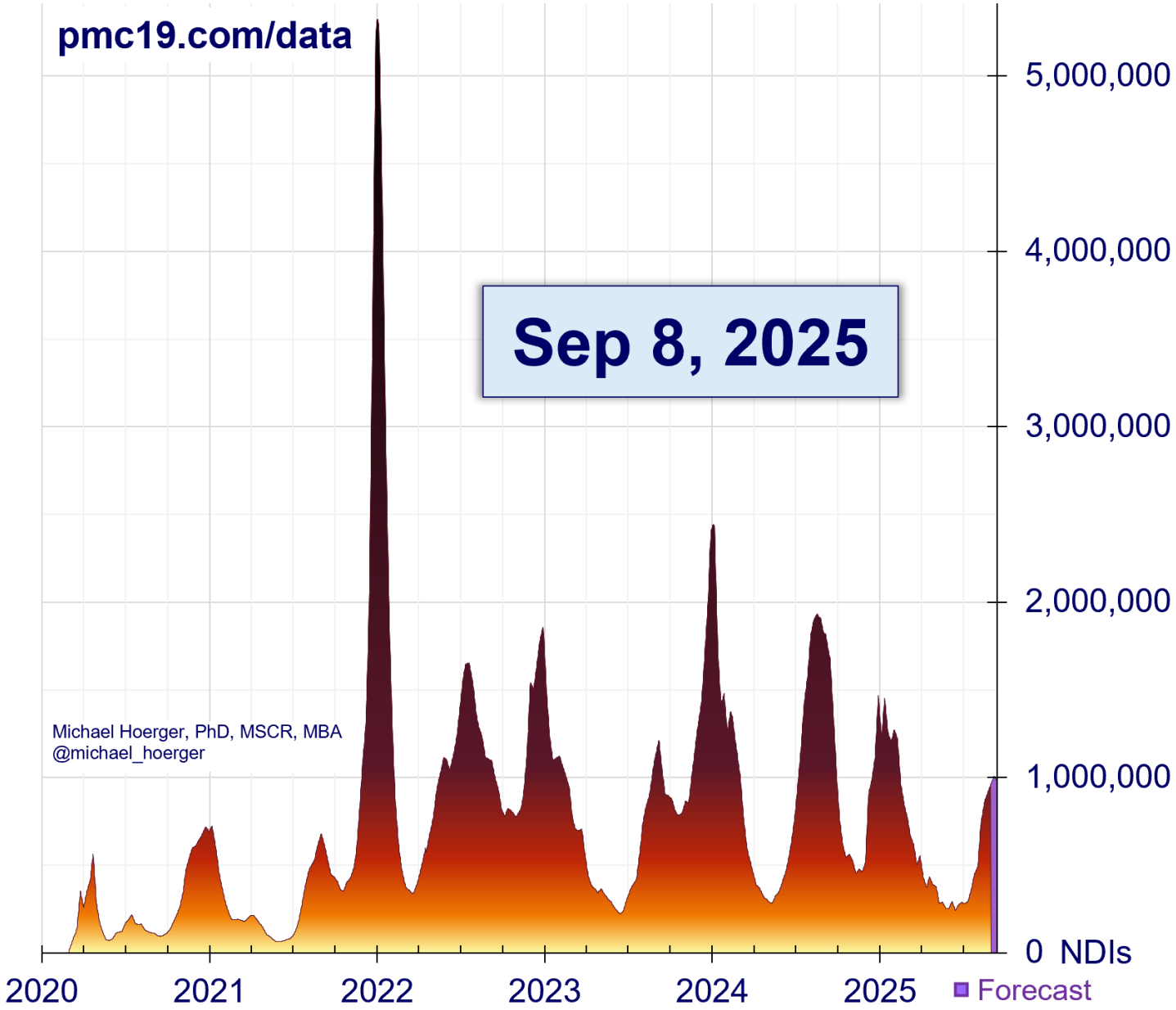
COVID-19 State Prevalence Estimates

pmc19.com/data

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 112 (0.9%)	9%	20%	36%	59%
Montana	Moderate	1 in 44 (2.3%)	20%	44%	68%	90%
Nebraska	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Nevada	**Very High**	1 in 11 (8.9%)	61%	90%	>99%	>99%
New Hampshire	Moderate	1 in 60 (1.7%)	15%	34%	57%	81%
New Jersey	Low	1 in 96 (1.0%)	10%	23%	41%	65%
New Mexico	Moderate	1 in 60 (1.7%)	16%	34%	57%	82%
New York	Low	1 in 64 (1.6%)	15%	33%	55%	79%
North Carolina	**Very High**	1 in 26 (3.8%)	32%	63%	86%	98%
North Dakota	Moderate*	1 in 49 (2.0%)	19%	40%	64%	87%
Ohio	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Oklahoma	Low*	1 in 68 (1.5%)	14%	31%	52%	77%
Oregon	**High**	1 in 33 (3.0%)	26%	53%	78%	95%
Pennsylvania	Low	1 in 79 (1.3%)	12%	27%	47%	72%
Rhode Island	Moderate	1 in 51 (1.9%)	18%	39%	63%	86%
South Carolina	**Very High**	1 in 17 (6.0%)	46%	79%	96%	>99%
South Dakota	Moderate	1 in 56 (1.8%)	16%	36%	59%	83%
Tennessee	Low	1 in 66 (1.5%)	14%	32%	53%	78%
Texas	**Very High**	1 in 18 (5.5%)	43%	76%	94%	>99%
Utah	**Very High**	1 in 17 (5.9%)	46%	78%	95%	>99%
Vermont	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Virginia	**High**	1 in 34 (2.9%)	26%	53%	77%	95%
Washington	**High**	1 in 37 (2.7%)	24%	50%	75%	94%
West Virginia	Low	1 in 86 (1.2%)	11%	25%	44%	69%
Wisconsin	Low	1 in 88 (1.1%)	11%	25%	43%	68%
Wyoming	**High**	1 in 36 (2.7%)	24%	50%	75%	94%

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

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



The U.S. is experiencing an 11th COVID wave as vaccines are being restricted. Estimated new daily infections exceeded 1 million on Saturday, September 6. Current, the wave peak has been estimated as 1,006,000 new daily infections.

National COVID-19 Estimates (U.S.)

pmc19.com/data

Infections

Proportion Actively Infectious	1 in 49 (2%)
New Daily Infections	998,000
Infections the Past Week	6,970,000
Infections in 2025	161,000,000
Cumulative Infections per Person	4.60

Long COVID

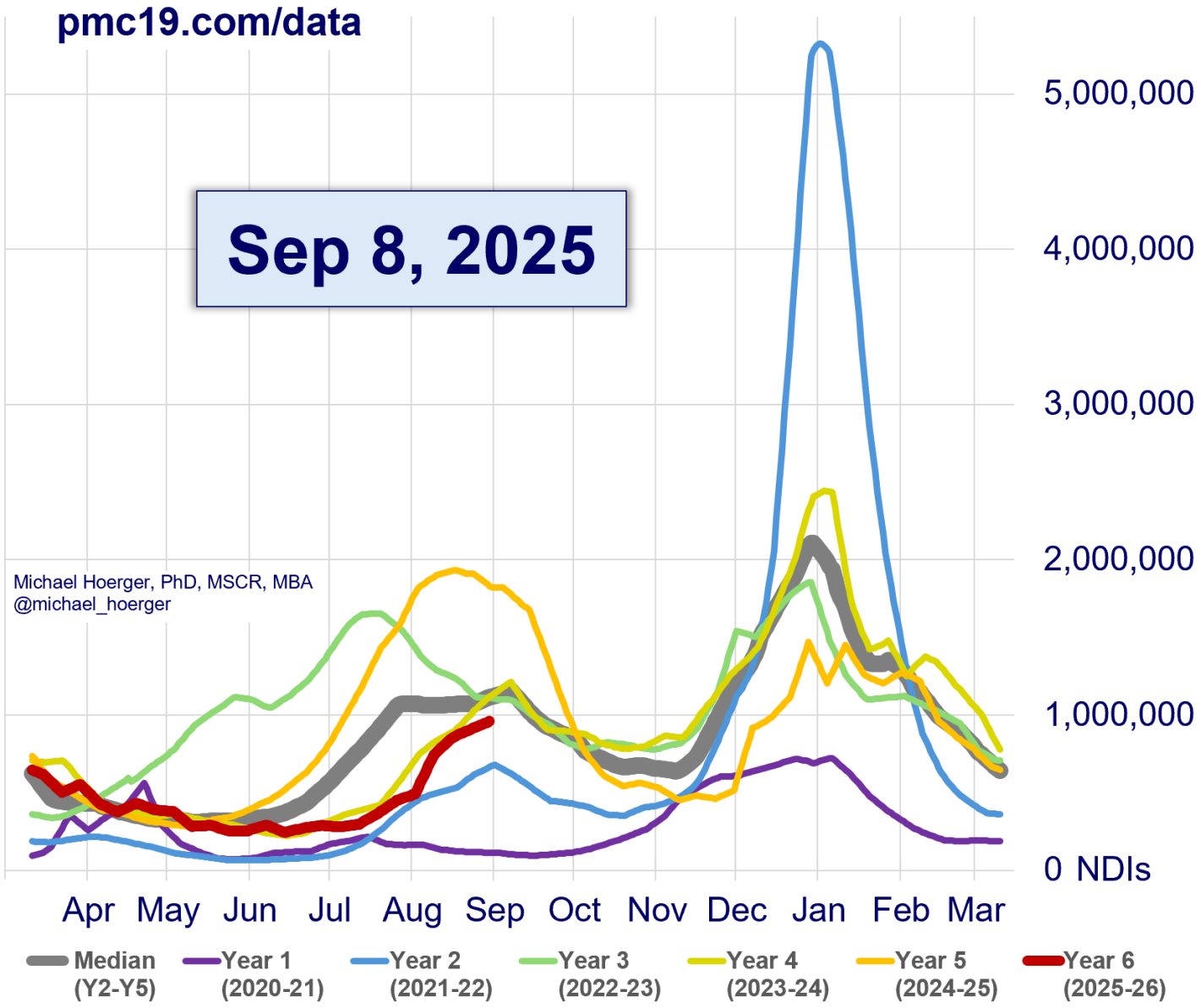
Long COVID Cases Resulting from New Daily Infections	50,000 to 200,000
Long COVID Cases Resulting from New Weekly Infections	349,000 to 1,390,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	290 to 480
Excess Deaths Resulting from New Weekly Infections	2,000 to 3,300

New daily infections were forecasted to peak on September 6, 2025, briefly surpassing 1 million daily for Saturday and Sunday. The resulting excess death toll will be substantial.

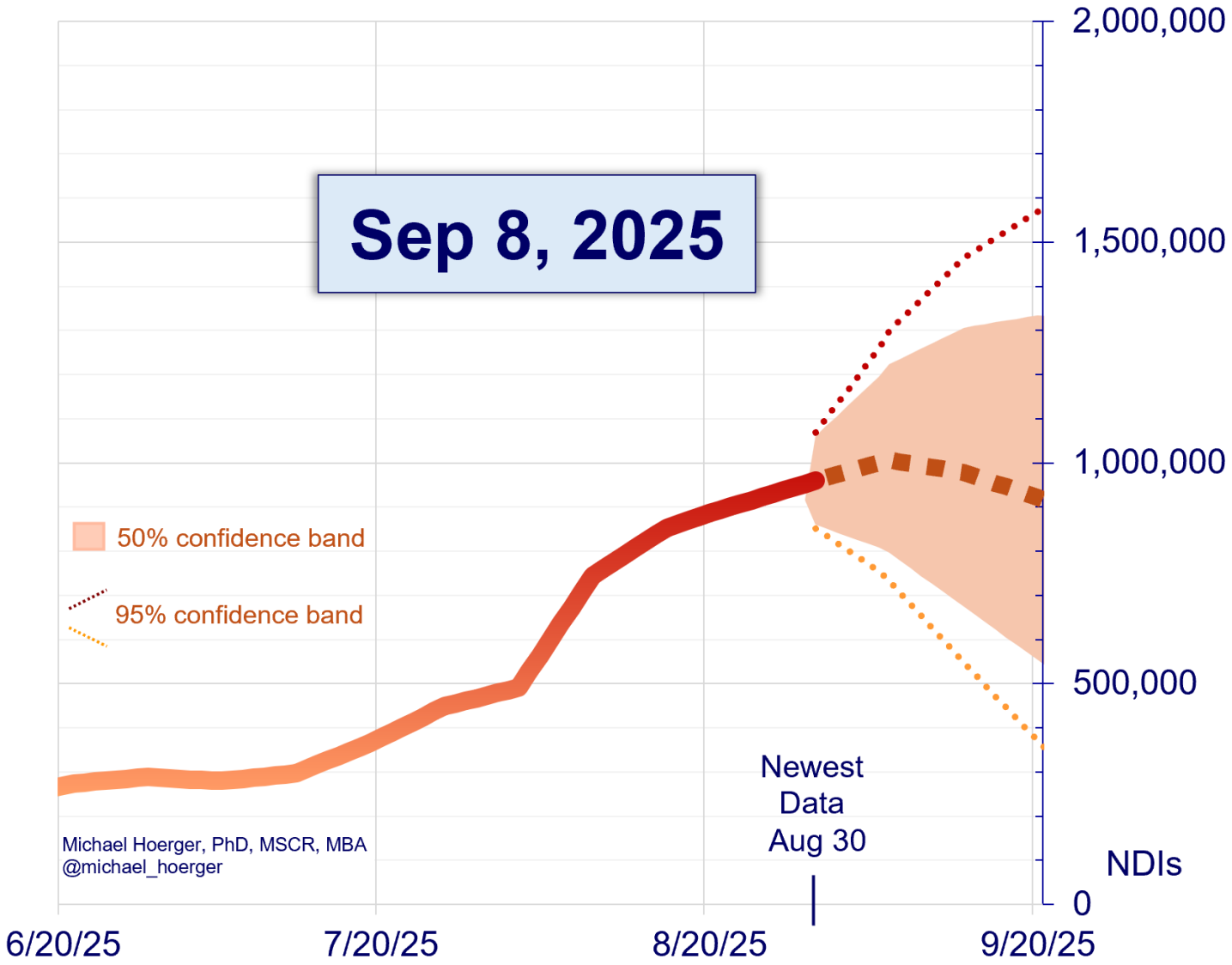
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



Current transmission (red) has closely tracked that of year 4 (yellow). Data through August 30th are shown, not the forecast with a peak around September 6.

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

pmc19.com/data



We estimate that transmission peaked on September 6. However, note the range of uncertainty. A small downward retroactive correction could push the peak a little earlier. A small upward retroactive correction, or percolating high transmission (e.g., North/Midwest rising higher than the South/West fall), could push the peak back 1-2 weeks.

Regardless, expect 1 million new daily infections or slightly lower or higher for the next couple weeks, under usual scenarios.

A very large retroactive correction and atypically fast decline (more similar to last year) could push the wave down into a lull quickly.

A very large retroactive correction could shoot the peak substantially higher. New York state has had poor data quality amid quality-improvement updates, so it is possible that 1-2 months from now, the peak retroactively looks much higher.

When the CDC updates their data again on Friday, September 12, expect it to be higher than last Friday's data. They run on about a 1-week reporting lag, so next Friday's update will actually reflect data through September 6.

If our central forecast is correct, expect to see news coverage not relying on PMC forecasts to project that "transmission is rising" for some time.

Finally, note that significant transmission occurs post-peak, so ongoing multi-layered mitigation remains key. We advocate for national policy to increase vaccine eligibility and access across the nation, not merely in select states.

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.