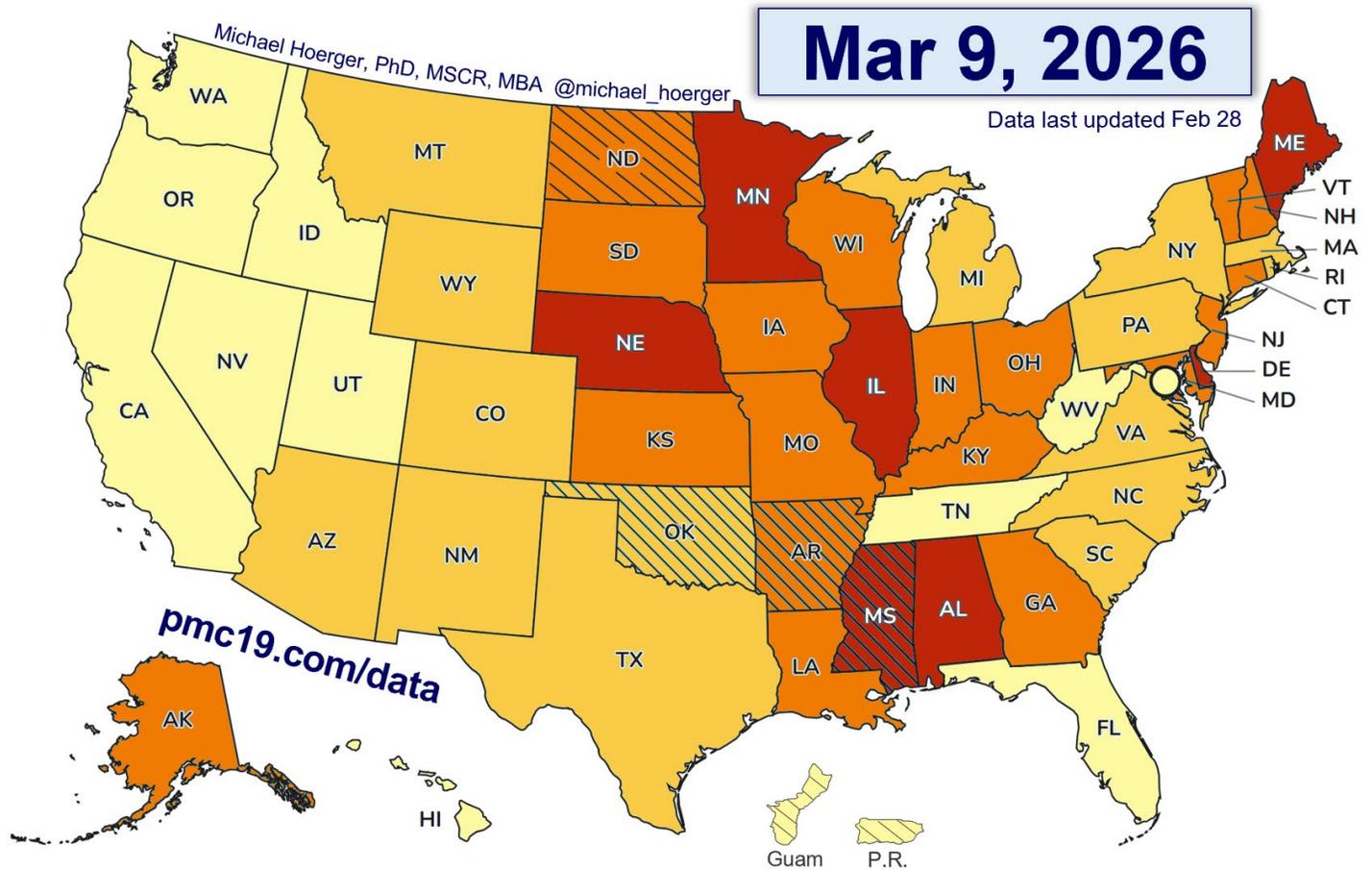


PMC U.S. COVID-19 Report for March 9, 2026.

pmc19.com/data

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Announcements

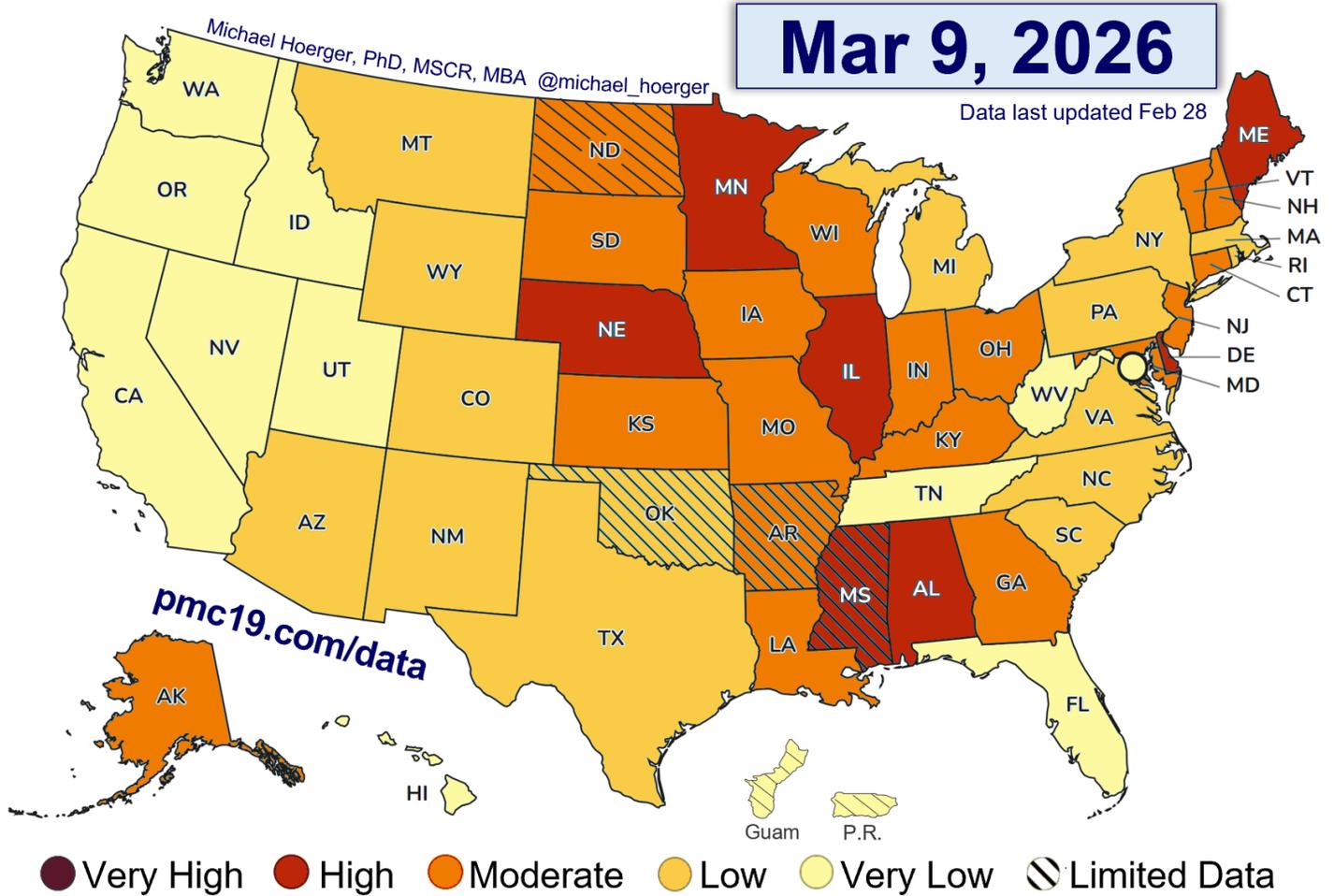
News

- **PMC COVID Dashboard Survey Town Hall** (two virtual gatherings)
 - Wednesday, March 11 (2-3pm Central). Register in advance:
https://events.zoom.us/ev/AmuF5JDQNfLGBBu7IvLhcB91gTh5ZHGCf0kehNQJrFTJUymrO_T8~AoDLWkc1fxEW1uWi5gbEzG-OHseUjYTGmFYIQo5Rjr_d6qKH-Wz8ktpU5w
This is a webinar-format Zoom. The Q&A feature will be active and monitored. If there are technical difficulties, look for updates on the website or Dr. Hoerger's Twitter page. We will have a presentation on several key findings from our survey of dashboard users, including current mitigation habits, Long COVID risk, and more. It is a great way to learn about our shared community and ensure that PMC interprets the findings consistent with community perspectives. The date marks the 6th anniversary of the WHO's pandemic declaration.
 - Sunday, March 15 (leading into Monday, March 16), Becky A. Robertson, Long COVID survivor and activist, will host a 24-hour Marathon Space on Twitter for International Long COVID Awareness Day. Check her page (<https://x.com/AnciraBecky>) to learn more as the schedule is finalized and to find the link to the Space the day of.

Data Quality

- The CDC reported this week (80% model weight), but Biobot (20% model weight) did not.

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



On the back end of the 12th wave, transmission continues to subside. No state presently falls in the “Very High” range.

COVID-19 State Prevalence Estimates

pmc19.com/data

Mar 9, 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
Alabama	High	1 in 33 (3.0%)	26%	54%	78%	95%
Alaska	Moderate	1 in 64 (1.6%)	15%	33%	55%	79%
Arizona	Low	1 in 74 (1.4%)	13%	29%	49%	74%
Arkansas	Moderate*	1 in 65 (1.5%)	14%	32%	54%	79%
California	Very Low	1 in 200 (0.5%)	5%	12%	22%	39%
Colorado	Low	1 in 99 (1.0%)	10%	23%	40%	64%
Connecticut	Moderate	1 in 62 (1.6%)	15%	33%	56%	80%
Delaware	High	1 in 37 (2.7%)	24%	50%	75%	94%
District of Columbia	Very Low	1 in 749 (0.1%)	1%	3%	6%	13%
Florida	Very Low	1 in 159 (0.6%)	6%	15%	27%	47%
Georgia	Moderate	1 in 45 (2.2%)	20%	43%	68%	90%
Guam	Very Low	1 in 121 (0.8%)	8%	19%	34%	56%
Hawaii	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
Idaho	Very Low	1 in 149 (0.7%)	7%	16%	29%	49%
Illinois	High	1 in 35 (2.9%)	25%	52%	77%	95%
Indiana	Moderate	1 in 46 (2.2%)	20%	42%	66%	89%
Iowa	Moderate	1 in 56 (1.8%)	17%	36%	59%	84%
Kansas	Moderate	1 in 46 (2.2%)	20%	42%	67%	89%
Kentucky	Moderate	1 in 43 (2.3%)	21%	45%	69%	91%
Louisiana	Moderate	1 in 51 (2.0%)	18%	39%	63%	86%
Maine	High	1 in 35 (2.8%)	25%	51%	76%	94%
Maryland	Moderate	1 in 60 (1.7%)	15%	34%	57%	81%
Massachusetts	Low	1 in 78 (1.3%)	12%	28%	48%	72%
Michigan	Low	1 in 68 (1.5%)	14%	31%	52%	77%
Minnesota	High	1 in 38 (2.6%)	23%	49%	74%	93%
Mississippi	High*	1 in 36 (2.8%)	25%	51%	76%	94%

* Limited data reporting

Data last updated Feb 28

COVID-19 State Prevalence Estimates

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Mar 9, 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	Moderate	1 in 43 (2.3%)	21%	44%	69%	90%
Montana	Low	1 in 82 (1.2%)	12%	26%	46%	71%
Nebraska	High	1 in 42 (2.4%)	22%	46%	70%	91%
Nevada	Very Low	1 in 128 (0.8%)	8%	18%	32%	54%
New Hampshire	Moderate	1 in 59 (1.7%)	16%	35%	58%	82%
New Jersey	Moderate	1 in 58 (1.7%)	16%	35%	58%	82%
New Mexico	Low	1 in 108 (0.9%)	9%	21%	37%	61%
New York	Low	1 in 96 (1.0%)	10%	23%	41%	65%
North Carolina	Low	1 in 79 (1.3%)	12%	27%	47%	72%
North Dakota	Moderate*	1 in 52 (1.9%)	18%	39%	62%	86%
Ohio	Moderate	1 in 60 (1.7%)	16%	35%	57%	82%
Oklahoma	Low*	1 in 85 (1.2%)	11%	26%	45%	69%
Oregon	Very Low	1 in 227 (0.4%)	4%	10%	20%	36%
Pennsylvania	Low	1 in 75 (1.3%)	13%	29%	49%	74%
Rhode Island	Low	1 in 85 (1.2%)	11%	26%	45%	69%
South Carolina	Low	1 in 88 (1.1%)	11%	25%	44%	68%
South Dakota	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%
Tennessee	Very Low	1 in 112 (0.9%)	9%	20%	36%	59%
Texas	Low	1 in 109 (0.9%)	9%	21%	37%	60%
Utah	Very Low	1 in 134 (0.7%)	7%	17%	31%	53%
Vermont	Moderate	1 in 62 (1.6%)	15%	33%	56%	80%
Virginia	Low	1 in 80 (1.2%)	12%	27%	46%	71%
Washington	Very Low	1 in 222 (0.4%)	4%	11%	20%	36%
West Virginia	Very Low	1 in 139 (0.7%)	7%	16%	30%	51%
Wisconsin	Moderate	1 in 50 (2.0%)	18%	40%	64%	87%
Wyoming	Low	1 in 88 (1.1%)	11%	25%	44%	68%

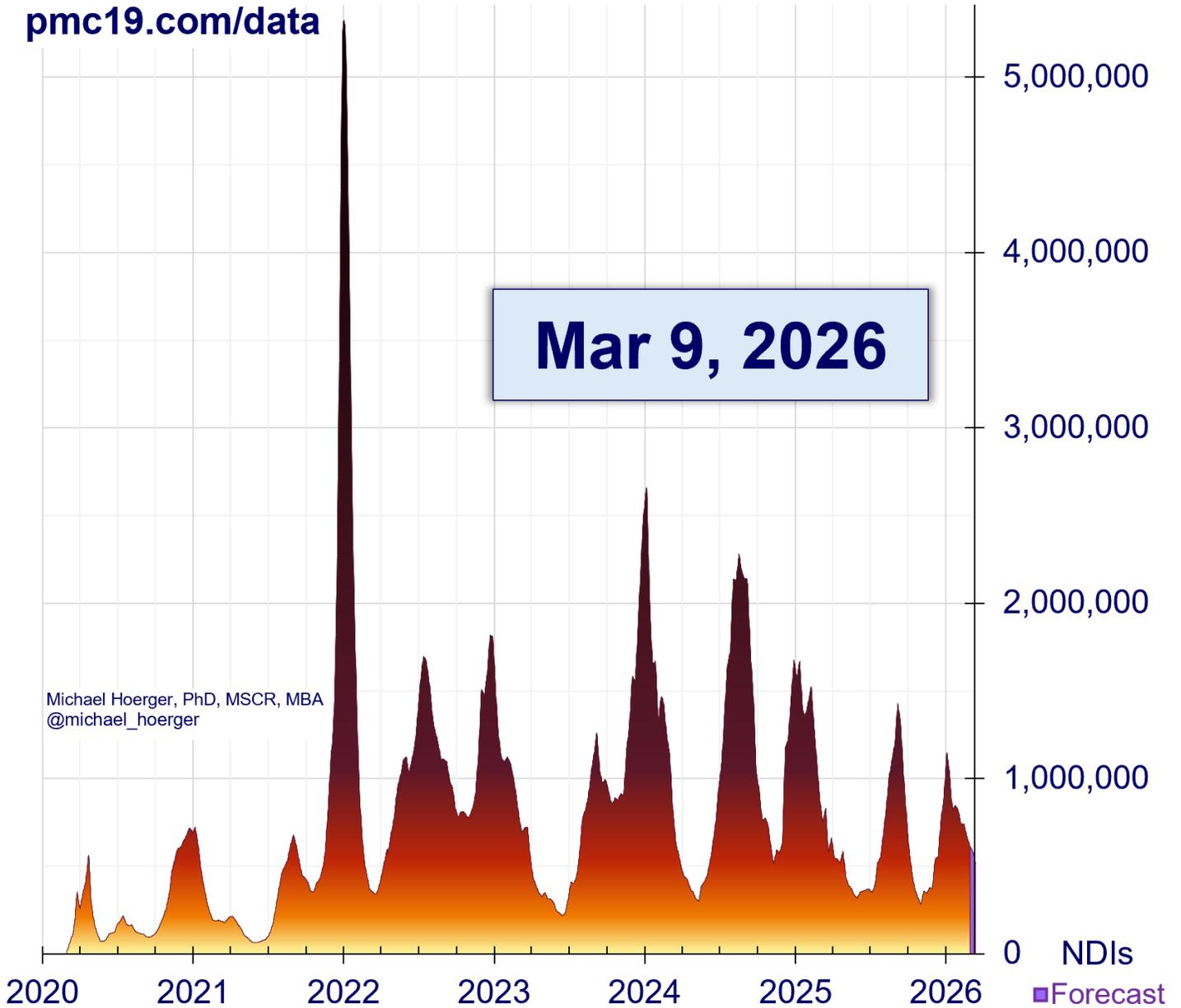
* Limited reporting; ND has no data, averages MN, MT, & SD

Data last updated Feb 28

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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Levels are continuing to slowly decline.

National COVID-19 Estimates (U.S.)

Mar 9, 2026

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Infections

Proportion Actively Infectious	1 in 87 (1.2%)
New Daily Infections	565,000
Infections the Past Week	4,100,000
Infections in 2026	54,000,000
Cumulative Infections per Person	5.10

Long COVID

Long COVID Cases Resulting from New Daily Infections	28,000 to 113,000
Long COVID Cases Resulting from New Weekly Infections	205,000 to 820,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	160 to 270
Excess Deaths Resulting from New Weekly Infections	1,200 to 1,900

The U.S. continues to see an estimated $\approx 565,000$ new daily infections amid moderate relative levels of transmission.

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

Mar 9, 2026

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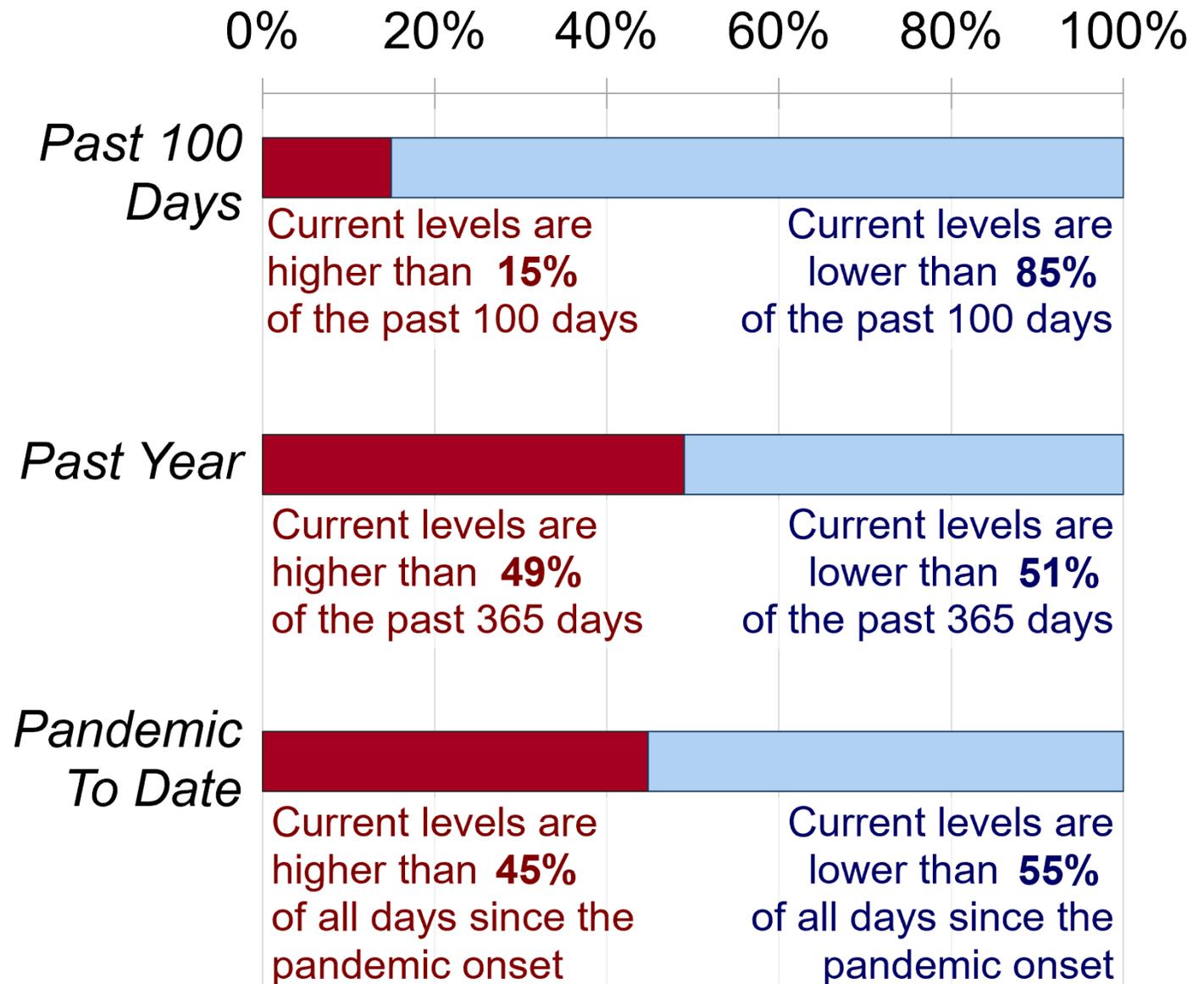
<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	1.2%
2	2.3%
3	3.4%
4	4.5%
5	5.6%
10	11.0%
15	16.0%
20	20.7%
25	25.2%
30	29.4%
50	44.0%
75	58.1%
100	68.7%
200	90.2%
300	96.9%

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

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

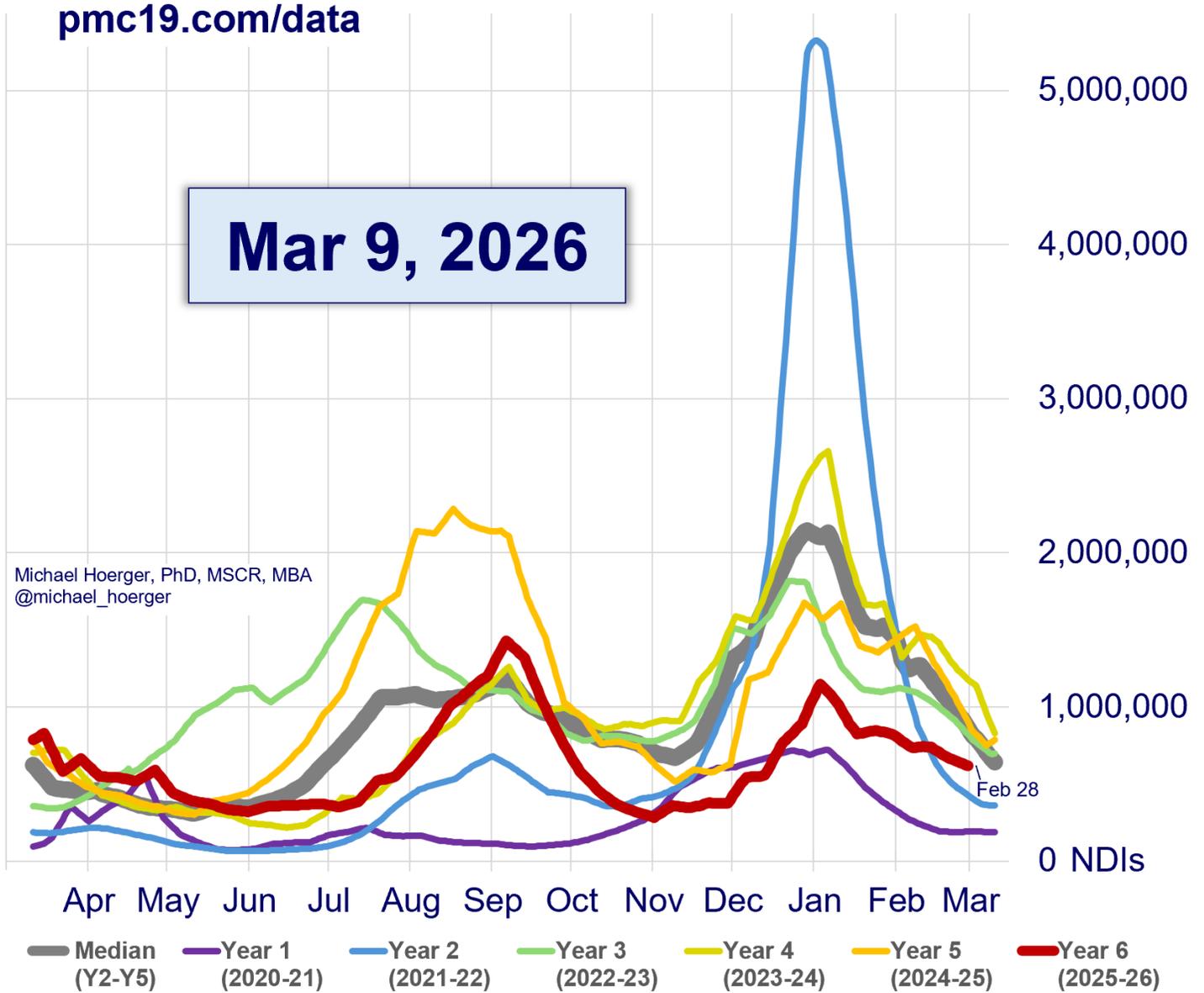
Mar 9, 2026

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Current transmission is low relative to the past 100 days, indicative of declining transmission. However, levels remain “typical” relative to the past year and all days since pandemic onset.

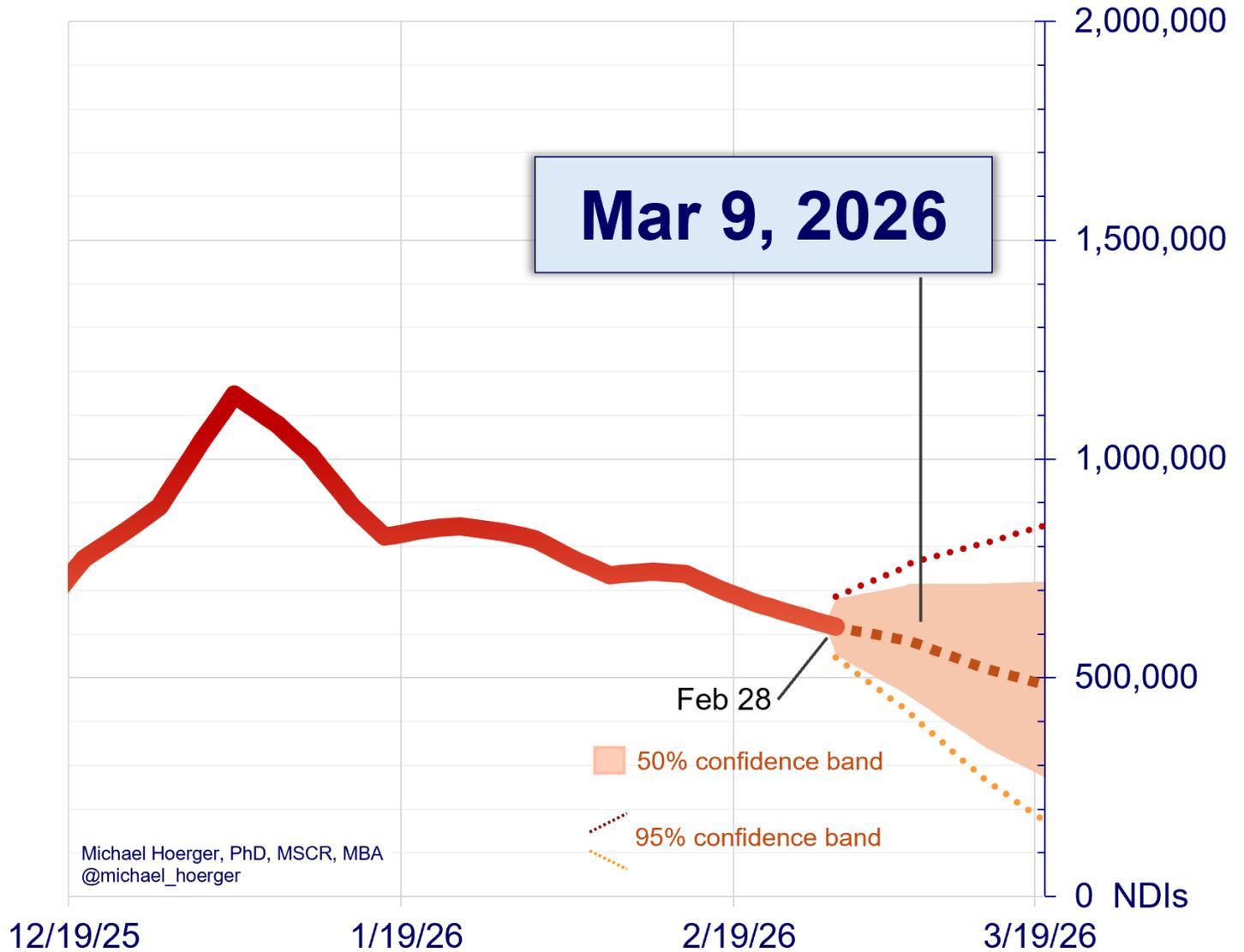
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



Although peak levels were estimated as lower this winter than most prior winters, the relative rate of decline has been slower. Note that transmission level estimates are now converging with those of the median and several prior years

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

pmc19.com/data



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@michael_hoerger

Consistent with the year-over-year data, transmission is expected to continue to decline. Expect to exit the 12th wave (<500,000 new daily infections) soon, potentially near March 19. 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.