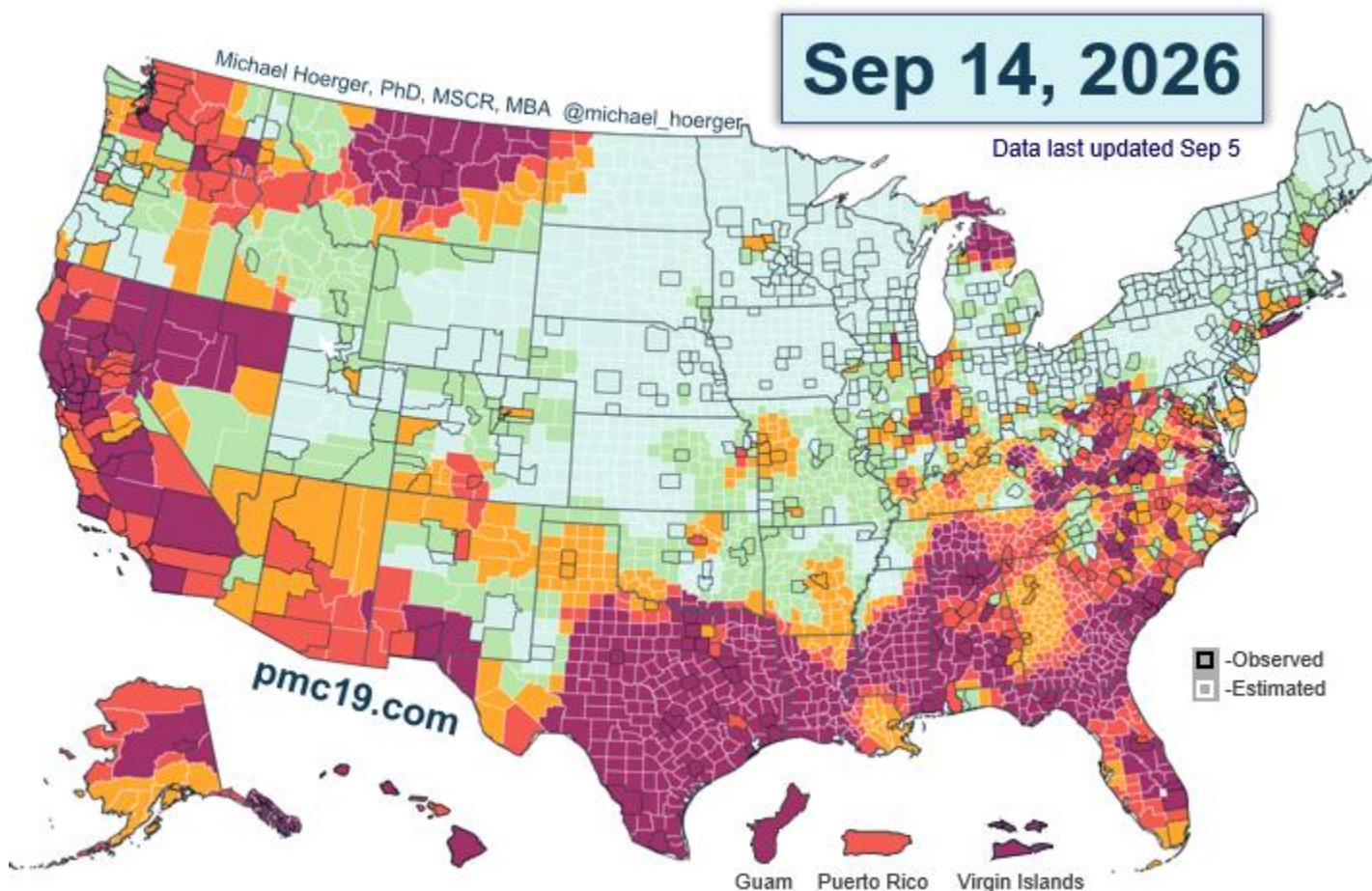


PMC U.S. COVID-19 Report for September 14, 2026. pmc19.com

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Announcements

Recent Press Coverage

- Forbes: <https://www.forbes.com/sites/judystone/2026/08/27/covid-19-cases-surge-heres-whats-different-this-summer-that-will-help/>
- The Sick Times: <https://thesicktimes.org/2026/08/18/national-covid-19-trends-august-18/>
- TODAY: <https://www.today.com/health/coronavirus/summer-covid-surge-symptoms-guidelines-2026-covid-vaccine-test-rcna592549>
- New York Post: <https://nypost.com/2026/08/19/health/cases-of-a-very-contagious-winter-disease-spiking-this-summer/>
- People: <https://people.com/cases-of-covid-growing-with-a-pretty-steady-increase-nationwide-12063766>

Dashboard Update

- The interactive version of the map now has a URL shortcut (<https://pmc19.com/map>).

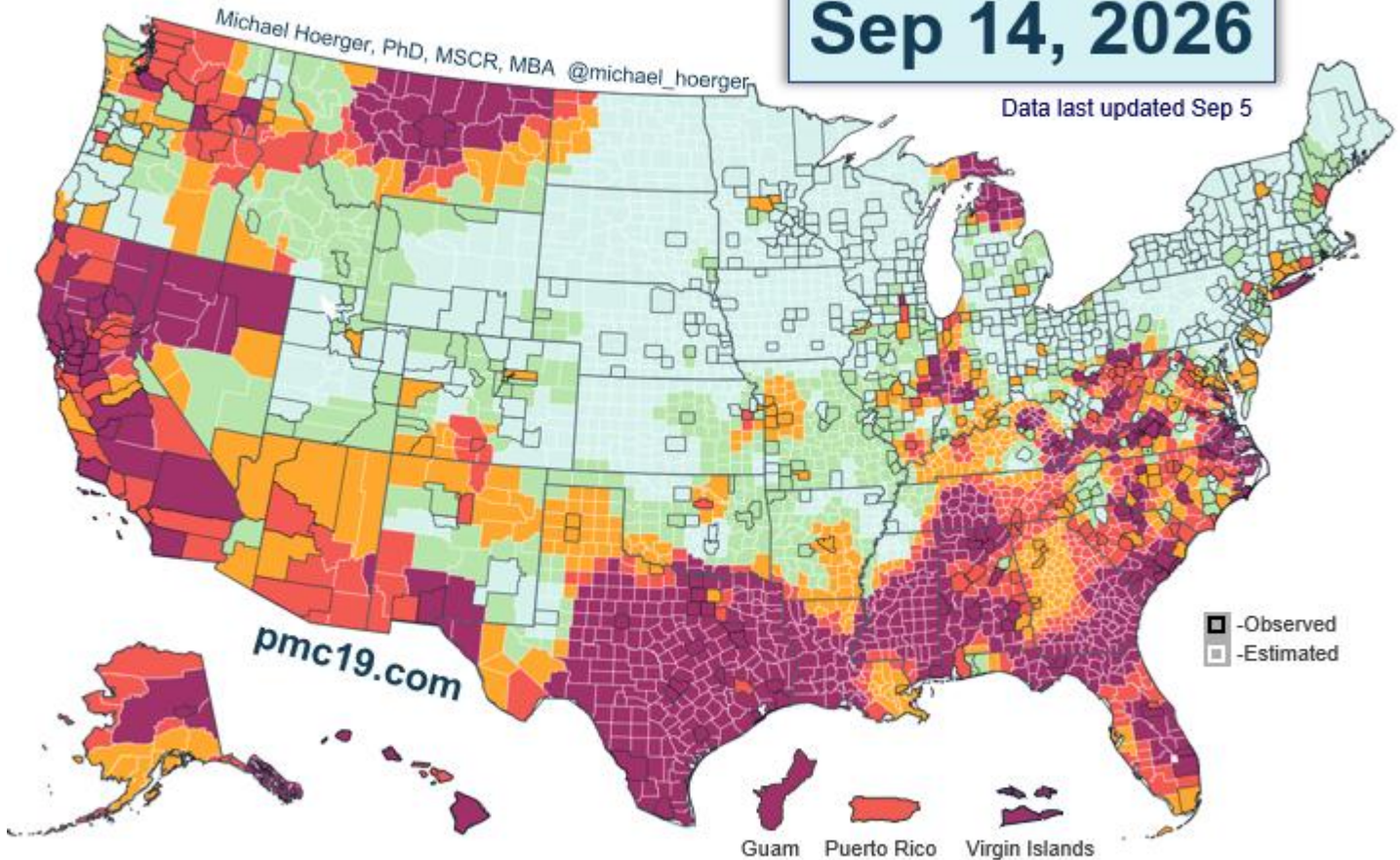
Data Quality

- The CDC (80% model weight) reported this week. Biobot (20% model weight) also reported. This week, the CDC had a major upward correction for last week's levels. If that happens again next Friday, it would suggest a later and larger wave peak.
- As noted four weeks ago, the CDC abruptly changed their coding system for how they link numeric levels to category labels, without flagging or explaining the change, generally downplaying transmission (pmc19.com/bluewashing.mp4). At the extreme end of the Very High category, levels are still described as "Very High." However, much of Very High has moved to "High." High has moved to "Moderate." Moderate has moved to "Low." Low has moved to "Very Low." Very Low remains "Very Low." The changes are most readily observable in the middle categories, so it will slow the process of alerting the public when levels are rising. Disturbingly, the change has been applied retroactively to descriptions of historical data too, so it is rewriting the past. PMC disagrees with the change, the timing of the change as levels are rising, the lack of transparency, and the lack of a firm rationale for the change. We will continue to lead with the prior system, noted as "Standard," and offer contrasts with the "Revised" system to shine light on its potential damage to public health. The interactive map now allows users to toggle between systems. In October, we expect to launch a new category system but felt it would be imprudent to do so when levels are rising. It will also have a toggle switch so users can focus on the map system they prefer.

COVID-19 Heat Map, Based on CDC Wastewater Data & Standard Levels

Sep 14, 2026

Data last updated Sep 5



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

The US has at least 34 states/territories with COVID outbreaks. These include Alaska, Hawai'i, Guam, Puerto Rico, the US Virgin Islands, Washington, Oregon, California, Nevada, Arizona, New Mexico, Montana, Colorado, Kansas, Oklahoma, Texas, Mississippi, Alabama, Georgia, Florida, Illinois, Indiana, Kentucky, Tennessee, Michigan, Ohio, South Carolina, North Carolina, Virginia, West Virginia, New Jersey, New York, Connecticut, and Maine.

There are likely outbreaks in additional states. The summary statistic of 34 only includes counties with observed data, rather than estimated data. For example, Louisiana and Idaho likely have outbreaks, but monitoring is poor.

COVID-19 State Prevalence Estimates

pmc19.com

Sep 14, 2026

State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Alabama	High	Moderate	1 in 33 (3.0%)	26%	53%	78%	95%
Alaska	High	Moderate	1 in 38 (2.6%)	23%	49%	74%	93%
Arizona	Moderate	Moderate	1 in 43 (2.3%)	21%	44%	69%	90%
Arkansas	Low*	Low*	1 in 81 (1.2%)	12%	27%	46%	71%
California	Very High	High	1 in 27 (3.7%)	32%	61%	85%	98%
Colorado	Low	Very Low	1 in 105 (1.0%)	9%	21%	38%	62%
Connecticut	Moderate	Low	1 in 60 (1.7%)	15%	34%	57%	81%
Delaware	Low	Low	1 in 72 (1.4%)	13%	30%	50%	75%
District of Columbia	Low	Low	1 in 67 (1.5%)	14%	31%	53%	78%
Florida	Moderate	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Georgia	Moderate	Low	1 in 48 (2.1%)	19%	41%	65%	88%
Guam	Very High	High	1 in 23 (4.3%)	36%	67%	89%	99%
Hawaii	Very High	High	1 in 24 (4.2%)	35%	66%	89%	99%
Idaho	Low	Very Low	1 in 86 (1.2%)	11%	25%	44%	69%
Illinois	Very Low	Very Low	1 in 111 (0.9%)	9%	20%	36%	59%
Indiana	Low	Low	1 in 78 (1.3%)	12%	28%	48%	73%
Iowa	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Kansas	Very Low	Very Low	1 in 119 (0.8%)	8%	19%	34%	57%
Kentucky	Very Low	Very Low	1 in 134 (0.7%)	7%	17%	31%	53%
Louisiana	Moderate	Low	1 in 56 (1.8%)	17%	36%	60%	84%
Maine	Very Low	Very Low	1 in 176 (0.6%)	6%	13%	25%	43%
Maryland	Very Low	Very Low	1 in 166 (0.6%)	6%	14%	26%	45%
Massachusetts	Very Low	Very Low	1 in 177 (0.6%)	5%	13%	25%	43%
Michigan	Very Low	Very Low	1 in 135 (0.7%)	7%	17%	31%	52%
Minnesota	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Very High*	Very High*	1 in 17 (5.8%)	45%	78%	95%	>99%

* Limited data reporting

Data last updated Sep 5

On August 14, 2026, the CDC revised categorical descriptors downward without notice or rationale for both past and present data. Very High levels were often revised downward to "High," High levels to "Moderate" or "Low," typically one category downward. More at pmc19.com/bluewashing.mp4

COVID-19 State Prevalence Estimates

pmc19.com

Sep 14, 2026

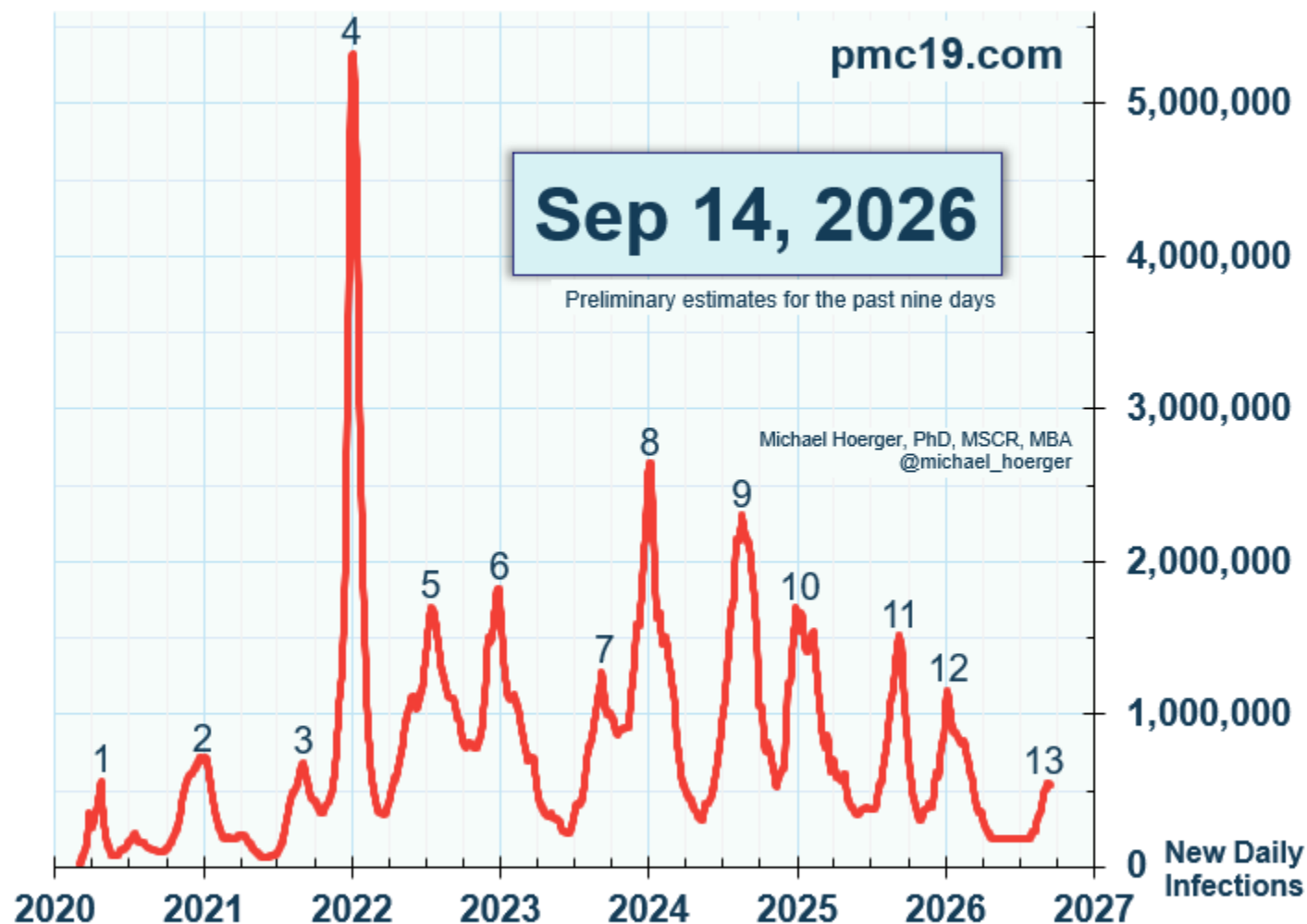
State	Standard CDC Level	Revised # CDC Level (Downshifted)	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
				10	25	50	100
Missouri	Low	Very Low	1 in 108 (0.9%)	9%	21%	37%	61%
Montana	Very High*	High*	1 in 19 (5.2%)	41%	73%	93%	>99%
Nebraska	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Nevada	Very High	Very High	1 in 17 (5.9%)	45%	78%	95%	>99%
New Hampshire	Very Low*	Very Low*	1 in 134 (0.7%)	7%	17%	31%	53%
New Jersey	Low	Very Low	1 in 87 (1.1%)	11%	25%	44%	69%
New Mexico	High	Moderate	1 in 38 (2.7%)	24%	49%	74%	93%
New York	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	Moderate	Low	1 in 46 (2.2%)	20%	42%	67%	89%
North Dakota	Moderate*	Moderate*	1 in 48 (2.1%)	19%	41%	65%	88%
Ohio	Very Low	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma	Very Low*	Very Low*	1 in 411 (0.2%)	2%	6%	11%	22%
Oregon	Very Low	Very Low	1 in 198 (0.5%)	5%	12%	22%	40%
Pennsylvania	Very Low	Very Low	1 in 220 (0.5%)	4%	11%	20%	37%
Puerto Rico	High*	Moderate*	1 in 30 (3.3%)	29%	57%	81%	97%
Rhode Island	Low	Very Low	1 in 98 (1.0%)	10%	23%	40%	64%
South Carolina	High	Moderate	1 in 30 (3.3%)	29%	57%	81%	97%
South Dakota	Very Low	Very Low	1 in 158 (0.6%)	6%	15%	27%	47%
Tennessee	Moderate	Low	1 in 56 (1.8%)	16%	36%	59%	83%
Texas	Very High	High	1 in 25 (3.9%)	33%	63%	87%	98%
U.S. Virgin Islands	Very High	Very High	1 in 15 (6.7%)	50%	82%	97%	>99%
Utah	Very Low	Very Low	1 in 130 (0.8%)	7%	18%	32%	54%
Vermont	Very Low	Very Low	1 in 141 (0.7%)	7%	16%	30%	51%
Virginia	Moderate	Low	1 in 56 (1.8%)	16%	36%	59%	83%
Washington	High	Moderate	1 in 36 (2.7%)	24%	50%	75%	94%
West Virginia	High	Moderate	1 in 34 (3.0%)	26%	53%	78%	95%
Wisconsin	Very Low	Very Low	1 in 169 (0.6%)	6%	14%	26%	45%
Wyoming	Very Low	Very Low	1 in 160 (0.6%)	6%	15%	27%	47%

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

Data last updated Sep 5

On August 14, 2026, the CDC revised categorical descriptors downward without notice or rationale for both past and present data. Very High levels were often revised downward to "High," High levels to "Moderate" or "Low," typically one category downward. More at pmc19.com/bluewashing.mp4

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



PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.4** infections per person and **14.5** months between infections.

National COVID-19 Estimates (U.S.)

<u>Infections</u>	Sep 14, 2026	pmc19.com
Proportion Actively Infectious	1 in 92 (1.1%)	
New Daily Infections	530,000	
Infections the Past Week	3,800,000	
Infections in 2026	107,000,000	
Cumulative Infections per Person	5.40	

Long COVID

Long COVID Cases Resulting from New Daily Infections	27,000 to 106,000
Long COVID Cases Resulting from New Weekly Infections	190,000 to 760,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	130 to 230
Excess Deaths Resulting from New Weekly Infections	900 to 1,700

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

Sep 14, 2026

pmc19.com

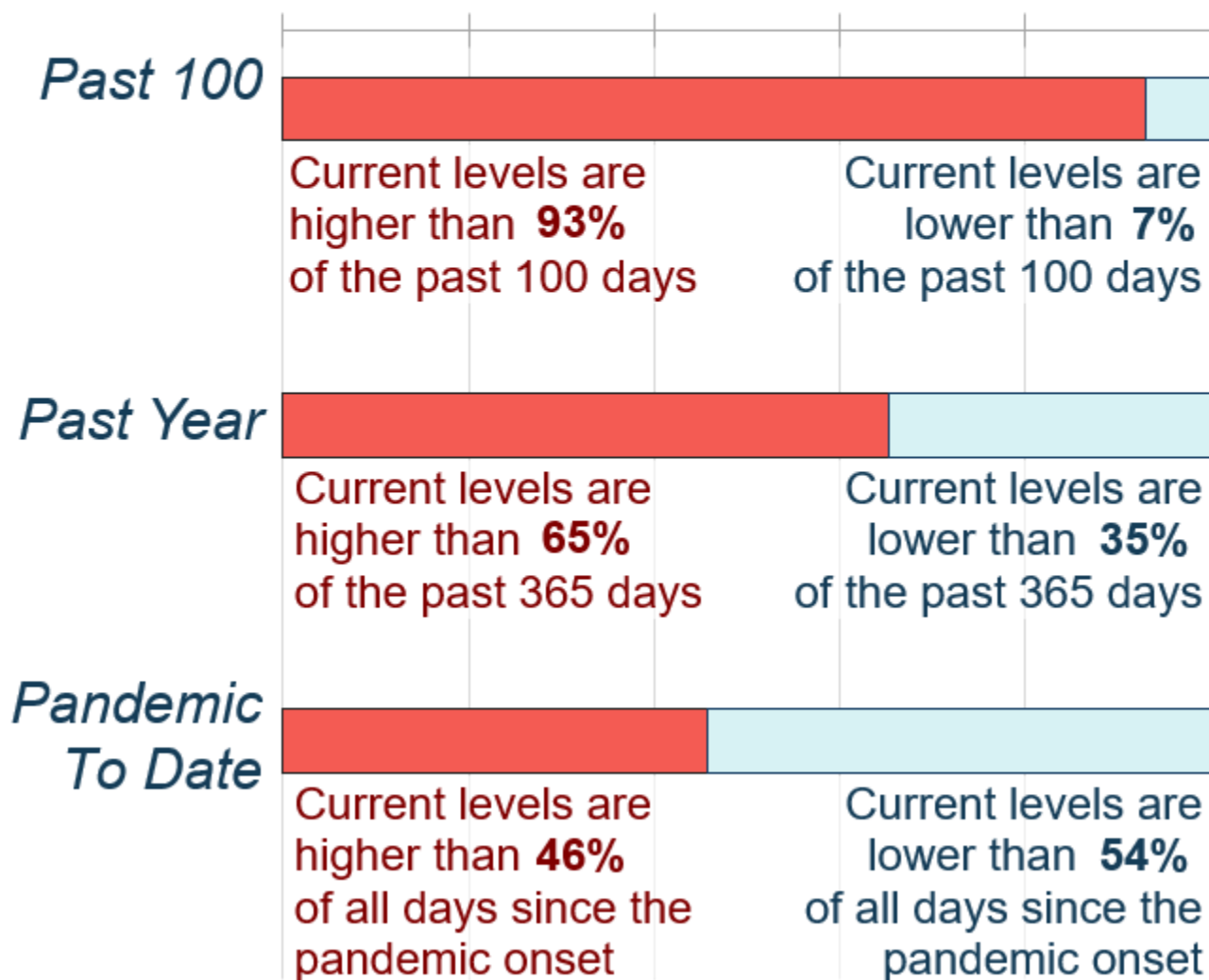
<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	1.1%
2	2.2%
3	3.2%
4	4.3%
5	5.3%
10	10.3%
15	15.0%
20	19.5%
25	23.8%
30	27.8%
50	41.9%
75	55.7%
100	66.3%
200	88.6%
300	96.2%

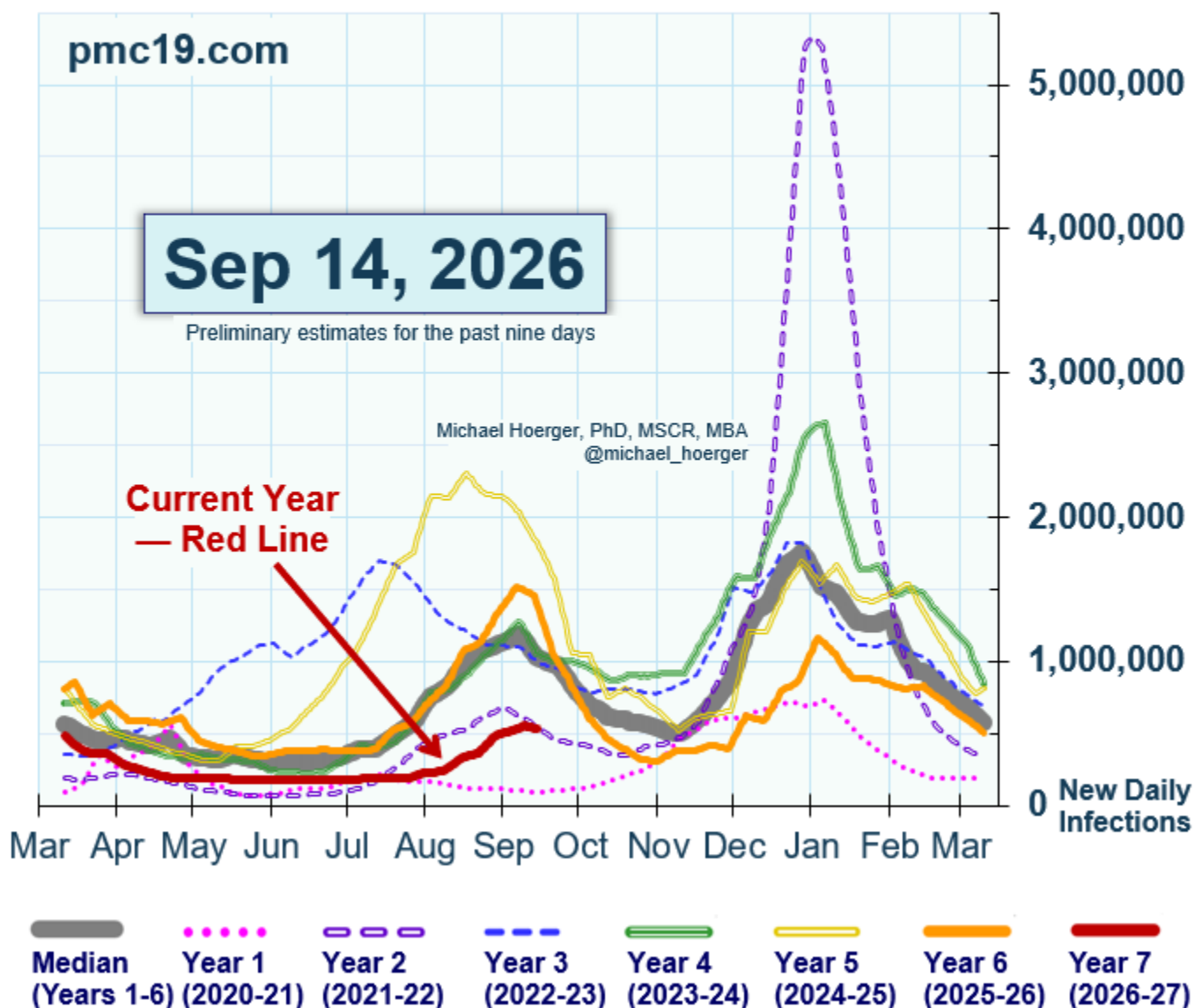
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Sep 14, 2026

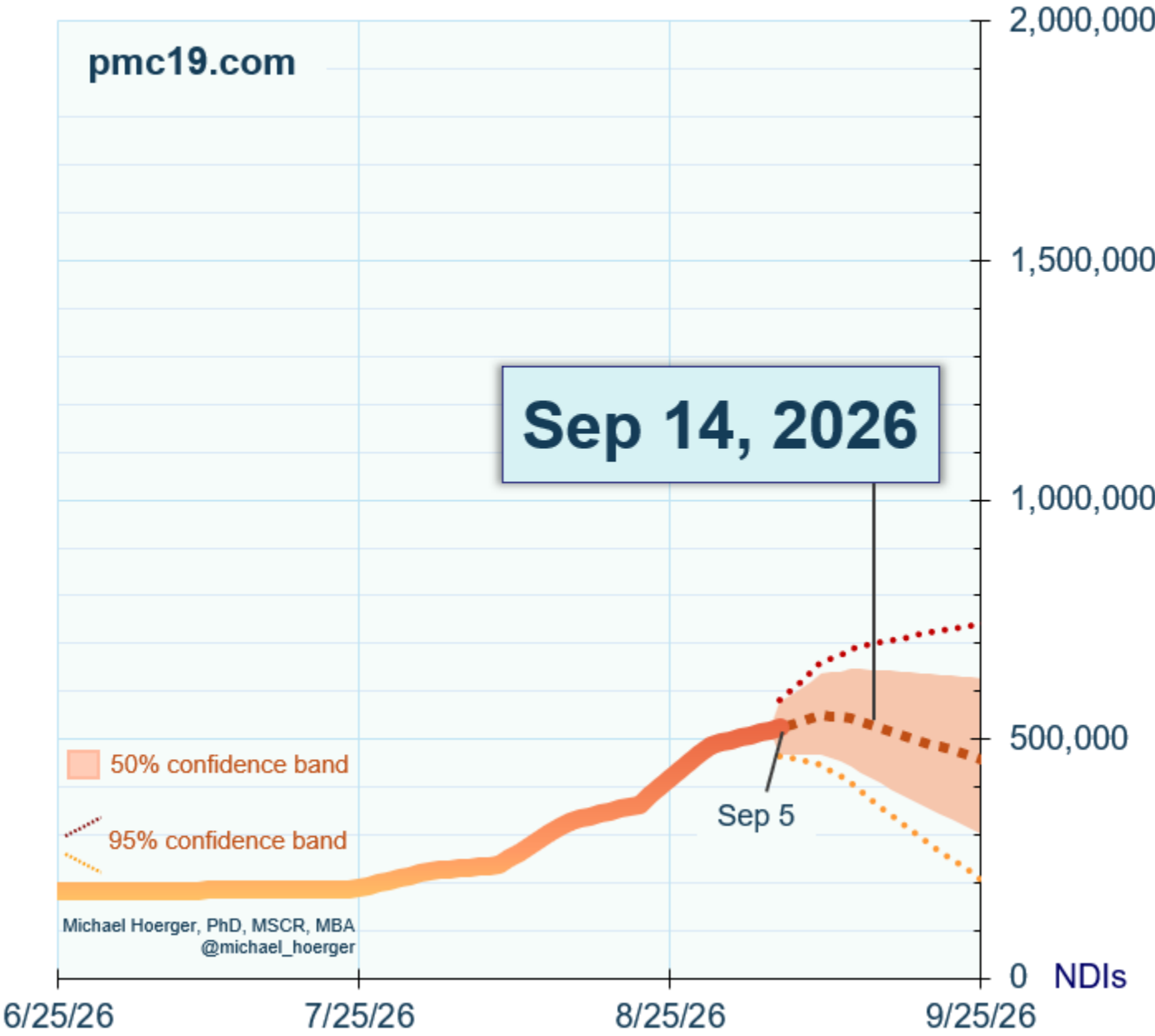
pmc19.com

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





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



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.