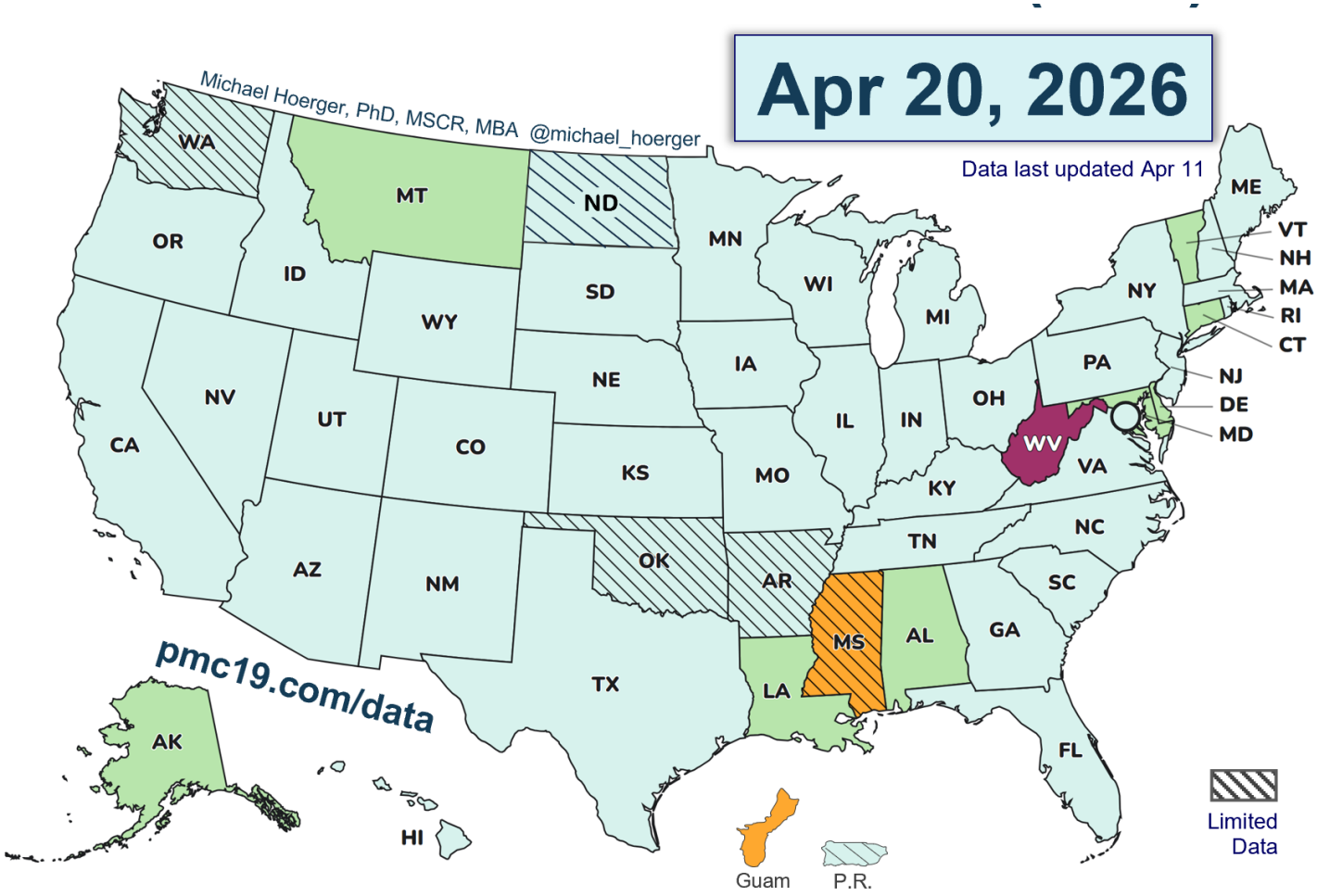
PMC U.S. COVID-19 Report for April 20, 2026. pmc19.com/data

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



Cite as: Hoerger, M. (2026, April 20). *PMC U.S. COVID-19 Report for April 20, 2026*. Pandemic Mitigation Collaborative. http://www.pmc19.com/data

Announcements

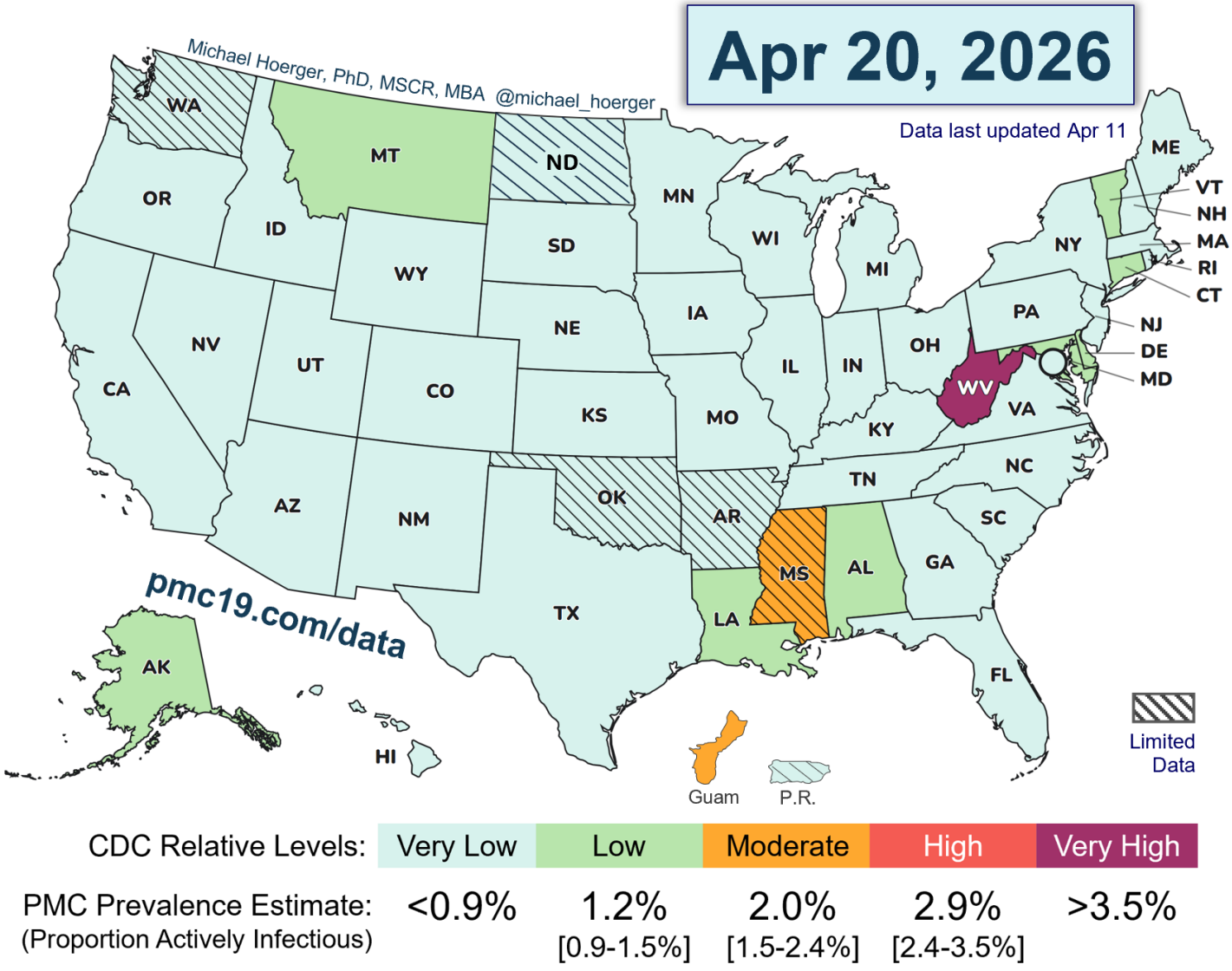
CDC Dashboard Overhaul

- Last week, we noted the major overhaul to the CDC dashboard. This week, they have made some changes that make accessing the underlying data more difficult. It is unclear whether there will be further reductions in accessibility, and if that happens, the PMC dashboard may go down or lack state-level updates for a week or two.

Data Quality

- The CDC (80% model weight) and Biobot (20% model weight) both reported this week.

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



Only three states/territories have moderate or higher transmission: Mississippi (moderate, limited data), Guam, and West Virginia (very high, only one site reporting). Based on our current estimates, only 1 day since the summer of 2021 has had lower transmission – the lull point of the summer 2023 wave on July 15, 2023. As a caveat, like peaks, these lull point estimates are volatile in real-time.

COVID-19 State Prevalence Estimates

pmc19.com/data

Apr 20, 2026

State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Alabama	Low	1 in 77 (1.3%)	12%	28%	48%	73%
Alaska	Low	1 in 66 (1.5%)	14%	32%	54%	78%
Arizona	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Arkansas	Very Low*	1 in 129 (0.8%)	8%	18%	32%	54%
California	Very Low	1 in 206 (0.5%)	5%	11%	22%	39%
Colorado	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Connecticut	Low	1 in 110 (0.9%)	9%	20%	37%	60%
Delaware	Low	1 in 97 (1.0%)	10%	23%	40%	64%
District of Columbia	Very Low	1 in 136 (0.7%)	7%	17%	31%	52%
Florida	Very Low	1 in 146 (0.7%)	7%	16%	29%	50%
Georgia	Very Low	1 in 133 (0.8%)	7%	17%	32%	53%
Guam	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%
Hawaii	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Idaho	Very Low	1 in 184 (0.5%)	5%	13%	24%	42%
Illinois	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Indiana	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Iowa	Very Low	1 in 152 (0.7%)	6%	15%	28%	48%
Kansas	Very Low	1 in 171 (0.6%)	6%	14%	25%	44%
Kentucky	Very Low	1 in 134 (0.7%)	7%	17%	31%	53%
Louisiana	Low	1 in 82 (1.2%)	12%	26%	46%	71%
Maine	Very Low	1 in 196 (0.5%)	5%	12%	23%	40%
Maryland	Low	1 in 87 (1.2%)	11%	25%	44%	69%
Massachusetts	Very Low	1 in 153 (0.7%)	6%	15%	28%	48%
Michigan	Very Low	1 in 136 (0.7%)	7%	17%	31%	52%
Minnesota	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Mississippi	Moderate*	1 in 62 (1.6%)	15%	33%	56%	80%

* Limited data reporting

Data last updated Apr 11

Note, a correction to last week, the CDC has set a semi-permeable floor at a WVAL level of 1 (equivalent to approximately 1 in 122 actively infectious). They use the state-level median of wastewater sites, so it's rare for states to fall below that value, but it can happen (see next page for a couple examples). These are volatile.

COVID-19 State Prevalence Estimates

pmc19.com/data *Apr 20, 2026*

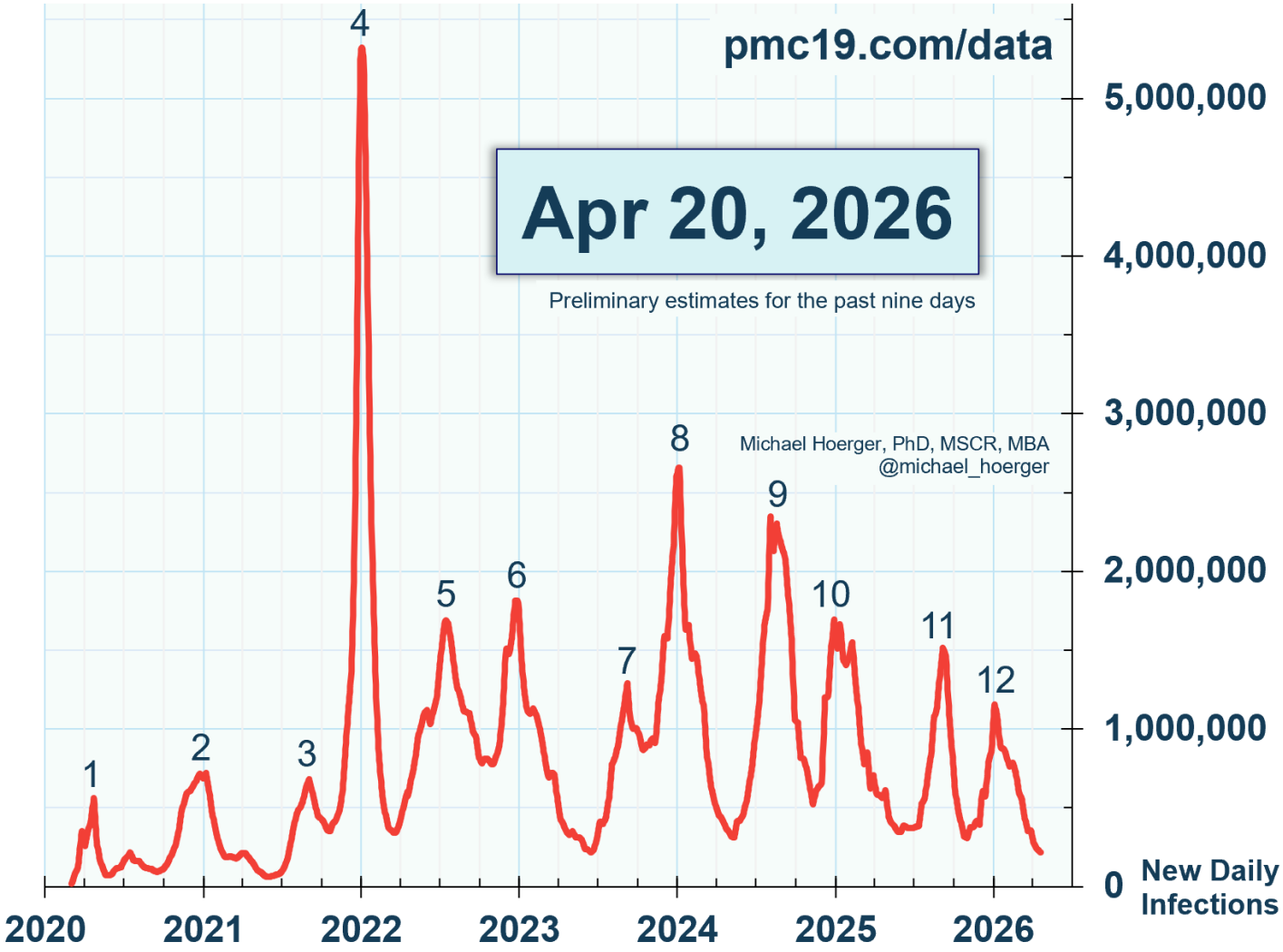
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 161 (0.6%)	6%	14%	27%	46%
Montana	Low	1 in 96 (1.0%)	10%	23%	41%	65%
Nebraska	Very Low	1 in 271 (0.4%)	4%	9%	17%	31%
Nevada	Very Low	1 in 245 (0.4%)	4%	10%	18%	34%
New Hampshire	Very Low	1 in 158 (0.6%)	6%	15%	27%	47%
New Jersey	Very Low	1 in 146 (0.7%)	7%	16%	29%	50%
New Mexico	Very Low	1 in 192 (0.5%)	5%	12%	23%	41%
New York	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
North Carolina	Very Low	1 in 148 (0.7%)	7%	16%	29%	49%
North Dakota	Very Low*	1 in 134 (0.7%)	7%	17%	31%	53%
Ohio	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Oklahoma	Very Low*	1 in 876 (0.1%)	1%	3%	6%	11%
Oregon	Very Low	1 in 159 (0.6%)	6%	15%	27%	47%
Pennsylvania	Very Low	1 in 147 (0.7%)	7%	16%	29%	50%
Rhode Island	Very Low	1 in 173 (0.6%)	6%	14%	25%	44%
South Carolina	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
South Dakota	Very Low	1 in 133 (0.8%)	7%	17%	31%	53%
Tennessee	Very Low	1 in 263 (0.4%)	4%	9%	17%	32%
Texas	Very Low	1 in 125 (0.8%)	8%	18%	33%	55%
Utah	Very Low	1 in 255 (0.4%)	4%	9%	18%	33%
Vermont	Low	1 in 105 (1.0%)	9%	21%	38%	62%
Virginia	Very Low	1 in 171 (0.6%)	6%	14%	25%	44%
Washington	Very Low*	1 in 153 (0.7%)	6%	15%	28%	48%
West Virginia	**Very High**	1 in 15 (6.7%)	50%	82%	97%	>99%
Wisconsin	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Wyoming	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%

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

Data last updated Apr 11

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 **14.2** months between infections.

Notice that the current levels are comparable to “lulls” in recent years, presently matching the approximate lull point of summer 2023 and similar to levels before Delta took off in the summer of 2021.

National COVID-19 Estimates (U.S.)

Apr 20, 2026 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 226 (0.4%)
New Daily Infections	217,000
Infections the Past Week	1,550,000
Infections in 2026	69,000,000
Cumulative Infections per Person	5.17

Long COVID

Long COVID Cases Resulting from New Daily Infections	11,000 to 43,000
Long COVID Cases Resulting from New Weekly Infections	78,000 to 310,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	50 to 90
Excess Deaths Resulting from New Weekly Infections	400 to 700

During this relative “lull,” an estimated 1.6 million Americans are getting infected per week, resulting in significant morbidity and 400-700 eventual excess deaths.

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

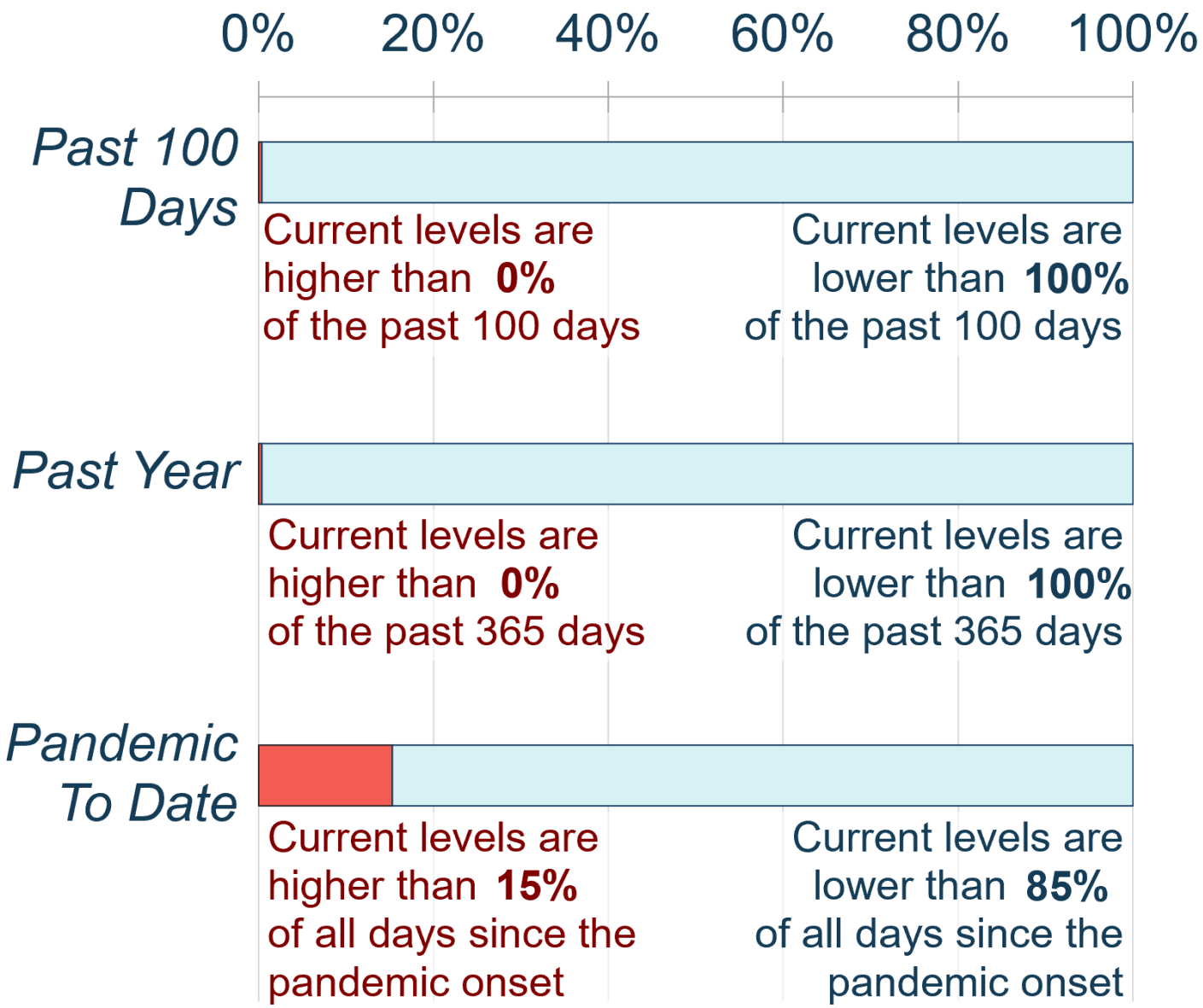
Apr 20, 2026 pmc19.com/data

Number of People	Chances Anyone is Infectious
1	0.4%
2	0.9%
3	1.3%
4	1.8%
5	2.2%
10	4.3%
15	6.4%
20	8.5%
25	10.5%
30	12.5%
50	19.9%
75	28.3%
100	35.8%
200	58.8%
300	73.5%

In a room of 25 people representative of the U.S. population, there would be a 1-in-9 chance of an exposure if there were no testing and isolation protocols.

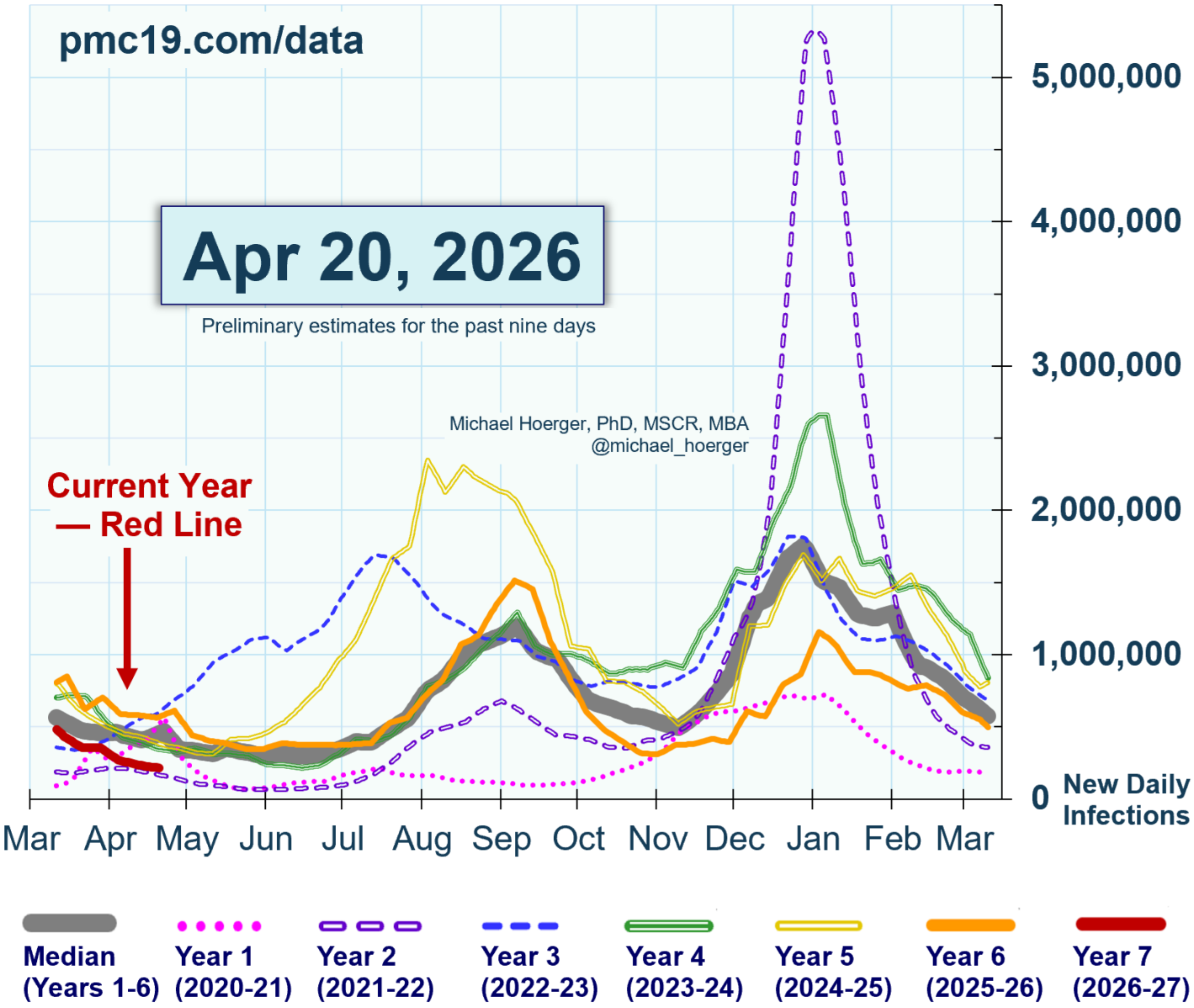
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Apr 20, 2026 pmc19.com/data



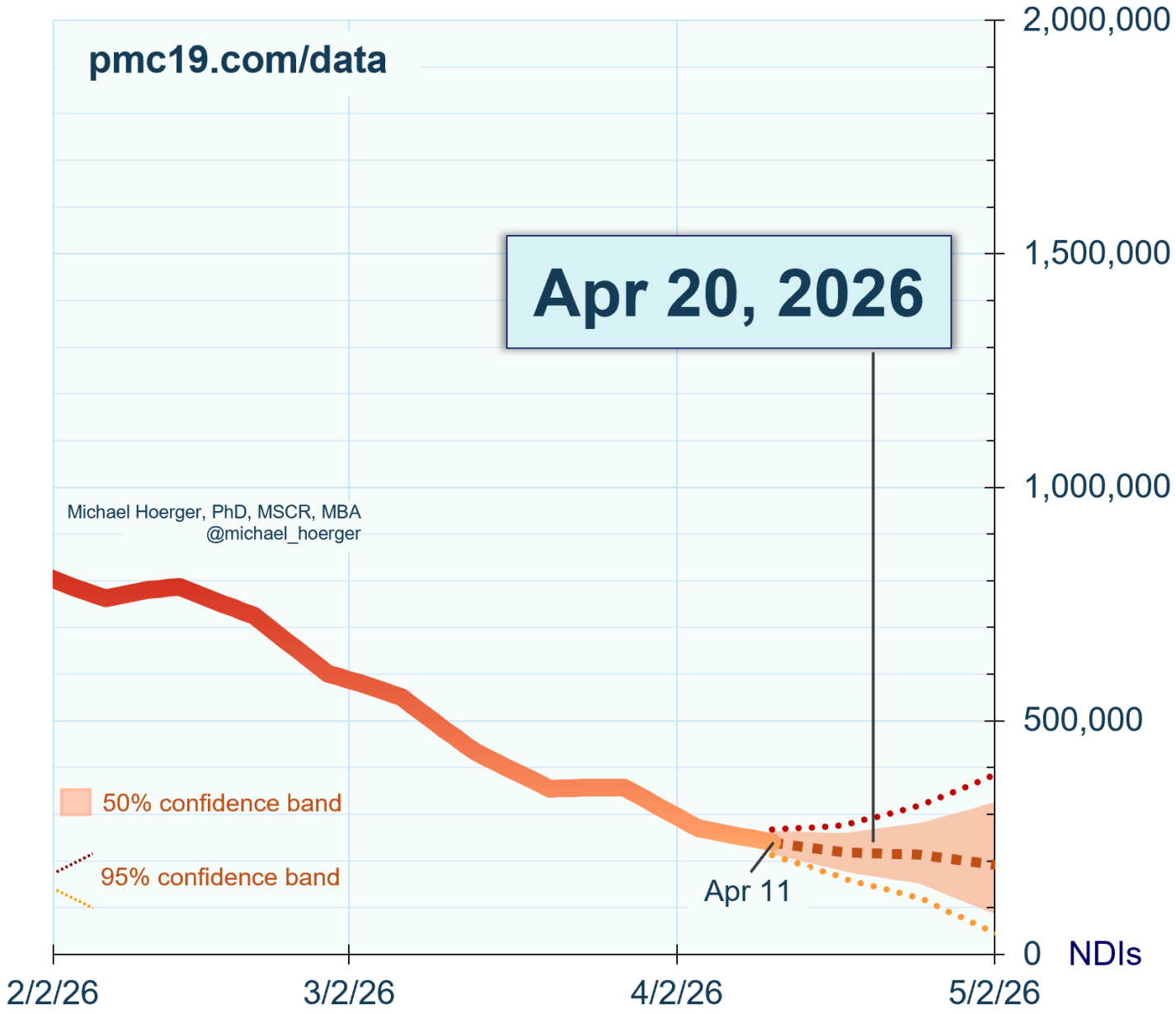
Current transmission is very low relative to the past 100 days, past year, and overall time span since pandemic onset.

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



Notice that transmission for early April is estimated lower than at this time point in any prior year, except 2021, when vaccines were rolling out and before the rise of Delta. It is remarkable that levels are so similar to April 2021.

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



The forecast is for stable transmission in a relative “lull” hovering around 200,000 new daily infections. If levels were to dip below 100,000, which the model suggests has an approximately 25% chance, that would represent a significant change in the dynamics of the ongoing pandemic.

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.