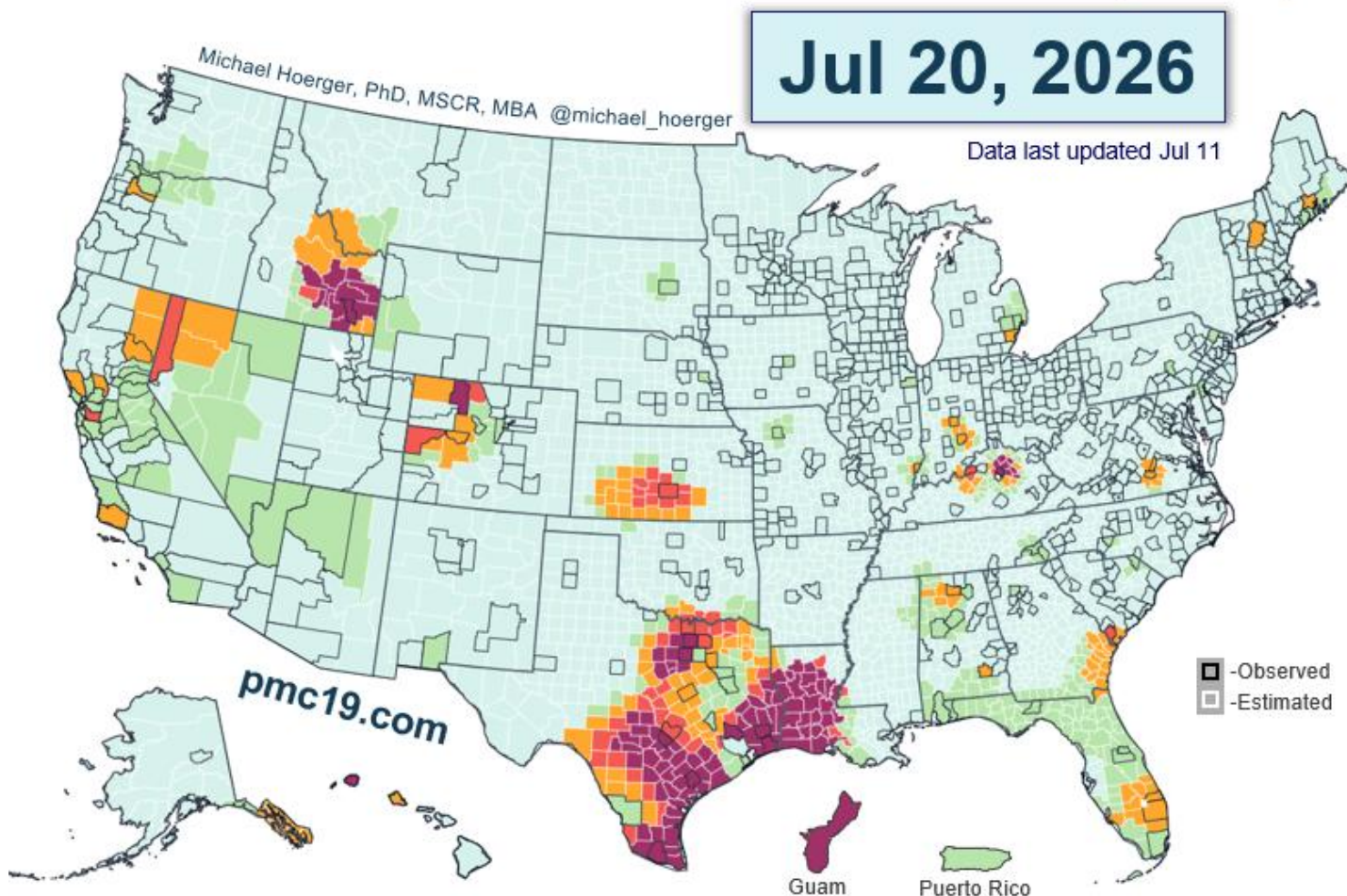


PMC U.S. COVID-19 Report for July 20, 2026.

pmc19.com

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Announcements

Local Updates

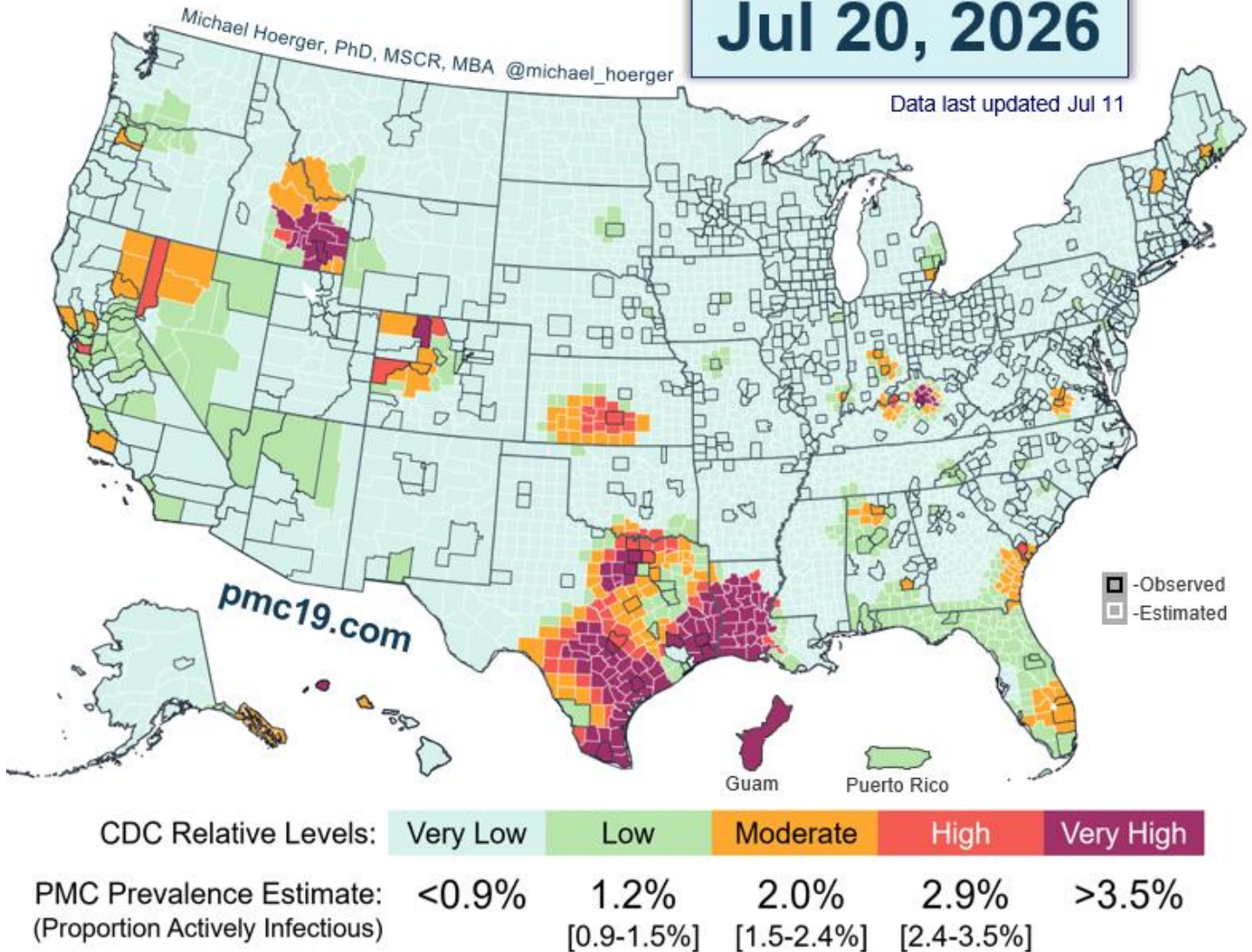
- The website leads with New Orleans-specific data from July 20-31, in support of the local COVID Competent day camp.

Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) also reported. The CDC data are flat, whereas the Biobot data show increased transmission.

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

Jul 20, 2026



The US has 10 hot spots. There are major outbreaks across much of Texas (high/very high). Houston, denoted by the light blue county in the southeast (Harris) has 1-2 week reporting lags so may be worse than noted. Hardin county, two counties over to the east/northeast, has BA.1 Omicron-level transmission. The Texas surge is bleeding into estimates for western Louisiana.

The Guam surge persists, and there are 8 other outbreaks: the Bay Area of California (Alameda, high); northeastern Nevada (Washoe, high); southeast Idaho (Bannock, very high); northern/western Colorado (Mesa to Routt, high/very high); central Kansas (Reno, high); north central Kentucky (Jefferson to Fayette, high/very high); southern South Carolina (Jasper, high); and Hawai'i (Kauai, very high). The Kauai outbreak is similar to BA.1 Omicron-level transmission.

COVID-19 State Prevalence Estimates

pmc19.com

Jul 20, 2026

Chances anyone is infectious

in a room of 10 to 100 people

State	CDC Level	PMC Estimate, % Actively Infectious	10	25	50	100
Alabama	Very Low	1 in 162 (0.6%)	6%	14%	27%	46%
Alaska	Very Low	1 in 127 (0.8%)	8%	18%	33%	55%
Arizona	Very Low	1 in 188 (0.5%)	5%	12%	23%	41%
Arkansas	Very Low*	1 in 193 (0.5%)	5%	12%	23%	41%
California	Low	1 in 93 (1.1%)	10%	24%	42%	66%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 376 (0.3%)	3%	6%	12%	23%
Delaware	Very Low	1 in 308 (0.3%)	3%	8%	15%	28%
District of Columbia	Very Low	1 in 180 (0.6%)	5%	13%	24%	43%
Florida	Low	1 in 95 (1.1%)	10%	23%	41%	65%
Georgia	Very Low	1 in 172 (0.6%)	6%	14%	25%	44%
Guam	High	1 in 36 (2.8%)	25%	50%	75%	94%
Hawaii	Low	1 in 86 (1.2%)	11%	25%	44%	69%
Idaho	Very Low	1 in 211 (0.5%)	5%	11%	21%	38%
Illinois	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Indiana	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Iowa	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Kansas	Very Low	1 in 195 (0.5%)	5%	12%	23%	40%
Kentucky	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Louisiana	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 693 (0.1%)	1%	4%	7%	13%
Massachusetts	Very Low	1 in 249 (0.4%)	4%	10%	18%	33%
Michigan	Very Low	1 in 207 (0.5%)	5%	11%	21%	38%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Very Low*	1 in 119 (0.8%)	8%	19%	34%	57%

* Limited data reporting

Data last updated Jul 11

COVID-19 State Prevalence Estimates

pmc19.com

Jul 20, 2026

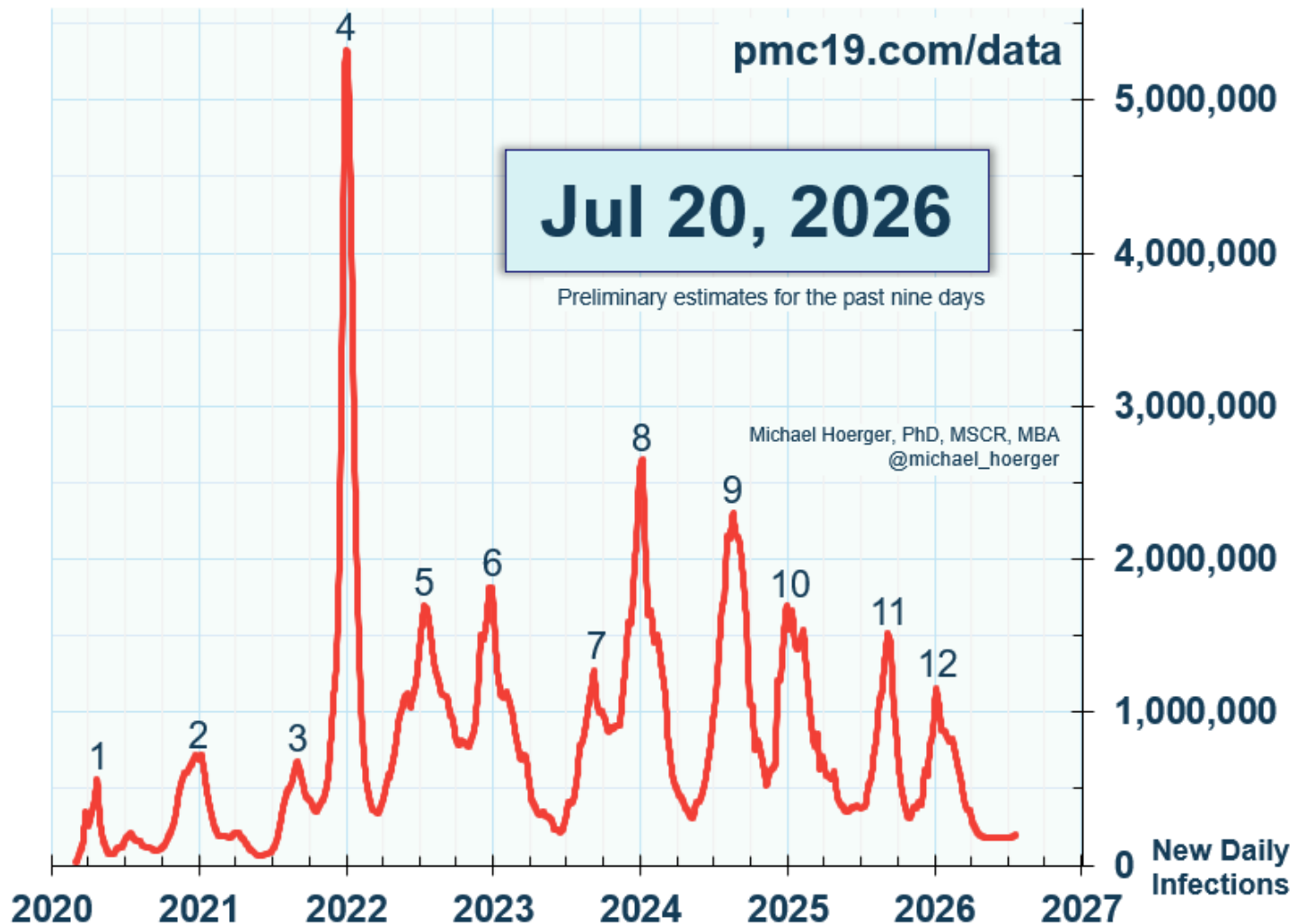
Chances anyone is infectious

State	CDC Level	PMC Estimate, % Actively Infectious	in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Montana	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 376 (0.3%)	3%	6%	12%	23%
Nevada	Low	1 in 97 (1.0%)	10%	23%	40%	64%
New Hampshire	Very Low	1 in 634 (0.2%)	2%	4%	8%	15%
New Jersey	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
New Mexico	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
New York	Very Low*	1 in 331 (0.3%)	3%	7%	14%	26%
North Carolina	Very Low	1 in 281 (0.4%)	4%	9%	16%	30%
North Dakota	Very Low*	1 in 282 (0.4%)	3%	8%	16%	30%
Ohio	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma	Very Low*	1 in 887 (0.1%)	1%	3%	5%	11%
Oregon	Very Low	1 in 151 (0.7%)	6%	15%	28%	49%
Pennsylvania	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Puerto Rico	Low*	1 in 95 (1.1%)	10%	23%	41%	65%
Rhode Island	Very Low	1 in 364 (0.3%)	3%	7%	13%	24%
South Carolina	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
South Dakota	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
Tennessee	Very Low	1 in 308 (0.3%)	3%	8%	15%	28%
Texas	Moderate	1 in 61 (1.6%)	15%	34%	56%	81%
Utah	Very Low	1 in 569 (0.2%)	2%	4%	8%	16%
Vermont	Very Low	1 in 652 (0.2%)	2%	4%	7%	14%
Virginia	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Washington	Very Low*	1 in 541 (0.2%)	2%	5%	9%	17%
West Virginia	Very Low	1 in 1,848 (0.1%)	1%	1%	3%	5%
Wisconsin	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Wyoming	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%

* Limited reporting; ND averages MN, MT, SD; PR from PR dashboard

Data last updated Jul 11

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



PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.3** infections per person and **14.3** months between infections.

National COVID-19 Estimates (U.S.)

<u>Infections</u>	Jul 20, 2026	pmc19.com
Proportion Actively Infectious	1 in 243 (0.4%)	
New Daily Infections	202,000	
Infections the Past Week	1,340,000	
Infections in 2026	87,000,000	
Cumulative Infections per Person	5.34	

Long COVID

Long COVID Cases Resulting from New Daily Infections	10,000 to 40,000
Long COVID Cases Resulting from New Weekly Infections	67,000 to 270,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	50 to 90
Excess Deaths Resulting from New Weekly Infections	300 to 600

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

Jul 20, 2026

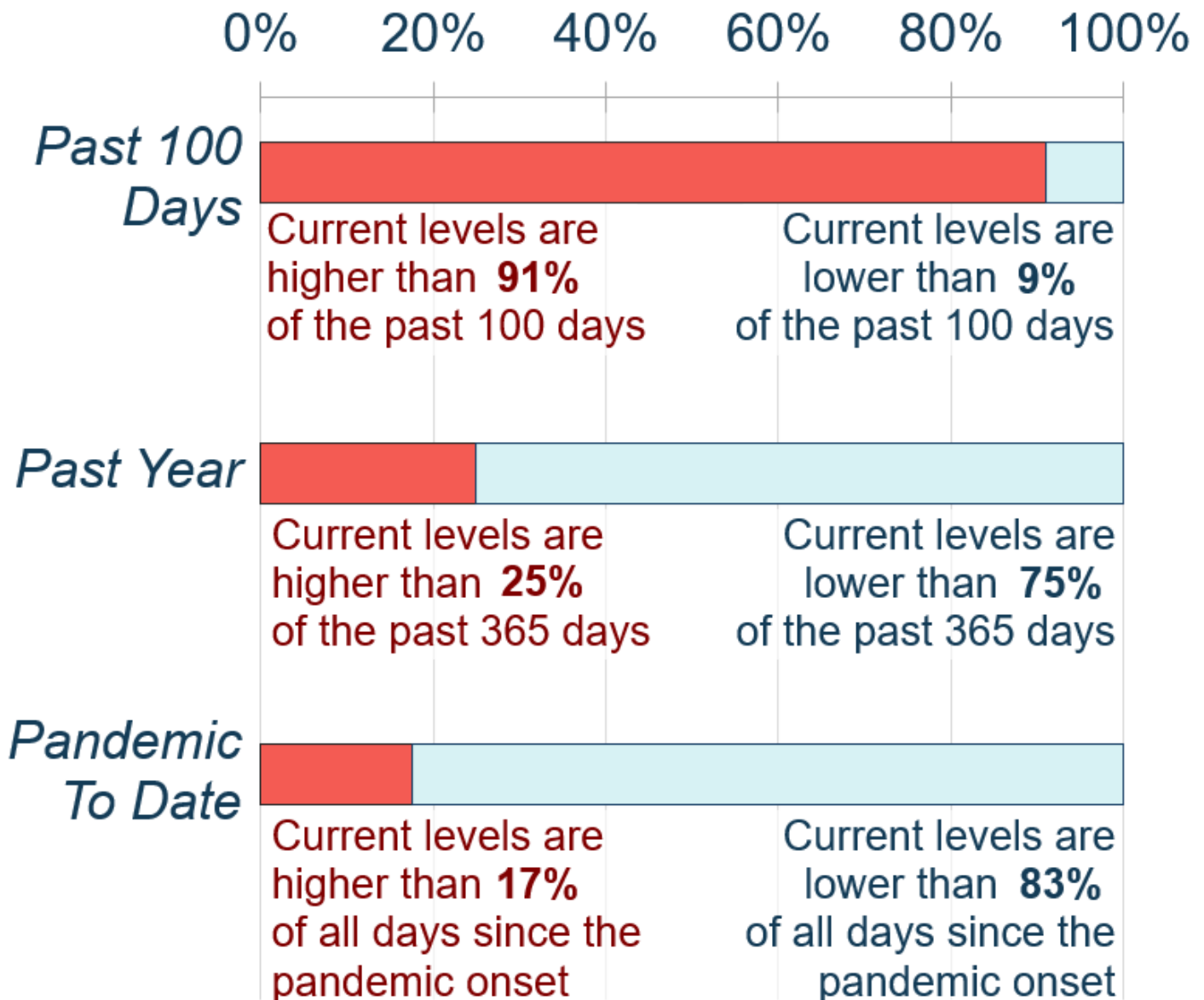
pmc19.com

<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.4%
2	0.8%
3	1.2%
4	1.6%
5	2.0%
10	4.0%
15	6.0%
20	7.9%
25	9.8%
30	11.7%
50	18.7%
75	26.6%
100	33.8%
200	56.2%
300	71.0%

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

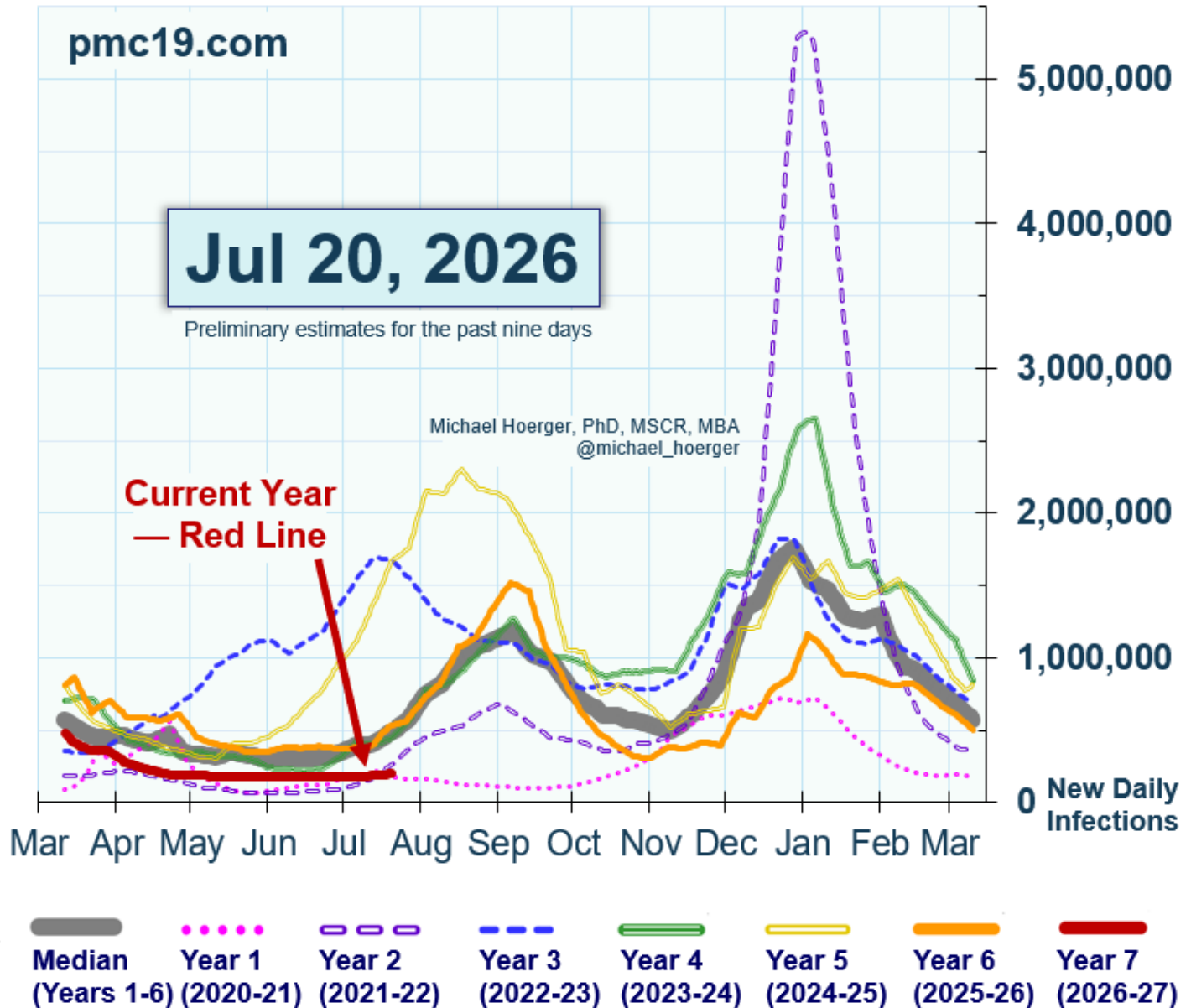
Jul 20, 2026

pmc19.com

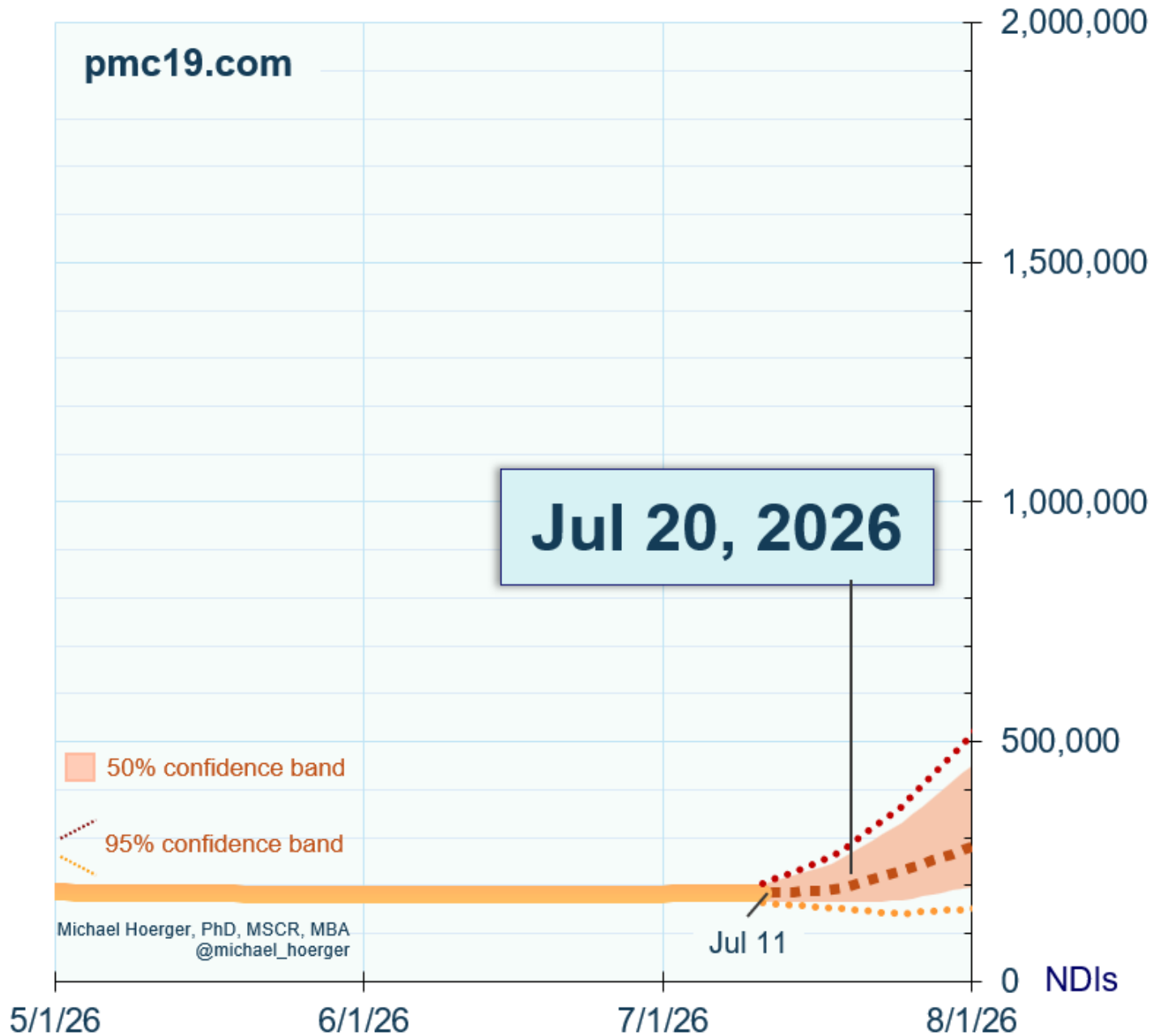


These estimates are volatile and may be corrected significantly upward or downward.

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



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



The CDC update on Friday, July 24, will provide the most definitive data on whether we are headed into a “typical” wave or not. The flat levels reported in the most recent update are encouraging.

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.