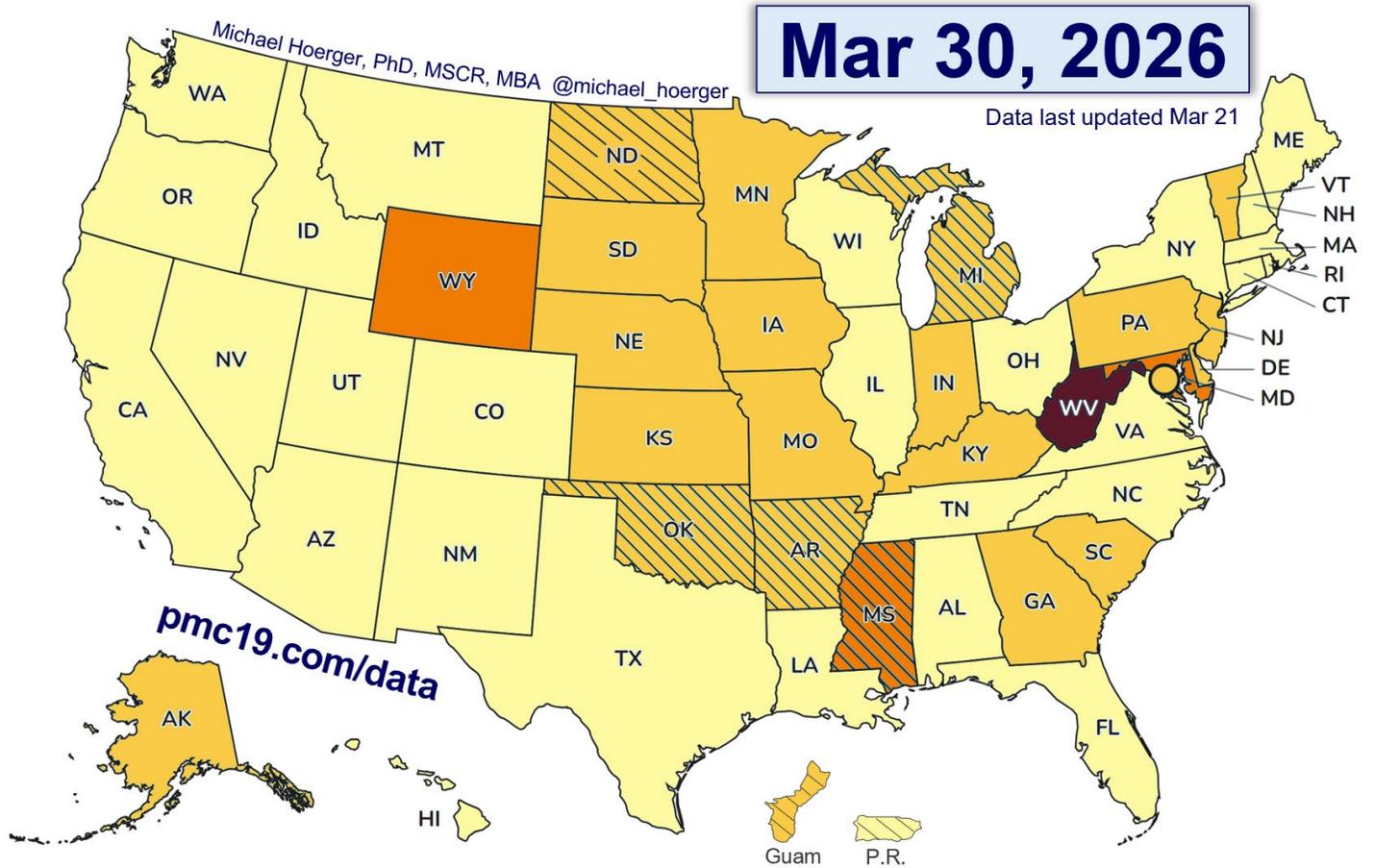# PMC U.S. COVID-19 Report for March 30, 2026. pmc19.com/data

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


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Announcements

Data Quality
- The CDC (80% model weight) and Biobot (20% model weight) both reported this week.
- Expect the CDC to restandardize their wastewater data on April 3 or 10 as a part of a twice annual process to provide their best estimates for longitudinal comparability. This may cause minor or major retroactive corrections to estimates for the the past two waves and the current lull.

COVID-19 Heat Map, Based on CDC Wastewater Data and Levels (U.S.)
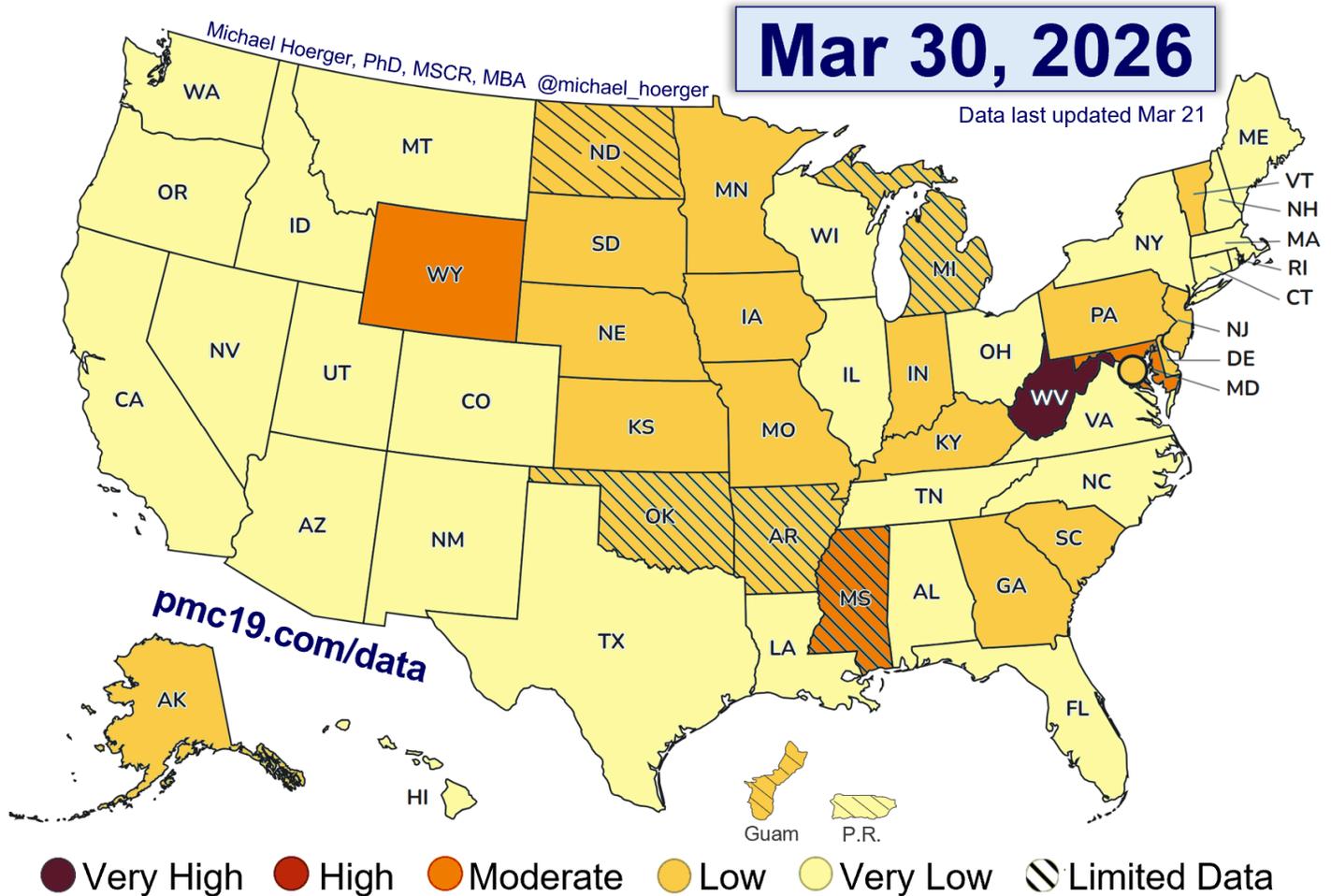
Aside from West Virginia (Very High), Maryland (Moderate), Mississippi (Moderate), and Wyoming (Moderate), all other states are in the CDC Low or Very Low transmission categories. It is unlikely that places already with Very Low transmission will get markedly lower, which is useful information for those planning to time medical and dental appointments that carry exposure risks.

COVID-19 State Prevalence Estimates

pmc19.com/data

State	CDC Level	PMC Estimate, % Actively Infectious *Mar 30, 2026*	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Alabama	Very Low	1 in 156 (0.6%)	6%	15%	28%	47%
Alaska	Low	1 in 93 (1.1%)	10%	24%	42%	66%
Arizona	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Arkansas	Low*	1 in 88 (1.1%)	11%	25%	44%	68%
California	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Colorado	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Connecticut	Very Low	1 in 182 (0.5%)	5%	13%	24%	42%
Delaware	Low	1 in 99 (1.0%)	10%	22%	40%	64%
District of Columbia	Low	1 in 97 (1.0%)	10%	23%	40%	65%
Florida	Very Low	1 in 133 (0.8%)	7%	17%	31%	53%
Georgia	Low	1 in 73 (1.4%)	13%	29%	50%	75%
Guam	Low	1 in 76 (1.3%)	12%	28%	48%	73%
Hawaii	Very Low	1 in 266 (0.4%)	4%	9%	17%	31%
Idaho	Very Low	1 in 162 (0.6%)	6%	14%	27%	46%
Illinois	Very Low	1 in 113 (0.9%)	8%	20%	36%	59%
Indiana	Low	1 in 95 (1.1%)	10%	23%	41%	65%
Iowa	Low	1 in 85 (1.2%)	11%	25%	44%	69%
Kansas	Low	1 in 83 (1.2%)	11%	26%	46%	70%
Kentucky	Low	1 in 98 (1.0%)	10%	23%	40%	64%
Louisiana	Very Low	1 in 168 (0.6%)	6%	14%	26%	45%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Moderate	1 in 63 (1.6%)	15%	33%	55%	80%
Massachusetts	Very Low	1 in 188 (0.5%)	5%	12%	23%	41%
Michigan	Low*	1 in 80 (1.2%)	12%	27%	47%	71%
Minnesota	Low	1 in 88 (1.1%)	11%	25%	44%	68%
Mississippi	Moderate*	1 in 43 (2.3%)	21%	45%	69%	91%

* Limited data reporting

Data last updated Mar 21

COVID-19 State Prevalence Estimates

pmc19.com/data   *Mar 30, 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	Low	1 in 92 (1.1%)	10%	24%	42%	66%
Montana	Very Low	1 in 144 (0.7%)	7%	16%	29%	50%
Nebraska	Low	1 in 90 (1.1%)	11%	24%	43%	67%
Nevada	Very Low	1 in 260 (0.4%)	4%	9%	18%	32%
New Hampshire	Very Low	1 in 270 (0.4%)	4%	9%	17%	31%
New Jersey	Low	1 in 85 (1.2%)	11%	26%	45%	69%
New Mexico	Very Low	1 in 141 (0.7%)	7%	16%	30%	51%
New York	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	Very Low	1 in 112 (0.9%)	9%	20%	36%	59%
North Dakota	Low*	1 in 95 (1.1%)	10%	23%	41%	65%
Ohio	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma	Low*	1 in 103 (1.0%)	9%	22%	39%	62%
Oregon	Very Low	1 in 197 (0.5%)	5%	12%	22%	40%
Pennsylvania	Low	1 in 99 (1.0%)	10%	22%	40%	64%
Rhode Island	Very Low	1 in 315 (0.3%)	3%	8%	15%	27%
South Carolina	Low	1 in 101 (1.0%)	9%	22%	39%	63%
South Dakota	Low	1 in 75 (1.3%)	13%	28%	49%	74%
Tennessee	Very Low	1 in 115 (0.9%)	8%	20%	35%	58%
Texas	Very Low	1 in 190 (0.5%)	5%	12%	23%	41%
Utah	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Vermont	Low	1 in 84 (1.2%)	11%	26%	45%	70%
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 High**	1 in 25 (3.9%)	33%	63%	86%	98%
Wisconsin	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Wyoming	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%

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

Data last updated Mar 21

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.)

pmc19.com/data

Mar 30, 2026

Preliminary estimates for the past nine days

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New Daily Infections
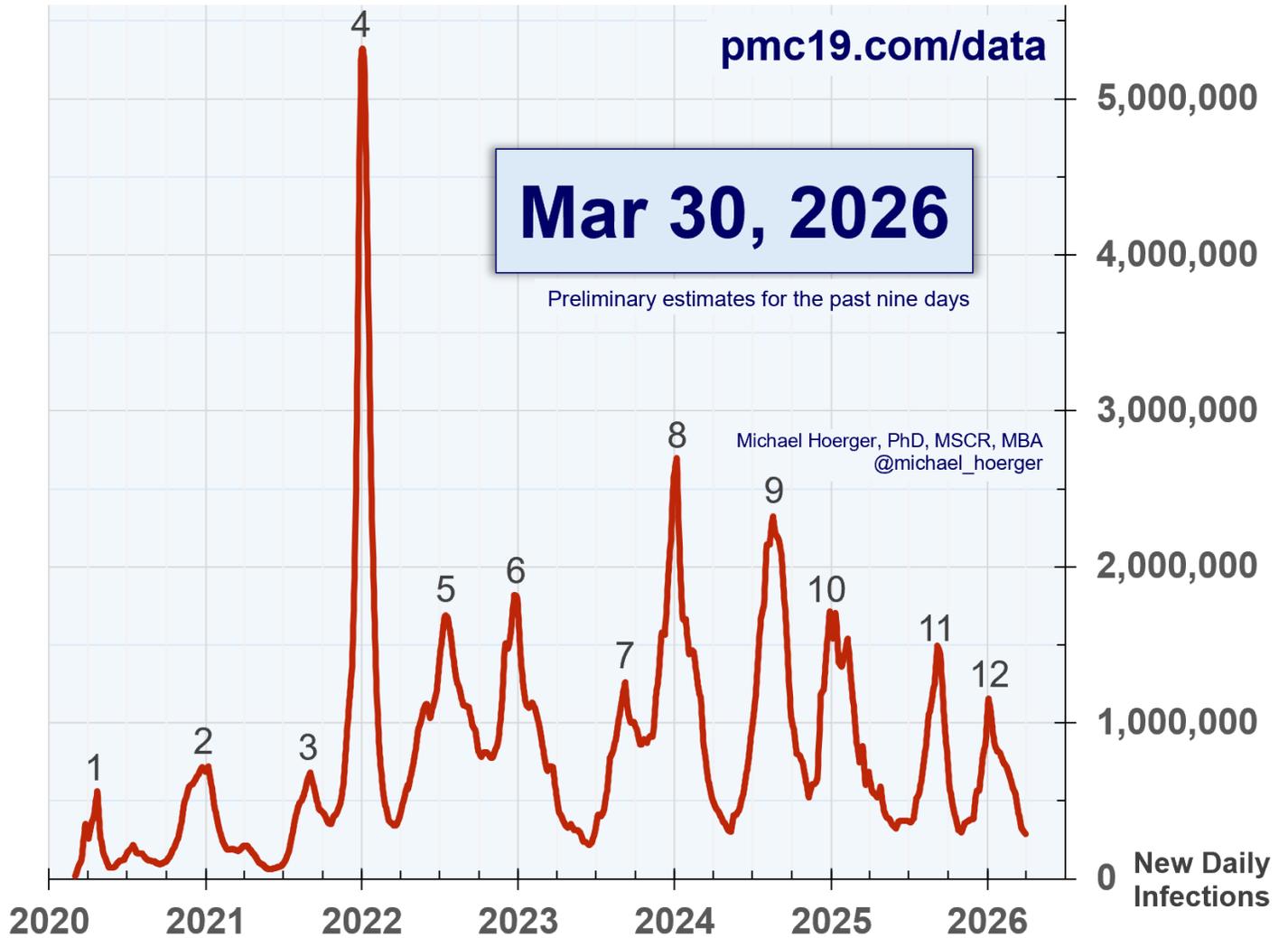
PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.1** infections per person and **14.1** months between infections.

Notice that current levels are at their lowest in the past year, and potentially their lowest since the summer of 2023, though such subtleties are prone to retroactive correction. Absolute risk of infection remains high, while relative risk compared to the past 6 years is low.

National COVID-19 Estimates (U.S.)

Mar 30, 2026　　　pmc19.com/data

Infections

Proportion Actively Infectious	1 in 170 (0.6%)
New Daily Infections	288,000
Infections the Past Week	2,100,000
Infections in 2026	61,000,000
Cumulative Infections per Person	5.14

Long COVID

Long COVID Cases Resulting from New Daily Infections	14,000 to 58,000
Long COVID Cases Resulting from New Weekly Infections	105,000 to 420,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	70 to 130
Excess Deaths Resulting from New Weekly Infections	500 to 900

During this relative "lull," an estimated 2.1 million Americans are getting infected per week, resulting in significant morbidity and 500-900 eventual excess deaths.

National COVID-19 Risk Table (U.S.)
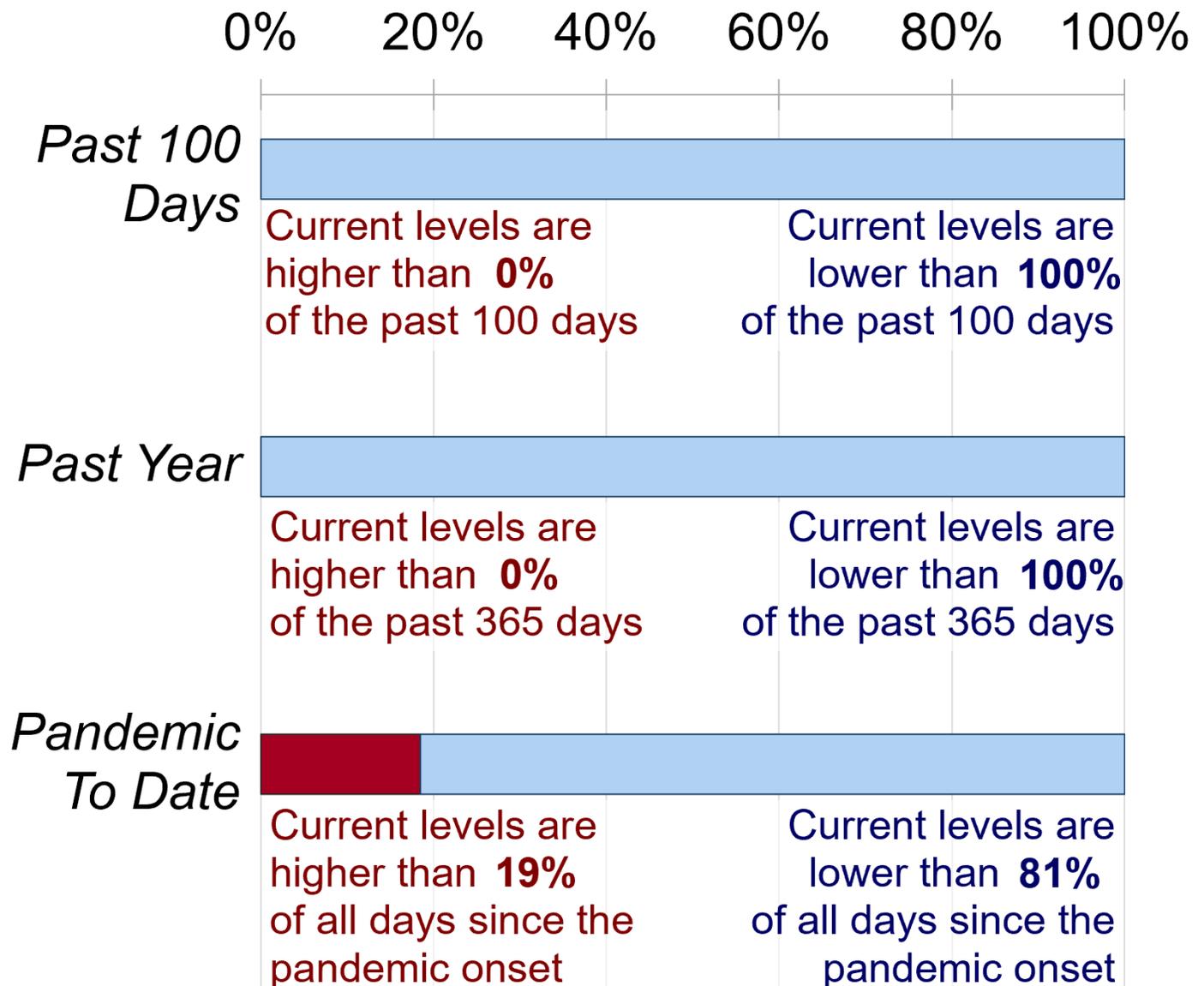
Mar 30, 2026   pmc19.com/data

Number of People	Chances Anyone is Infectious
1	0.6%
2	1.2%
3	1.8%
4	2.3%
5	2.9%
10	5.7%
15	8.5%
20	11.1%
25	13.7%
30	16.2%
50	25.6%
75	35.8%
100	44.6%
200	69.3%
300	83.0%

In a room of 25 people representative of the U.S. population, there would be a 1-in-7 chance of an exposure if there were no testing and isolation protocols.

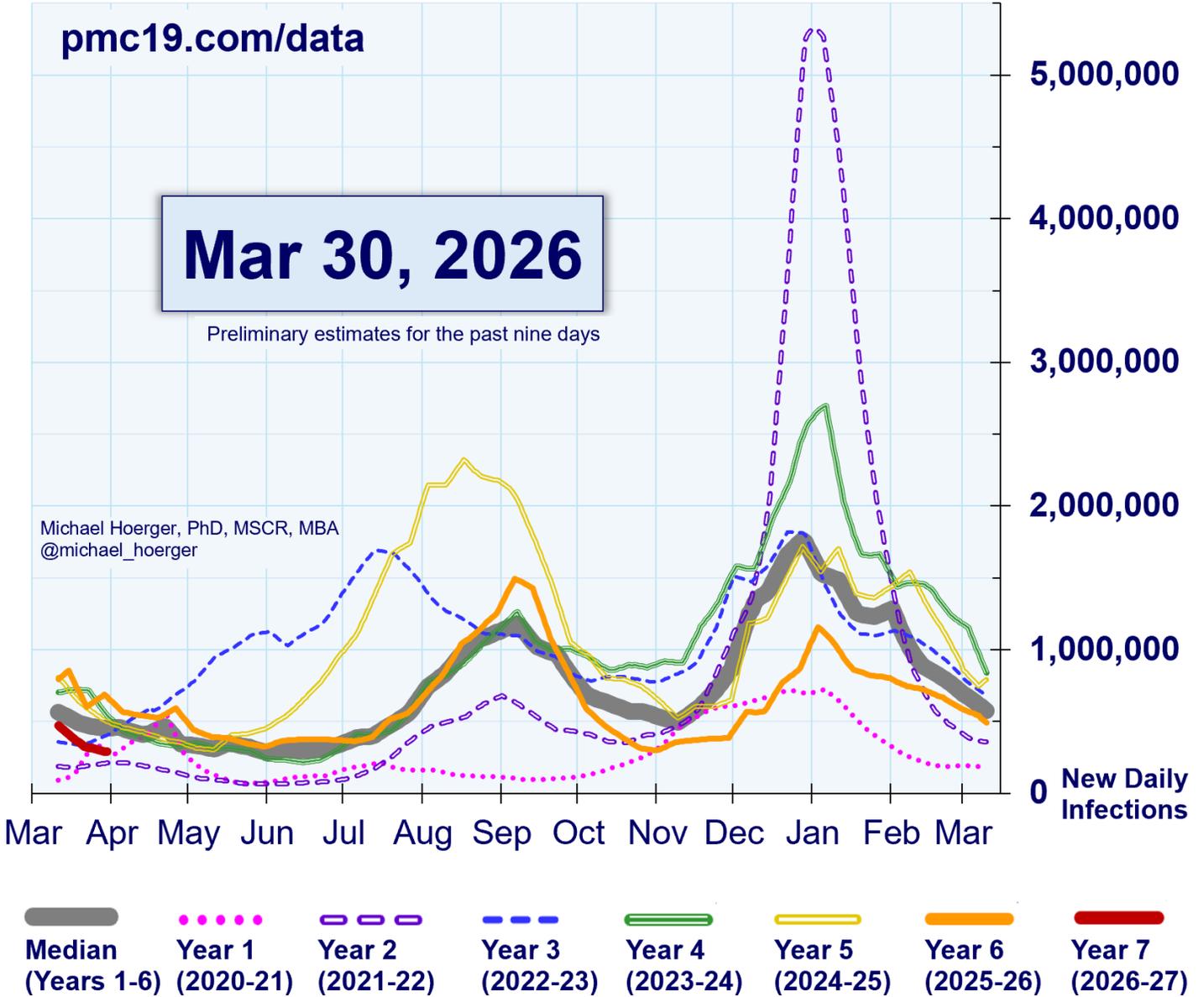# SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Mar 30, 2026   **pmc19.com/data**

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

Past 100 Days

Current levels are higher than **0%** of the past 100 days

Current levels are lower than **100%** of the past 100 days

Past Year

Current levels are higher than **0%** of the past 365 days

Current levels are lower than **100%** of the past 365 days

Pandemic To Date

Current levels are higher than **19%** of all days since the pandemic onset

Current levels are lower than **81%** of all days since the pandemic onset

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.)

pmc19.com/data

Mar 30, 2026

Preliminary estimates for the past nine days

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New Daily Infections

5,000,000
4,000,000
3,000,000
2,000,000
1,000,000
0

Mar Apr May Jun Jul Aug Sep Oct Nov Dec Jan Feb Mar

Median (Years 1-6) — **Year 1 (2020-21)** — **Year 2 (2021-22)** — **Year 3 (2022-23)** — **Year 4 (2023-24)** — **Year 5 (2024-25)** — **Year 6 (2025-26)** — **Year 7 (2026-27)**

Notice that transmission is estimated to be lower than any of the past 4 years heading into April. The caveat is that CDC retroactive corrections are coming soon.

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

pmc19.com/data
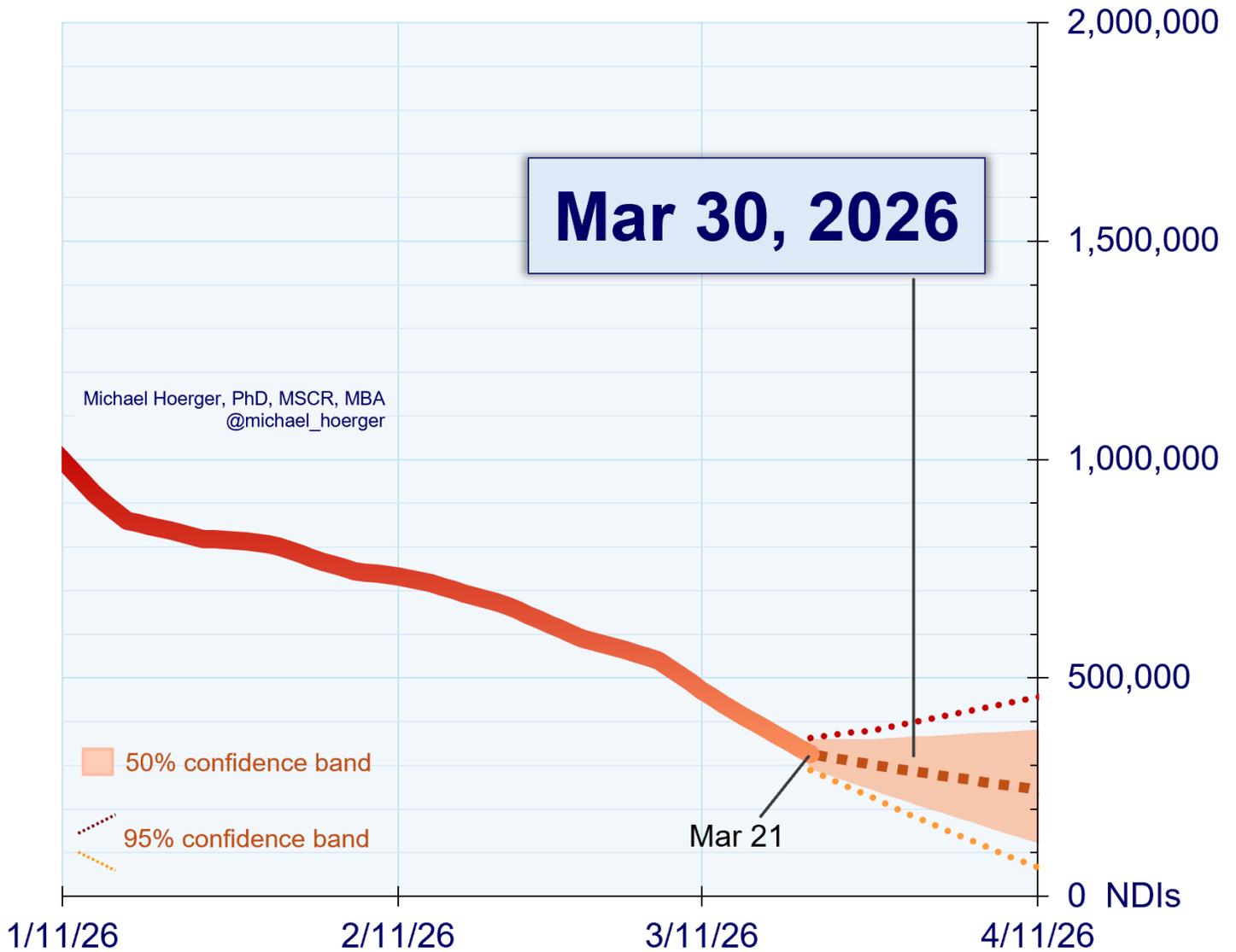
COVID-19 levels have fallen rapidly. Transmission remains high in the absolute sense during "lulls," but we are headed into a relatively lower risk situation at the national level.

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.