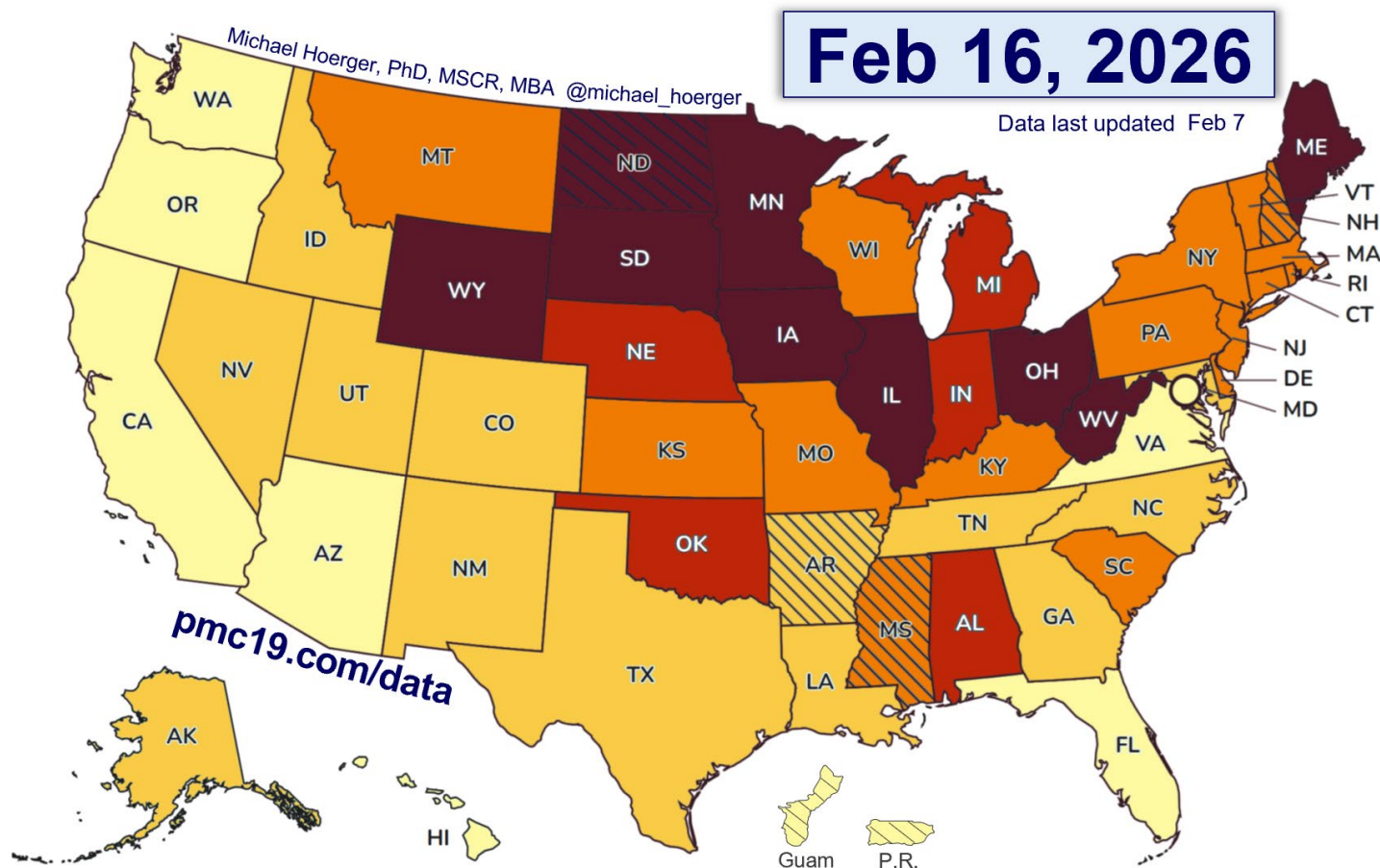


PMC U.S. COVID-19 Report for February 16, 2026.

pmc19.com/data

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Announcements

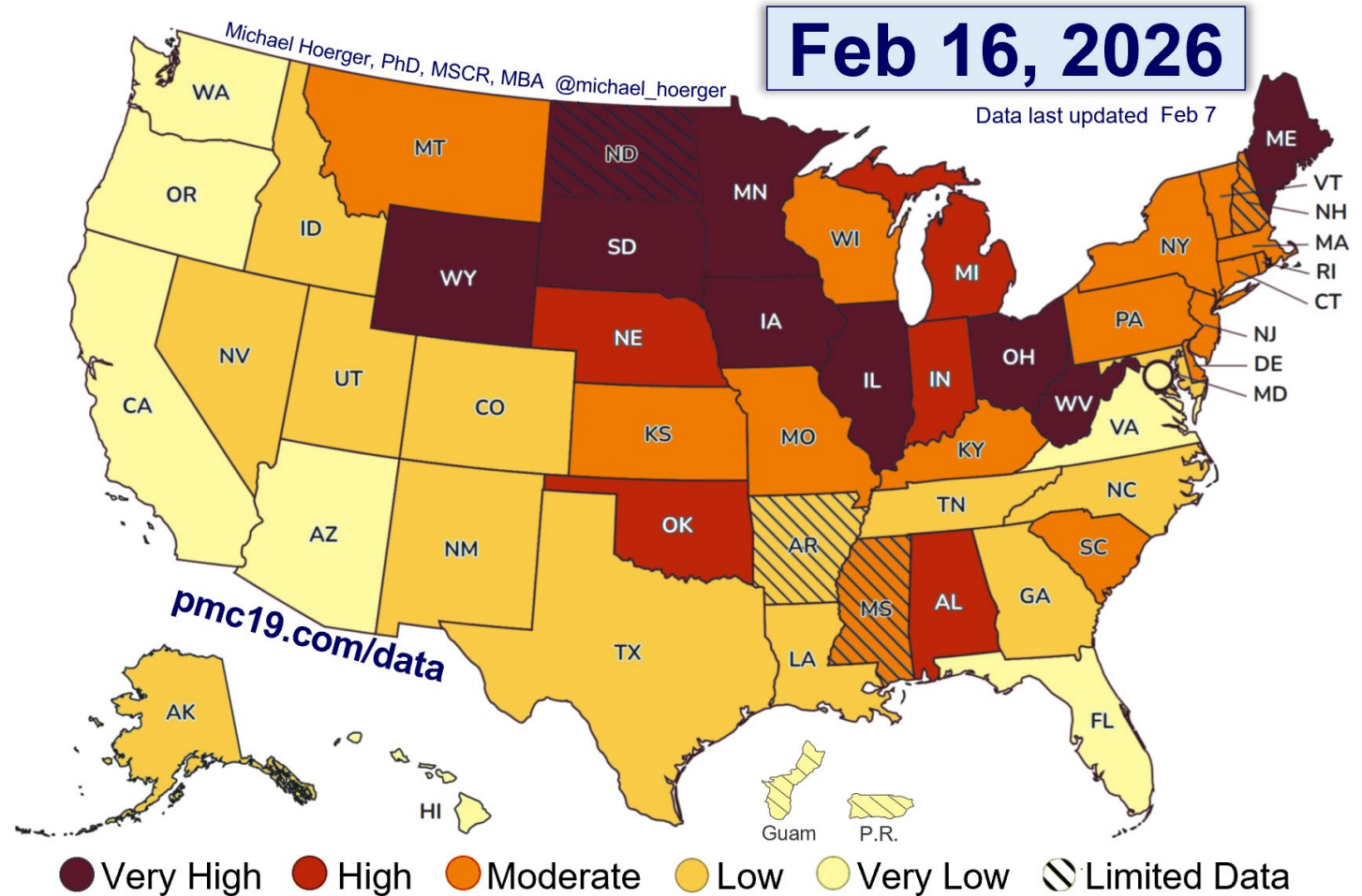
News

- **We've launched "Wave 2" of our Dashboard Survey (Closes Feb 17).** If you have not completed it in 2026, please do so! We ran an earlier version last winter (2024-25). The survey allows us to 1) document the precautions people continue to use, 2) gain feedback to improve the dashboard, and 3) gain feedback to guide future research grant submissions to gain PPE funding for people with cancer, other serious conditions, or in need and build knowledge to improve real-world public health. We will hold a community town hall, likely on Wednesday, March 11 (the 6th anniversary of the pandemic onset) to discuss the key findings. Please share the survey with anyone who uses the PMC dashboard via the website or informally through social media graphics. Link: <https://tinyurl.com/pmc2026>
- We have provided a 1-hour summary of the state of COVID-19 intended for college audiences who may be unfamiliar with the data, news, and published literature. Link: <https://www.veed.io/view/d545fed7-ef78-4be4-887e-c42eec8249ef>
- We will have a new empirical article published on February 24 in a top medical journal.

Data Quality

- The CDC (80% model weight) and Biobot (20% model weight) both reported this week. Some states still have low-quality reporting, but it is much better than the past month.

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



The 12th COVID wave in the U.S. peaked on January 3 with ongoing high transmission, particularly with churning transmission following the back-to-school phase. Levels are highest in the Midwest and quadrupled in Minnesota, which had avoided the regional surge until now.

COVID-19 State Prevalence Estimates

pmc19.com/data

Feb 16, 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	High	1 in 31 (3.2%)	28%	56%	81%	96%
Alaska	Low	1 in 73 (1.4%)	13%	29%	50%	75%
Arizona	Very Low	1 in 126 (0.8%)	8%	18%	33%	55%
Arkansas	Low*	1 in 90 (1.1%)	11%	24%	43%	67%
California	Very Low	1 in 152 (0.7%)	6%	15%	28%	48%
Colorado	Low	1 in 97 (1.0%)	10%	23%	41%	65%
Connecticut	Moderate	1 in 50 (2.0%)	18%	40%	63%	87%
Delaware	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
District of Columbia	Very Low	1 in 130 (0.8%)	7%	18%	32%	54%
Florida	Very Low	1 in 133 (0.8%)	7%	17%	31%	53%
Georgia	Low	1 in 79 (1.3%)	12%	27%	47%	72%
Guam	Very Low	1 in 184 (0.5%)	5%	13%	24%	42%
Hawaii	Very Low	1 in 207 (0.5%)	5%	11%	22%	38%
Idaho	Low	1 in 76 (1.3%)	12%	28%	48%	73%
Illinois	Very High	1 in 27 (3.7%)	31%	61%	84%	98%
Indiana	High	1 in 29 (3.4%)	29%	58%	82%	97%
Iowa	Very High	1 in 27 (3.7%)	31%	61%	85%	98%
Kansas	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%
Kentucky	Moderate	1 in 44 (2.3%)	20%	43%	68%	90%
Louisiana	Low	1 in 105 (1.0%)	9%	21%	38%	62%
Maine	Very High	1 in 22 (4.5%)	37%	68%	90%	99%
Maryland	Low	1 in 85 (1.2%)	11%	26%	45%	69%
Massachusetts	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Michigan	High	1 in 39 (2.6%)	23%	48%	73%	93%
Minnesota	Very High	1 in 12 (8.6%)	59%	89%	99%	>99%
Mississippi	Moderate*	1 in 50 (2.0%)	18%	40%	64%	87%

* Limited data reporting

Data last updated Feb 7

COVID-19 State Prevalence Estimates

pmc19.com/data

Feb 16, 2026

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

State	CDC Level	PMC Estimate, %				
		Actively Infectious	10	25	50	100
Missouri	Moderate	1 in 54 (1.9%)	17%	37%	61%	85%
Montana	Moderate	1 in 64 (1.6%)	15%	32%	54%	79%
Nebraska	High	1 in 36 (2.7%)	24%	50%	75%	94%
Nevada	Low	1 in 92 (1.1%)	10%	24%	42%	66%
New Hampshire	Moderate*	1 in 58 (1.7%)	16%	35%	58%	82%
New Jersey	Moderate	1 in 61 (1.6%)	15%	34%	56%	81%
New Mexico	Low	1 in 81 (1.2%)	12%	27%	46%	71%
New York	Moderate	1 in 44 (2.3%)	21%	44%	69%	90%
North Carolina	Low	1 in 85 (1.2%)	11%	26%	45%	69%
North Dakota	Very High*	1 in 20 (5.0%)	40%	72%	92%	>99%
Ohio	Very High	1 in 27 (3.7%)	32%	61%	85%	98%
Oklahoma	High	1 in 37 (2.7%)	24%	50%	75%	94%
Oregon	Very Low	1 in 116 (0.9%)	8%	19%	35%	58%
Pennsylvania	Moderate	1 in 46 (2.2%)	20%	42%	66%	89%
Rhode Island	Moderate	1 in 47 (2.1%)	19%	42%	66%	89%
South Carolina	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
South Dakota	Very High	1 in 21 (4.8%)	39%	71%	91%	>99%
Tennessee	Low	1 in 76 (1.3%)	12%	28%	49%	74%
Texas	Low	1 in 73 (1.4%)	13%	29%	50%	75%
Utah	Low	1 in 101 (1.0%)	9%	22%	39%	63%
Vermont	Moderate	1 in 54 (1.8%)	17%	37%	60%	84%
Virginia	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
Washington	Very Low	1 in 135 (0.7%)	7%	17%	31%	52%
West Virginia	Very High	1 in 13 (7.5%)	54%	86%	98%	>99%
Wisconsin	Moderate	1 in 43 (2.3%)	21%	45%	69%	91%
Wyoming	Very High	1 in 19 (5.4%)	43%	75%	94%	>99%

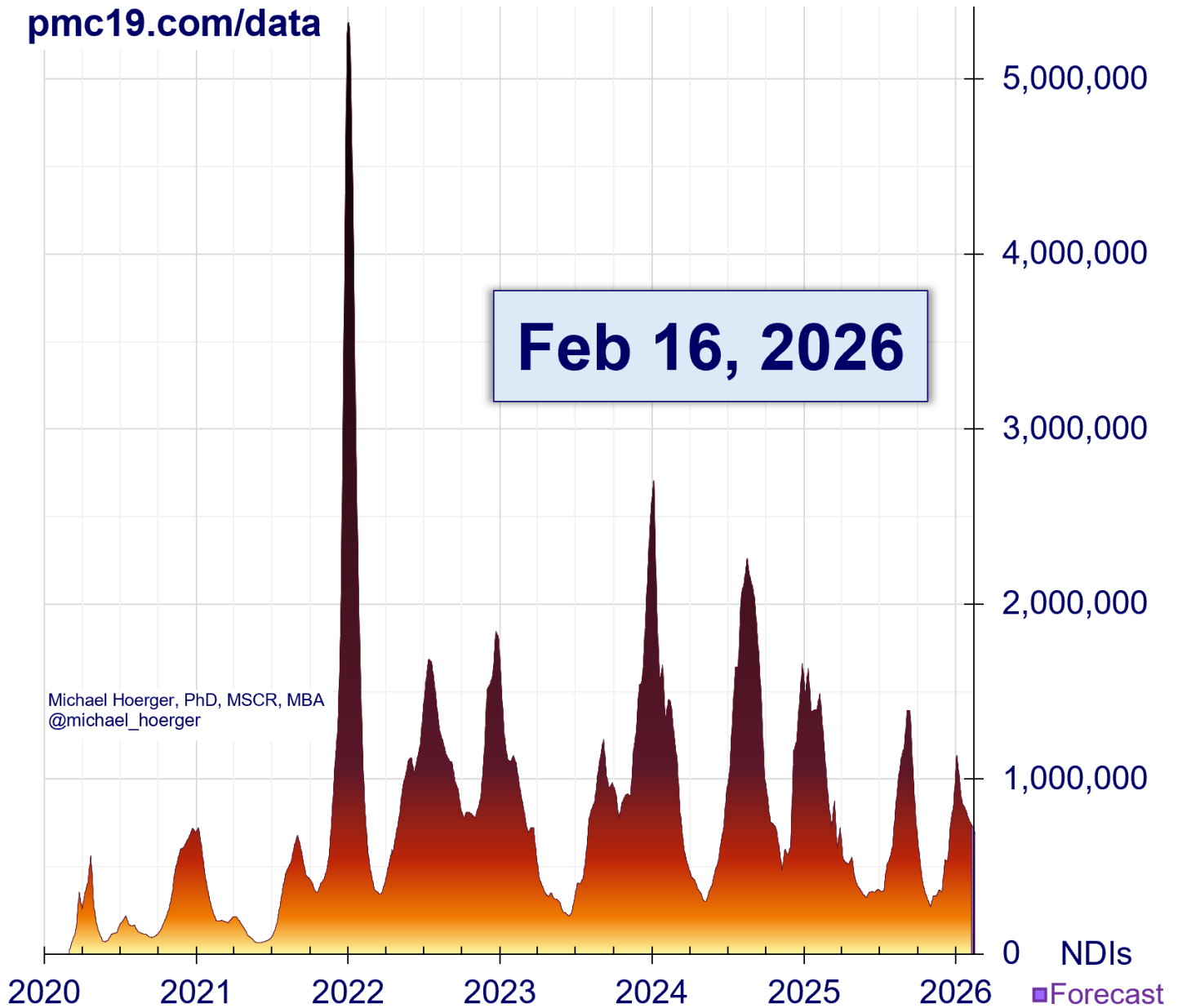
* Limited reporting; ND has no data, averages MN, MT, & SD

Data last updated Feb 7

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

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

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Notice that ongoing transmission remains high during the back end of the current (12th) wave. Transmission is declining very slowly.

National COVID-19 Estimates (U.S.)

Feb 16, 2026

pmc19.com/data

Infections

Proportion Actively Infectious	1 in 71 (1.4%)
New Daily Infections	692,000
Infections the Past Week	5,020,000
Infections in 2026	40,000,000
Cumulative Infections per Person	5.07

Long COVID

Long COVID Cases Resulting from New Daily Infections	35,000 to 138,000
Long COVID Cases Resulting from New Weekly Infections	251,000 to 1,000,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	200 to 330
Excess Deaths Resulting from New Weekly Infections	1,400 to 2,400

The U.S. continues to see an estimated $\approx 700,000$ new daily infections amid slow declines in transmission. Weekly excess deaths remain near 2,000.

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

Feb 16, 2026

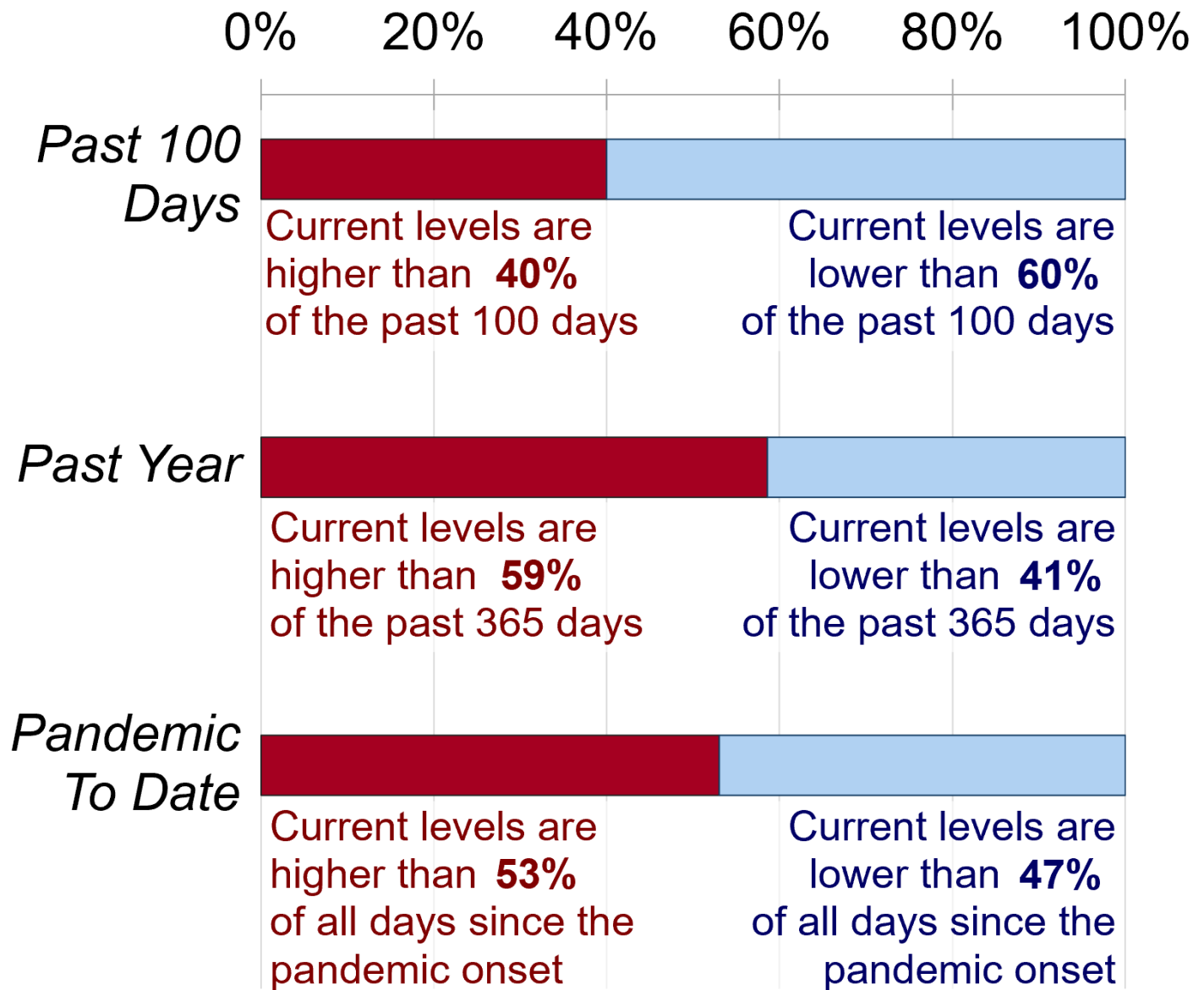
pmc19.com/data

<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	1.4%
2	2.8%
3	4.2%
4	5.5%
5	6.9%
10	13.3%
15	19.2%
20	24.8%
25	29.9%
30	34.8%
50	50.9%
75	65.6%
100	75.9%
200	94.2%
300	98.6%

In a room of 25 people representative of the U.S. population, there would be a 30% chance of an exposure if there were no testing and isolation protocols.

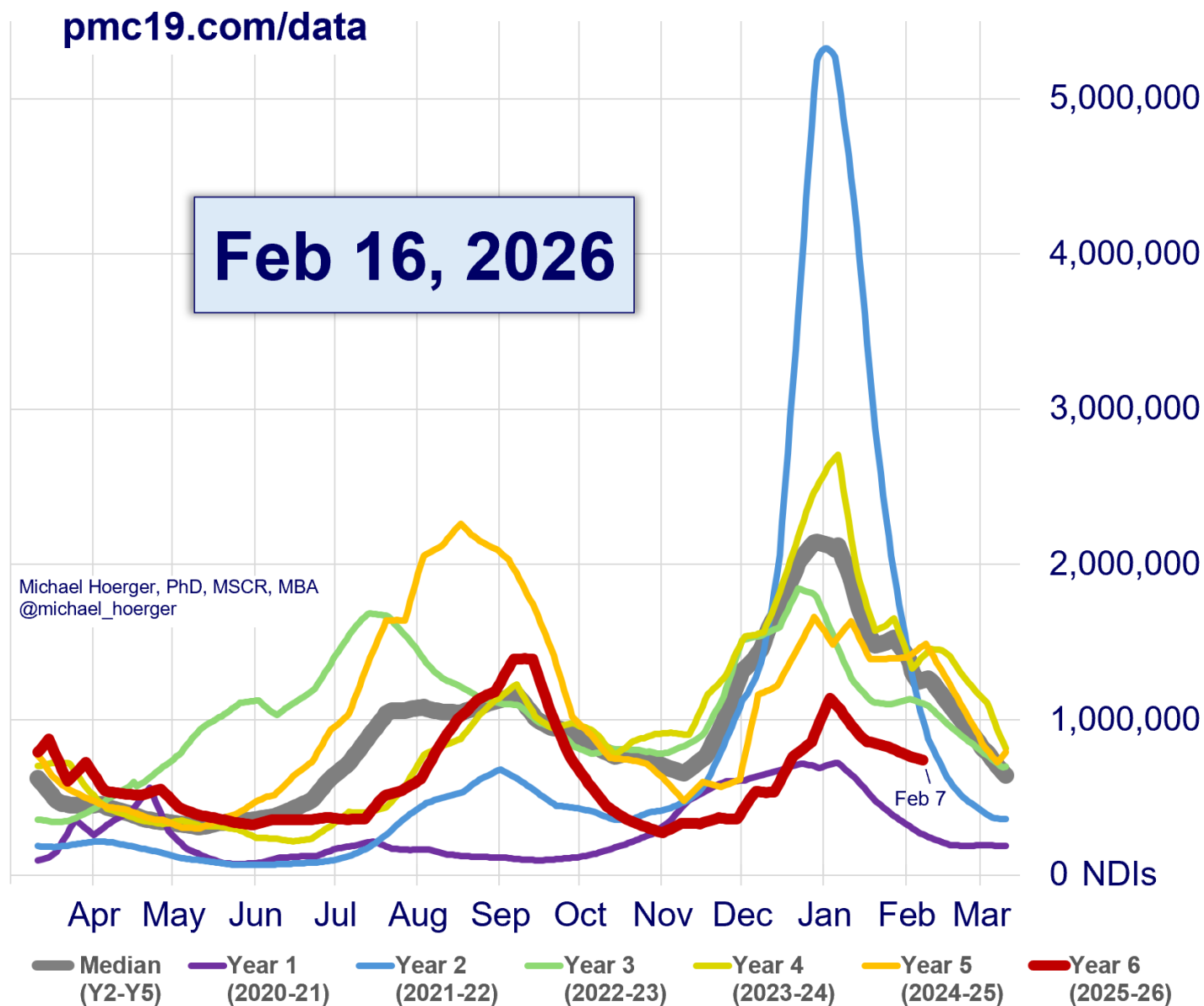
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Feb 16, 2026

pmc19.com/data

If one were to line up all days since the pandemic onset, it would be a coin toss whether today's transmission would be higher or lower than a randomly selected day. The COVID-19 pandemic persists.

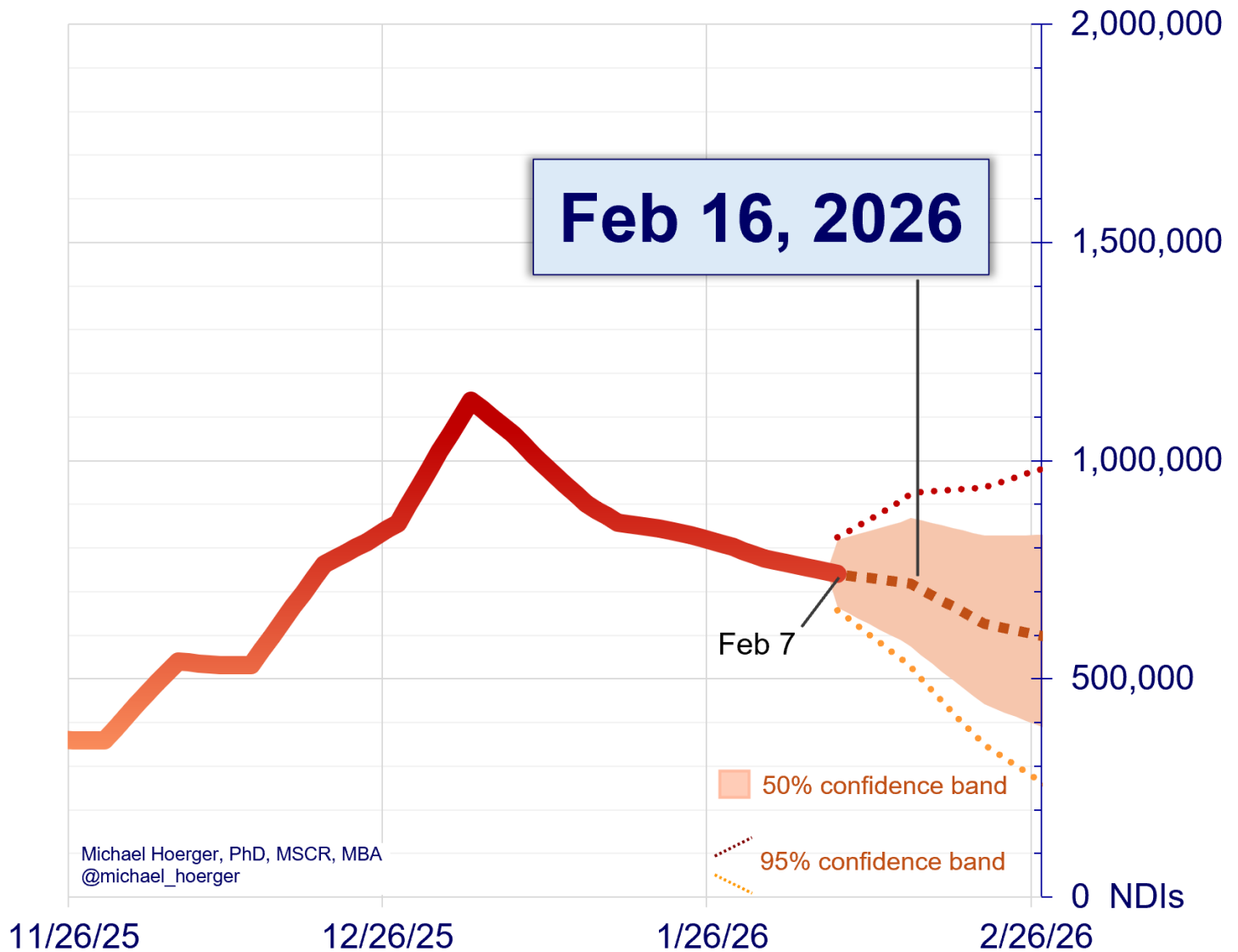
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



As with the past 3 years, late January and early February transmission has percolated, rather than declined steeply.

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

pmc19.com/data



Transmission is anticipated to continue to decline slowly heading into late February.

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.