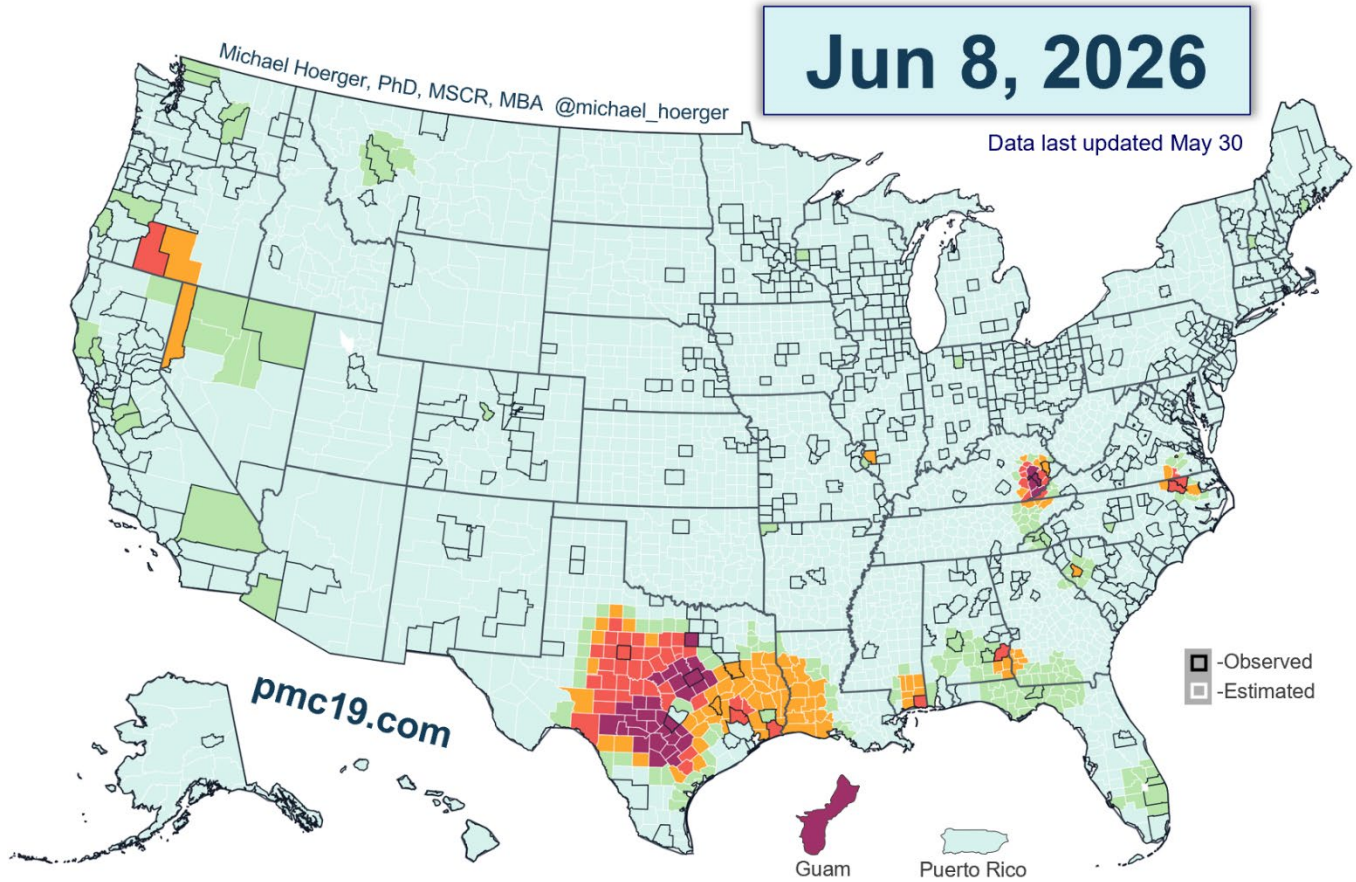


PMC U.S. COVID-19 Report for June 8, 2026. pmc19.com

Michael Hoerger, PhD, MSCR, MBA, Pandemic Mitigation Collaborative (PMC)



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Announcements

Update (from June 1)

- We have updated the heat map format. The CDC map depicts each state with the state-level median. That approach often works well, but during lulls can be misleading, as the state-level median can overshadow local hot spots. Our updated map uses wastewater site-level data. In counties that have wastewater data collection, each county is depicted using the median of all sites in the county. For counties that lack wastewater data collection, levels are estimated from nearby counties, with greater weight given to closer counties (inverse-distance weighting); this approach is similar to using a state-level median (like the CDC) to depict regions without wastewater surveillance but is based on nearby data, regardless of state lines. For counties with estimated levels, interpret with caution, just like one would using the CDC's map, knowing that unidentified hot spots could be anywhere that lacks surveillance.

Update (June 8)

- The CDC has made many changes to their dashboard consistent with PMC requests. Last week, we requested they begin providing a national heat map with county-level data. They have not done so, but they have made that change to their COVID Emergency Department (ED) visit forecasting page.
<https://www.cdc.gov/cfa-modeling-and-forecasting/rt-estimates/index.html?tab=0>

Data Quality

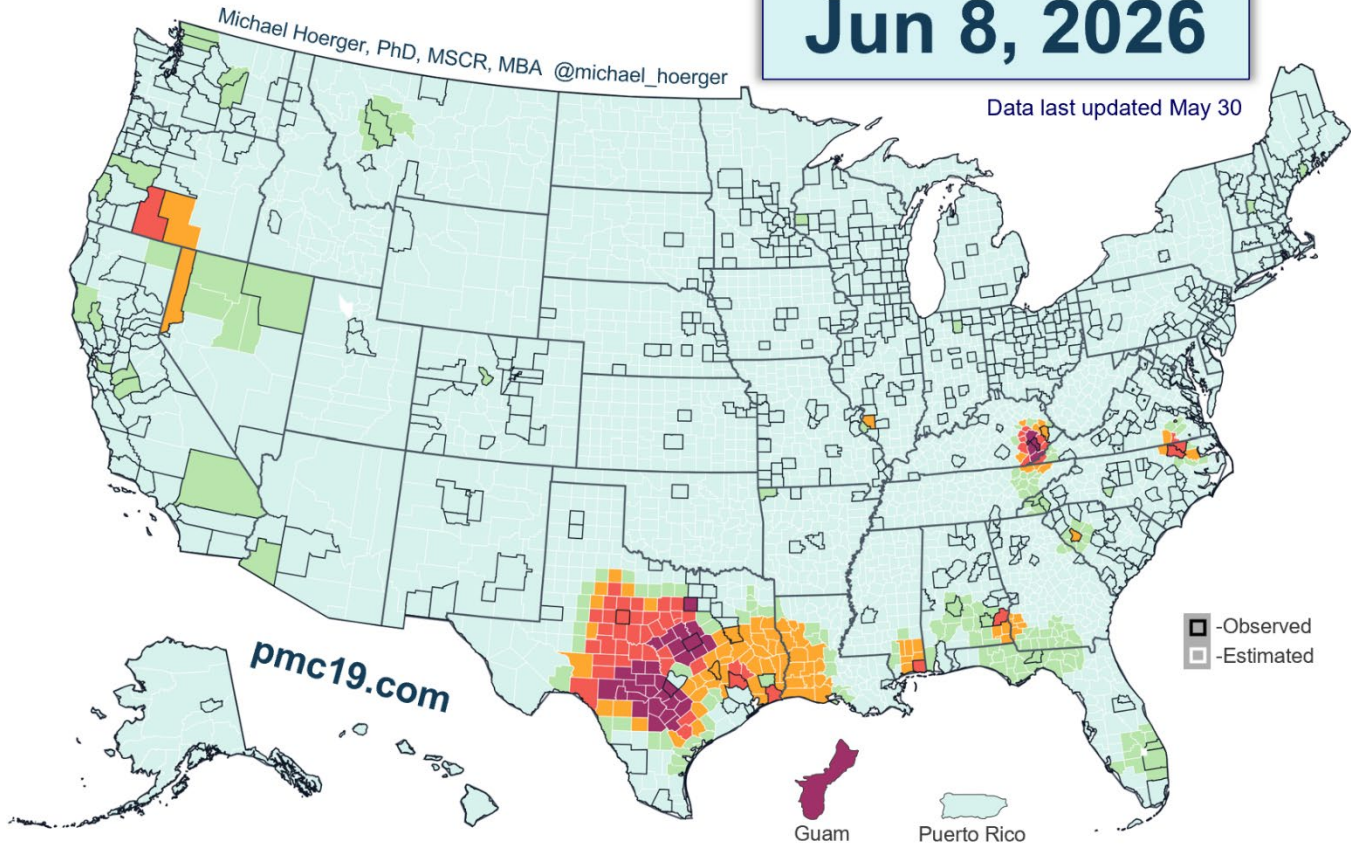
- The CDC (80% model weight) reported this week, and Biobot (20% model weight) has not reported the past 2 weeks.

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

Jun 8, 2026

Michael Hoerger, PhD, MSCR, MBA @michael_hoerger

Data last updated May 30



CDC Relative Levels:	Very Low	Low	Moderate	High	Very High
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PMC Prevalence Estimate:	<0.9%	1.2%	2.0%	2.9%	>3.5%
(Proportion Actively Infectious)		[0.9-1.5%]	[1.5-2.4%]	[2.4-3.5%]	

Estimated levels are at their lowest since July 11, 2021. Levels are mostly “very low” nationwide, with the exception of Guam, Central and Eastern Texas, and isolated hot spots. The spike in Texas is troubling because the very low sites around much of the state’s border bring down the state median to the very low range as well; the CDC national map has the state of Texas as sea ice blue, and the hot spots are only visible if one clicks through to the Texas wastewater site-level data.

COVID-19 State Prevalence Estimates

pmc19.com

Jun 8, 2026

Chances anyone is infectious
in a room of 10 to 100 people

State	CDC Level	PMC Estimate, %	Chances anyone is infectious in a room of 10 to 100 people			
		Actively Infectious	10	25	50	100
Alabama	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Alaska	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Arizona <small>(1 week lag)</small>	Very Low*	1 in 117 (0.9%)	8%	19%	35%	58%
Arkansas	Very Low*	1 in 376 (0.3%)	3%	6%	12%	23%
California	Very Low	1 in 205 (0.5%)	5%	11%	22%	39%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 853 (0.1%)	1%	3%	6%	11%
Delaware	Very Low	1 in 336 (0.3%)	3%	7%	14%	26%
District of Columbia	Very Low	1 in 672 (0.1%)	1%	4%	7%	14%
Florida	Very Low	1 in 200 (0.5%)	5%	12%	22%	39%
Georgia	Very Low	1 in 364 (0.3%)	3%	7%	13%	24%
Guam	High	1 in 31 (3.2%)	28%	56%	81%	96%
Hawaii	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Idaho	Very Low	1 in 616 (0.2%)	2%	4%	8%	15%
Illinois	Very Low	1 in 370 (0.3%)	3%	7%	13%	24%
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 336 (0.3%)	3%	7%	14%	26%
Kentucky	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Louisiana	Very Low	1 in 209 (0.5%)	5%	11%	21%	38%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 347 (0.3%)	3%	7%	13%	25%
Massachusetts	Very Low	1 in 482 (0.2%)	2%	5%	10%	19%
Michigan	Very Low*	1 in 634 (0.2%)	2%	4%	8%	15%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Very Low	1 in 134 (0.7%)	7%	17%	31%	53%

* Limited data reporting

Data last updated May 30

COVID-19 State Prevalence Estimates

pmc19.com

Jun 8, 2026

Chances anyone is infectious
in a room of 10 to 100 people

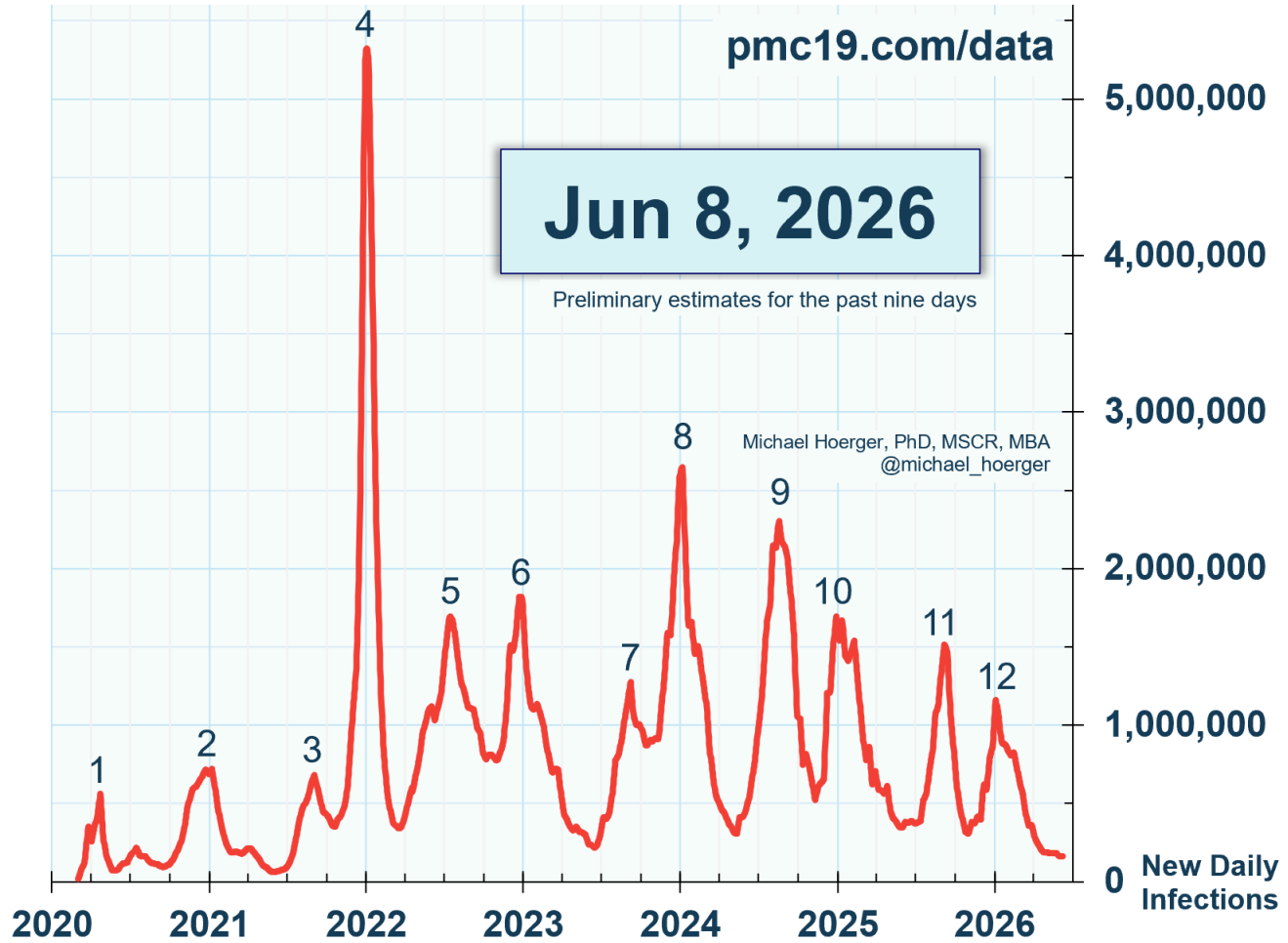
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 284 (0.4%)	3%	8%	16%	30%
Montana	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 599 (0.2%)	2%	4%	8%	15%
Nevada	Very Low	1 in 160 (0.6%)	6%	15%	27%	47%
New Hampshire	Very Low	1 in 853 (0.1%)	1%	3%	6%	11%
New Jersey	Very Low	1 in 599 (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 238 (0.4%)	4%	10%	19%	34%
North Carolina	Very Low	1 in 255 (0.4%)	4%	9%	18%	32%
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 213 (0.5%)	5%	11%	21%	38%
Pennsylvania	Very Low	1 in 246 (0.4%)	4%	10%	18%	33%
Rhode Island	Very Low	1 in 472 (0.2%)	2%	5%	10%	19%
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 418 (0.2%)	2%	6%	11%	21%
Texas	Very Low	1 in 142 (0.7%)	7%	16%	30%	51%
Utah	Very Low	1 in 292 (0.3%)	3%	8%	16%	29%
Vermont	Very Low	1 in 292 (0.3%)	3%	8%	16%	29%
Virginia	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Washington	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
West Virginia	Very Low	1 in 124 (0.8%)	8%	18%	33%	56%
Wisconsin	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Wyoming	Very Low*	1 in 1,706 (0.1%)	1%	1%	3%	6%

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

Data last updated May 30

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

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



PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.2** infections per person and **14.5** months between infections.

Notice that the current levels are comparable to “lulls” in recent years. Current levels are estimated at their lowest since July 11, 2021.

National COVID-19 Estimates (U.S.)

Jun 8, 2026

pmc19.com

Infections

Proportion Actively Infectious	1 in 300 (0.3%)
New Daily Infections	163,000
Infections the Past Week	1,150,000
Infections in 2026	79,000,000
Cumulative Infections per Person	5.16

Long COVID

Long COVID Cases Resulting from New Daily Infections	8,000 to 33,000
Long COVID Cases Resulting from New Weekly Infections	58,000 to 230,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	40 to 70
Excess Deaths Resulting from New Weekly Infections	300 to 500

During this relative “lull,” an estimated 1.15 million Americans are getting infected per week, resulting in significant morbidity and 300-500 eventual excess deaths. Note that levels are about 3 times that of the estimated low point of the pandemic in late May of 2021.

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

Jun 8, 2026

pmc19.com

<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.3%
2	0.7%
3	1.0%
4	1.3%
5	1.7%
10	3.3%
15	4.9%
20	6.5%
25	8.0%
30	9.5%
50	15.4%
75	22.1%
100	28.4%
200	48.7%
300	63.3%

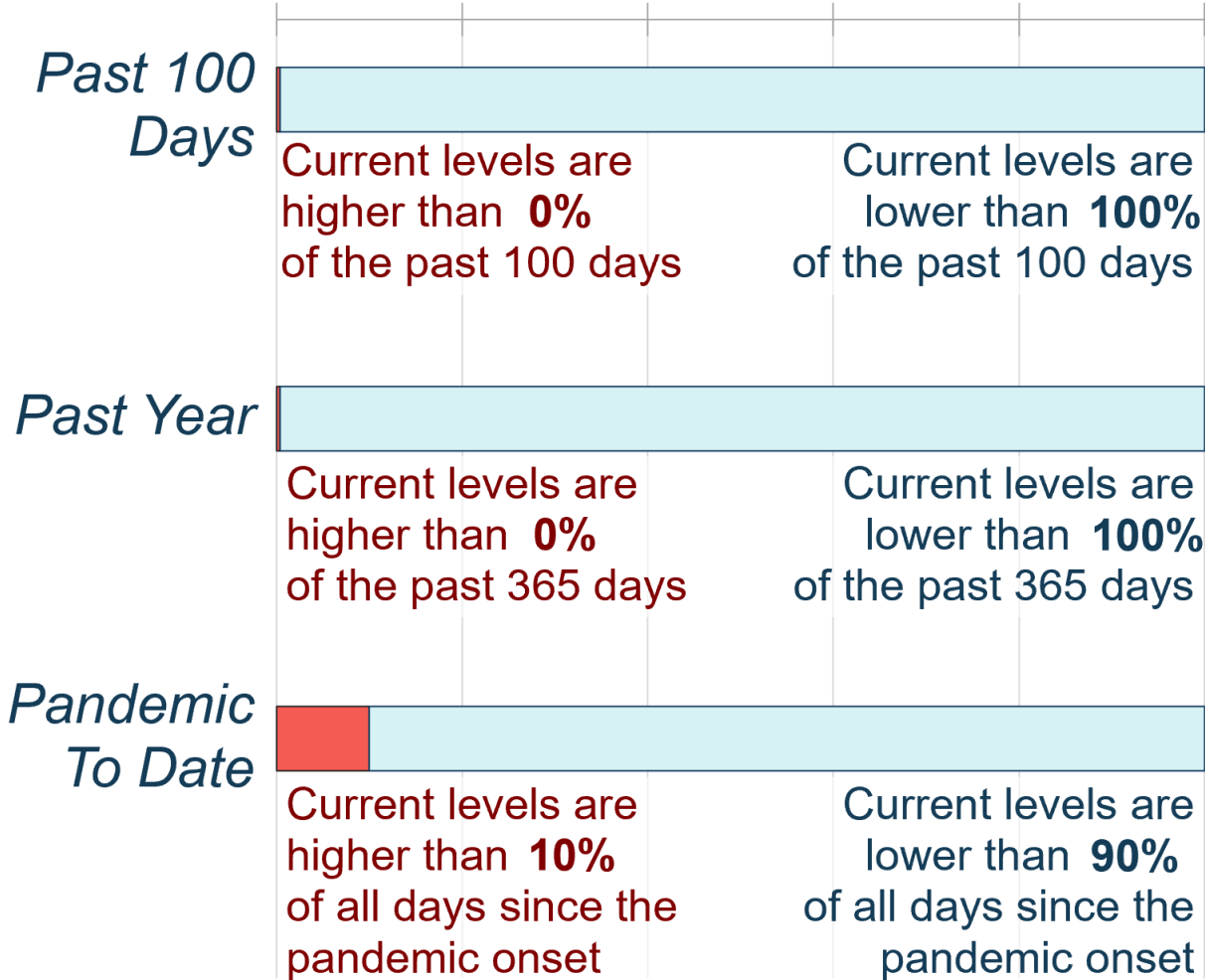
In a room of 25 people representative of the U.S. population, there would be a 1-in-13 chance of an exposure if there were no testing and isolation protocols.

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

Jun 8, 2026

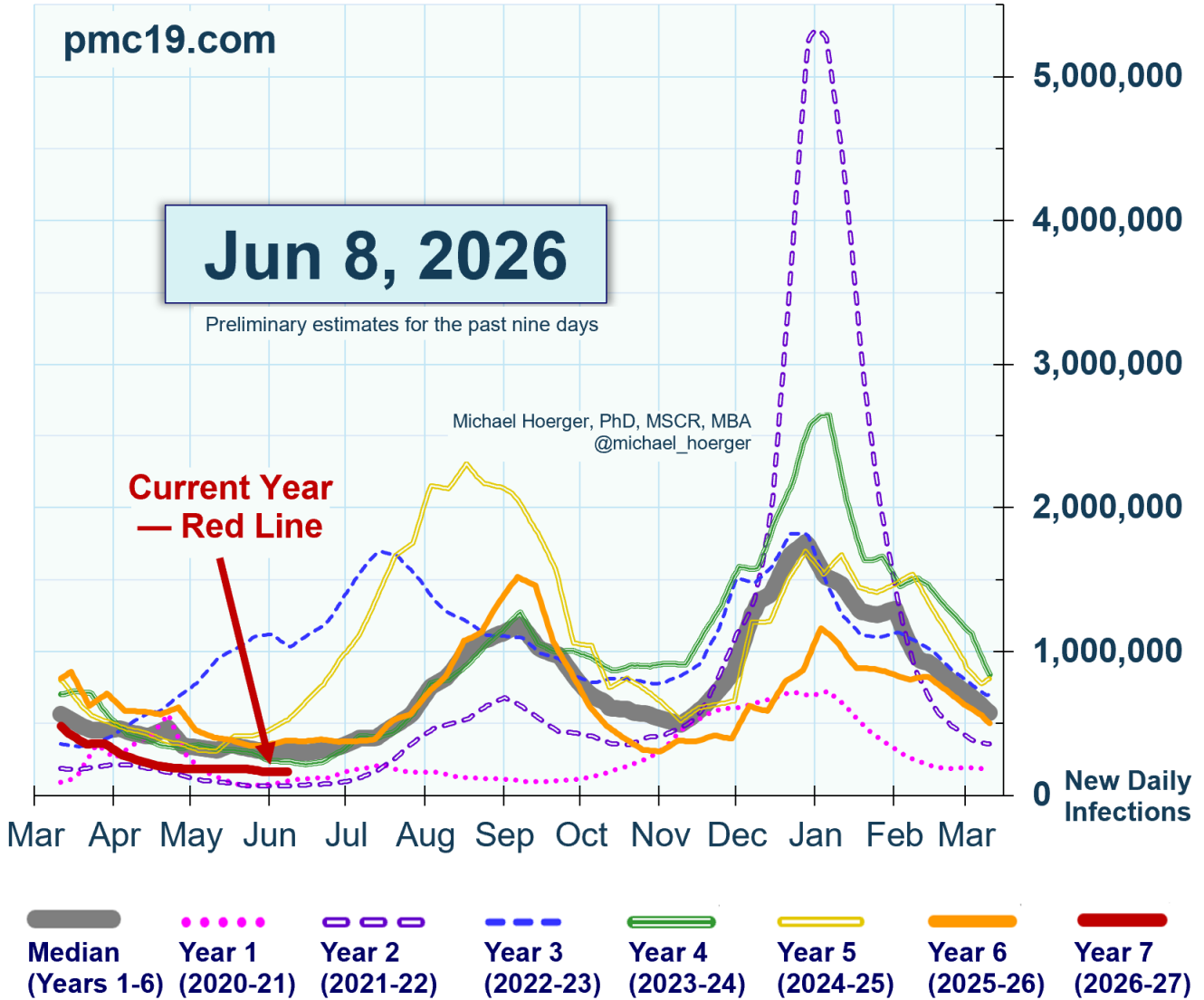
pmc19.com

0% 20% 40% 60% 80% 100%



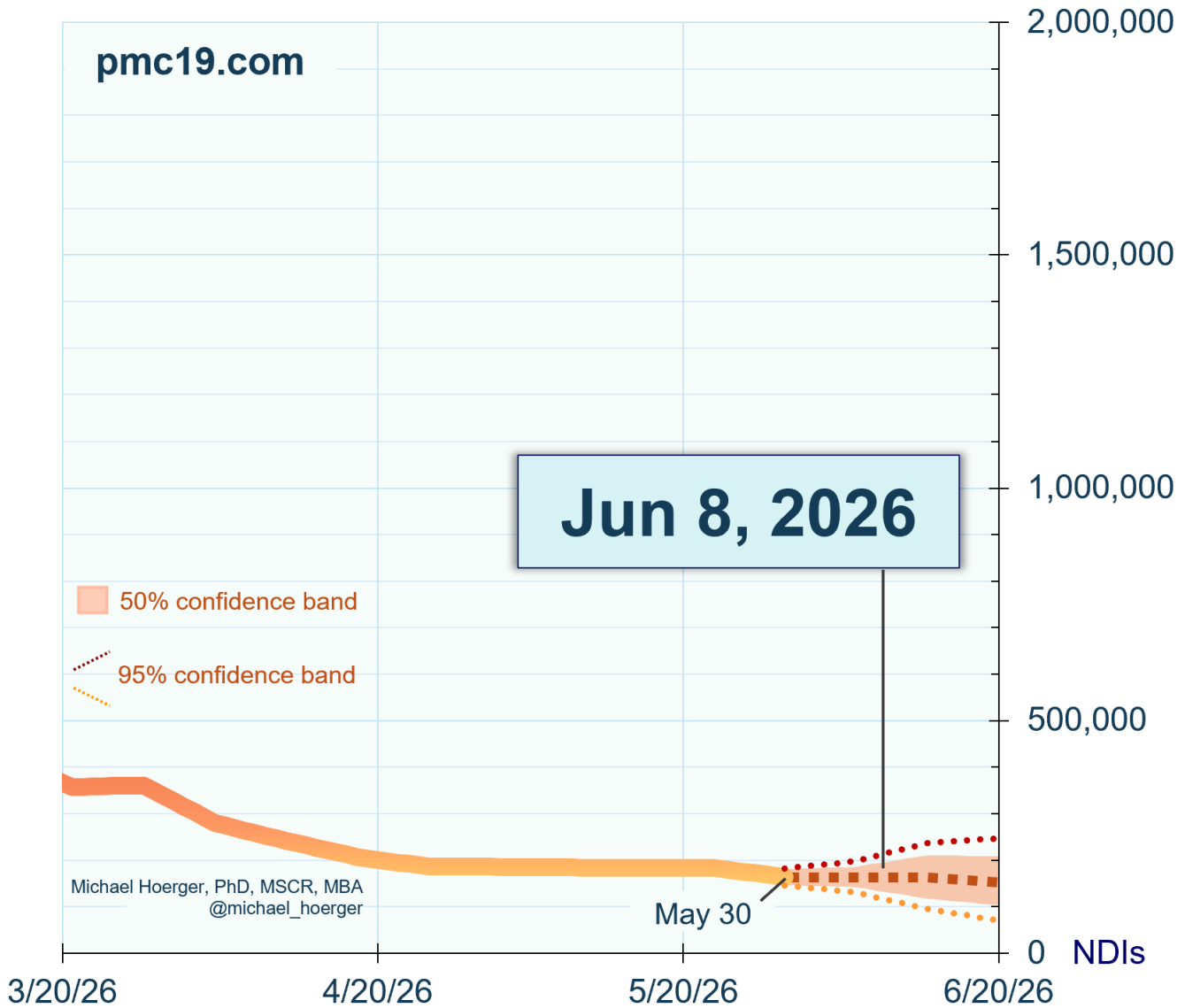
Current transmission is very low relative to the past 100 days, past year, and overall time span since pandemic onset.

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



Notice that while transmission is lower than in recent years and the median (gray line), levels have flatlined.

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



The forecast is for stable transmission in a relative “lull” hovering at 150,000 to 200,000 new daily infections.

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.