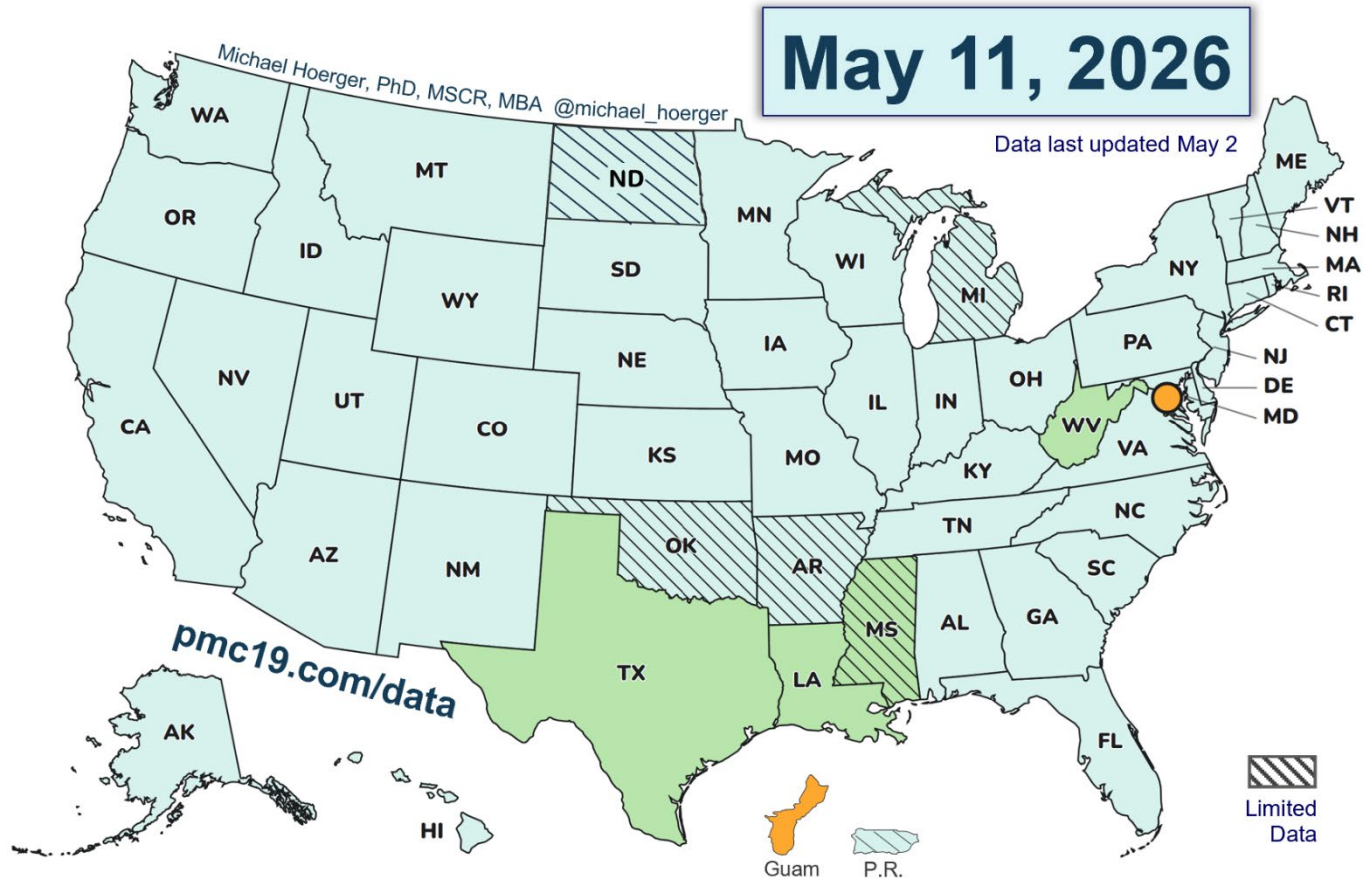


# PMC U.S. COVID-19 Report for May 11, 2026.

## [pmc19.com/data](http://pmc19.com/data)

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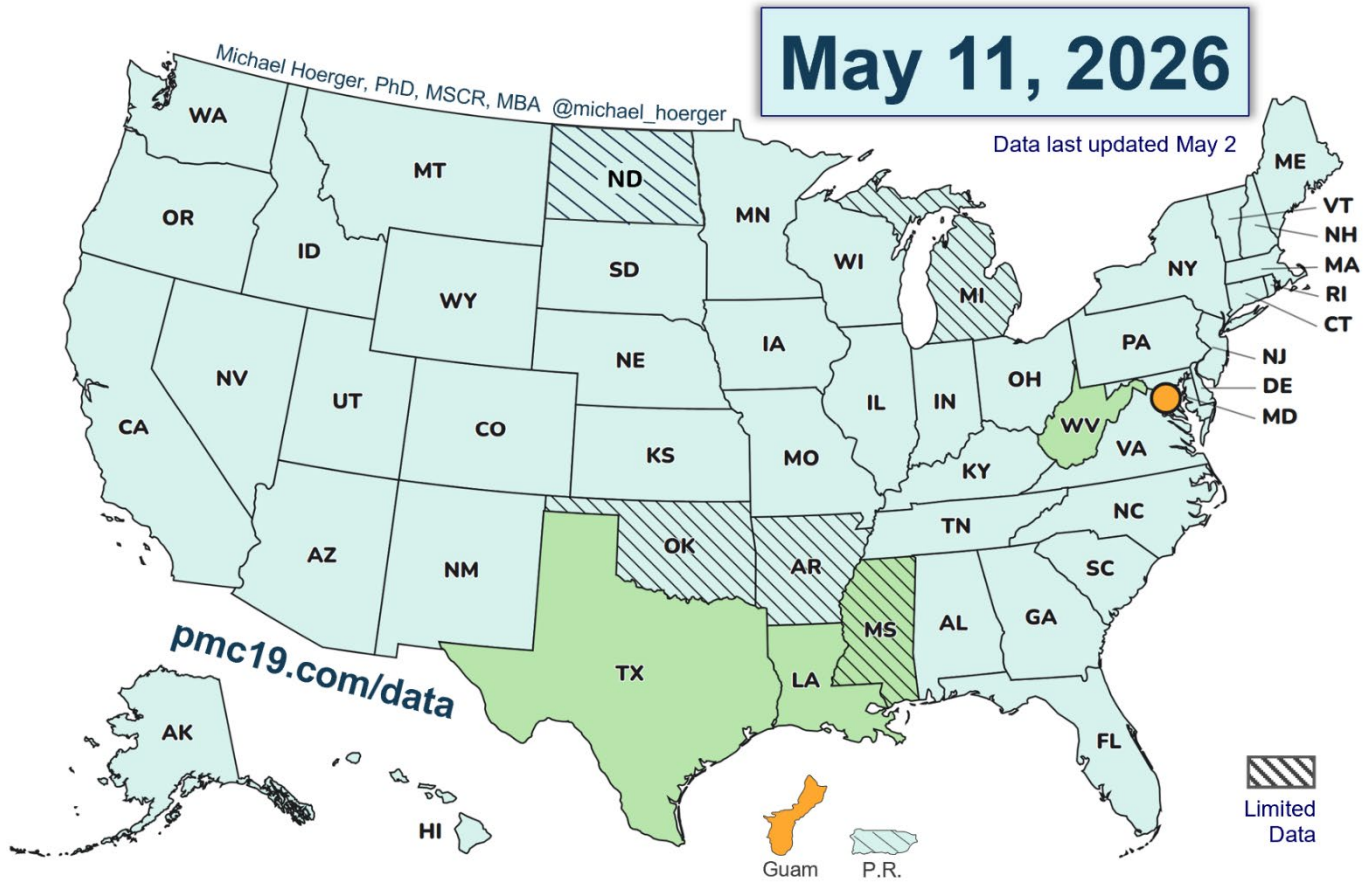
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# Announcements

## Data Quality

- The CDC (80% model weight) reported this week; Biobot (20% model weight) did not. Biobot is experiencing reporting delays of late.

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



CDC Relative Levels: Very Low Low Moderate High Very High

PMC Prevalence Estimate: <0.9% 1.2% 2.0% 2.9% >3.5%  
 (Proportion Actively Infectious) [0.9-1.5%] [1.5-2.4%] [2.4-3.5%]

Estimated levels are the lowest since July 13, 2021. All states and territories have “low” or “very low” transmission, with the exceptions of Guam and DC. Note that state-level midpoints can obscure within-state variation. There are isolated hot spots throughout the U.S.

# COVID-19 State Prevalence Estimates

[pmc19.com/data](https://pmc19.com/data)

May 11, 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	Very Low	1 in 142 (0.7%)	7%	16%	30%	51%
Alaska	Very Low	1 in 274 (0.4%)	4%	9%	17%	31%
Arizona	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Arkansas	Very Low*	1 in 277 (0.4%)	4%	9%	17%	30%
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 409 (0.2%)	2%	6%	12%	22%
Delaware	Very Low	1 in 166 (0.6%)	6%	14%	26%	45%
District of Columbia	Moderate	1 in 59 (1.7%)	16%	35%	57%	82%
Florida	Very Low	1 in 172 (0.6%)	6%	14%	25%	44%
Georgia	Very Low	1 in 176 (0.6%)	6%	13%	25%	43%
Guam	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%
Hawaii	Very Low	1 in 184 (0.5%)	5%	13%	24%	42%
Idaho	Very Low	1 in 260 (0.4%)	4%	9%	18%	32%
Illinois	Very Low	1 in 253 (0.4%)	4%	9%	18%	33%
Indiana	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Iowa	Very Low	1 in 210 (0.5%)	5%	11%	21%	38%
Kansas	Very Low	1 in 477 (0.2%)	2%	5%	10%	19%
Kentucky	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Louisiana	Low	1 in 96 (1.0%)	10%	23%	41%	65%
Maine	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Maryland	Very Low	1 in 246 (0.4%)	4%	10%	18%	33%
Massachusetts	Very Low	1 in 490 (0.2%)	2%	5%	10%	18%
Michigan	Very Low*	1 in 489 (0.2%)	2%	5%	10%	19%
Minnesota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Mississippi	Low*	1 in 73 (1.4%)	13%	29%	50%	75%

\* Limited data reporting

Data last updated May 2

# COVID-19 State Prevalence Estimates

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May 11, 2026

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

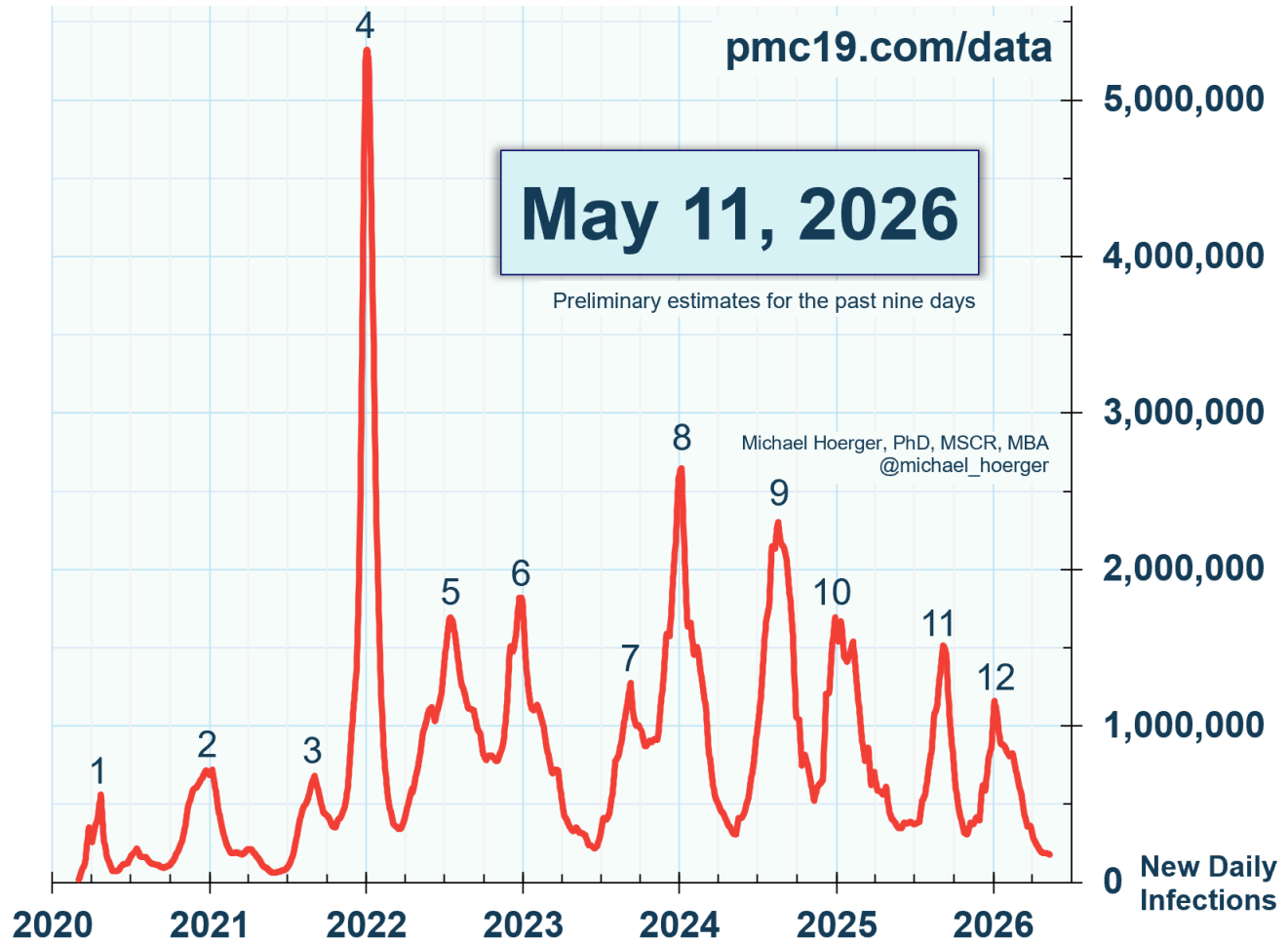
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Montana	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 456 (0.2%)	2%	5%	10%	20%
Nevada	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
New Hampshire	Very Low	1 in 304 (0.3%)	3%	8%	15%	28%
New Jersey	Very Low	1 in 247 (0.4%)	4%	10%	18%	33%
New Mexico	Very Low	1 in 1,267 (0.1%)	1%	2%	4%	8%
New York	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
North Carolina	Very Low	1 in 153 (0.7%)	6%	15%	28%	48%
North Dakota	Very Low*	1 in 222 (0.5%)	4%	11%	20%	36%
Ohio	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Oklahoma	Very Low*	1 in 131 (0.8%)	7%	17%	32%	53%
Oregon	Very Low	1 in 220 (0.5%)	4%	11%	20%	37%
Pennsylvania	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Rhode Island	Very Low	1 in 400 (0.3%)	2%	6%	12%	22%
South Carolina	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
South Dakota	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Tennessee	Very Low	1 in 204 (0.5%)	5%	12%	22%	39%
Texas	Low	1 in 99 (1.0%)	10%	22%	40%	64%
Utah	Very Low	1 in 426 (0.2%)	2%	6%	11%	21%
Vermont	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
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	Low	1 in 67 (1.5%)	14%	31%	53%	78%
Wisconsin	Very Low	1 in 222 (0.5%)	4%	11%	20%	36%
Wyoming	Very Low	1 in 692 (0.1%)	1%	4%	7%	13%

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

Data last updated May 2

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 **14.4** months between infections.

Notice that the current levels are comparable to “lulls” in recent years. Current levels are estimated at their lowest since July 13, 2021.

# National COVID-19 Estimates (U.S.)

May 11, 2026

[pmc19.com/data](https://pmc19.com/data)

## Infections

Proportion Actively Infectious	1 in 272 (0.4%)
New Daily Infections	180,000
Infections the Past Week	1,280,000
Infections in 2026	74,000,000
Cumulative Infections per Person	5.16

## Long COVID

Long COVID Cases Resulting from New Daily Infections	9,000 to 36,000
Long COVID Cases Resulting from New Weekly Infections	64,000 to 260,000

## Excess Deaths

Excess Deaths Resulting from New Daily Infections	40 to 80
Excess Deaths Resulting from New Weekly Infections	300 to 600

During this relative “lull,” an estimated 1.3 million Americans are getting infected per week, resulting in significant morbidity and 300-600 eventual excess deaths. Note that levels are about 3 times that of the estimated low point of the pandemic in late May of 2021.

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

May 11, 2026

[pmc19.com/data](https://pmc19.com/data)

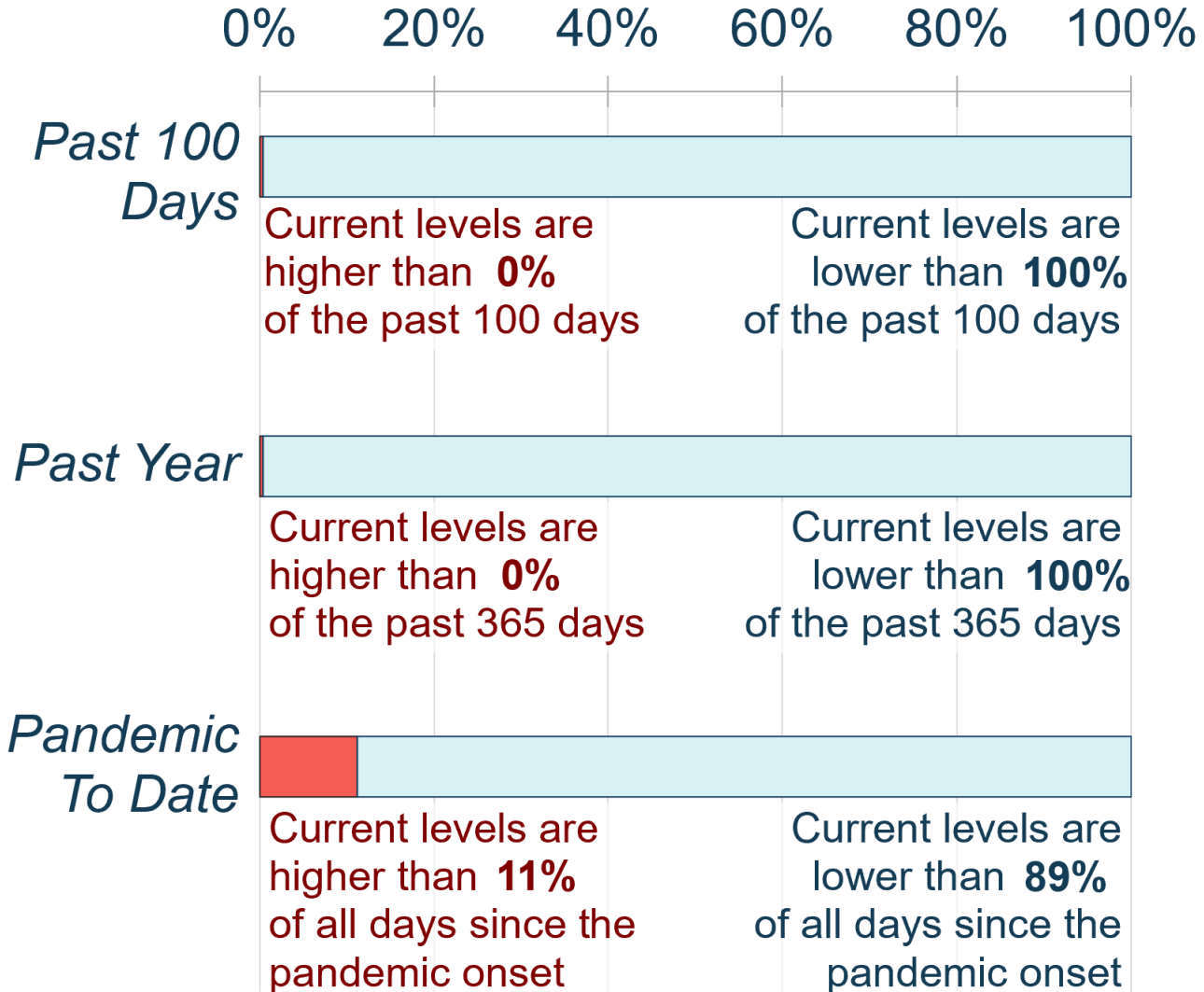
<u>Number of People</u>	<u>Chances Anyone is Infectious</u>
1	0.4%
2	0.7%
3	1.1%
4	1.5%
5	1.8%
10	3.6%
15	5.4%
20	7.1%
25	8.8%
30	10.5%
50	16.8%
75	24.1%
100	30.8%
200	52.1%
300	66.9%

In a room of 25 people representative of the U.S. population, there would be a 1-in-11 chance of an exposure if there were no testing and isolation protocols.

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

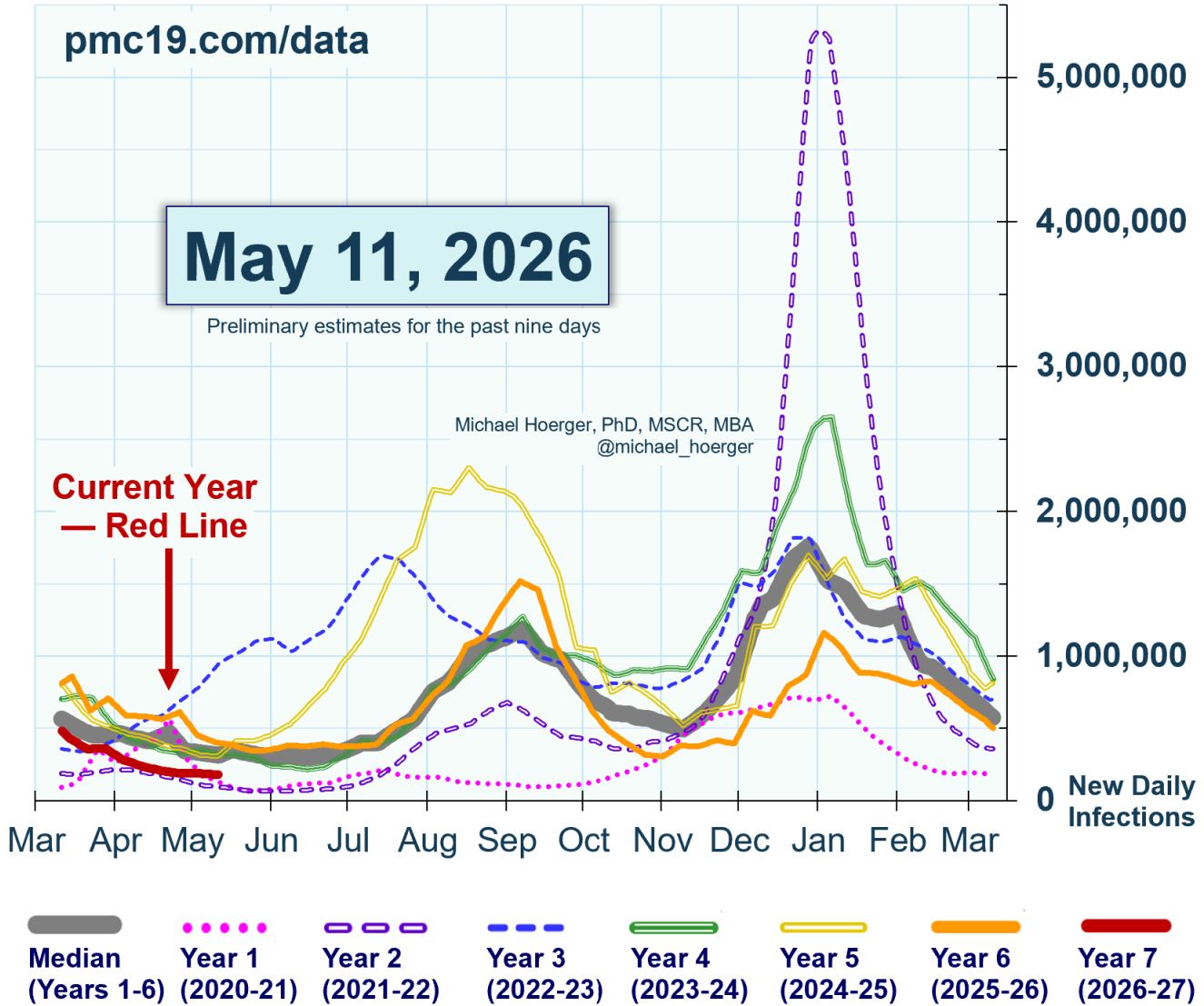
May 11, 2026

[pmc19.com/data](http://pmc19.com/data)



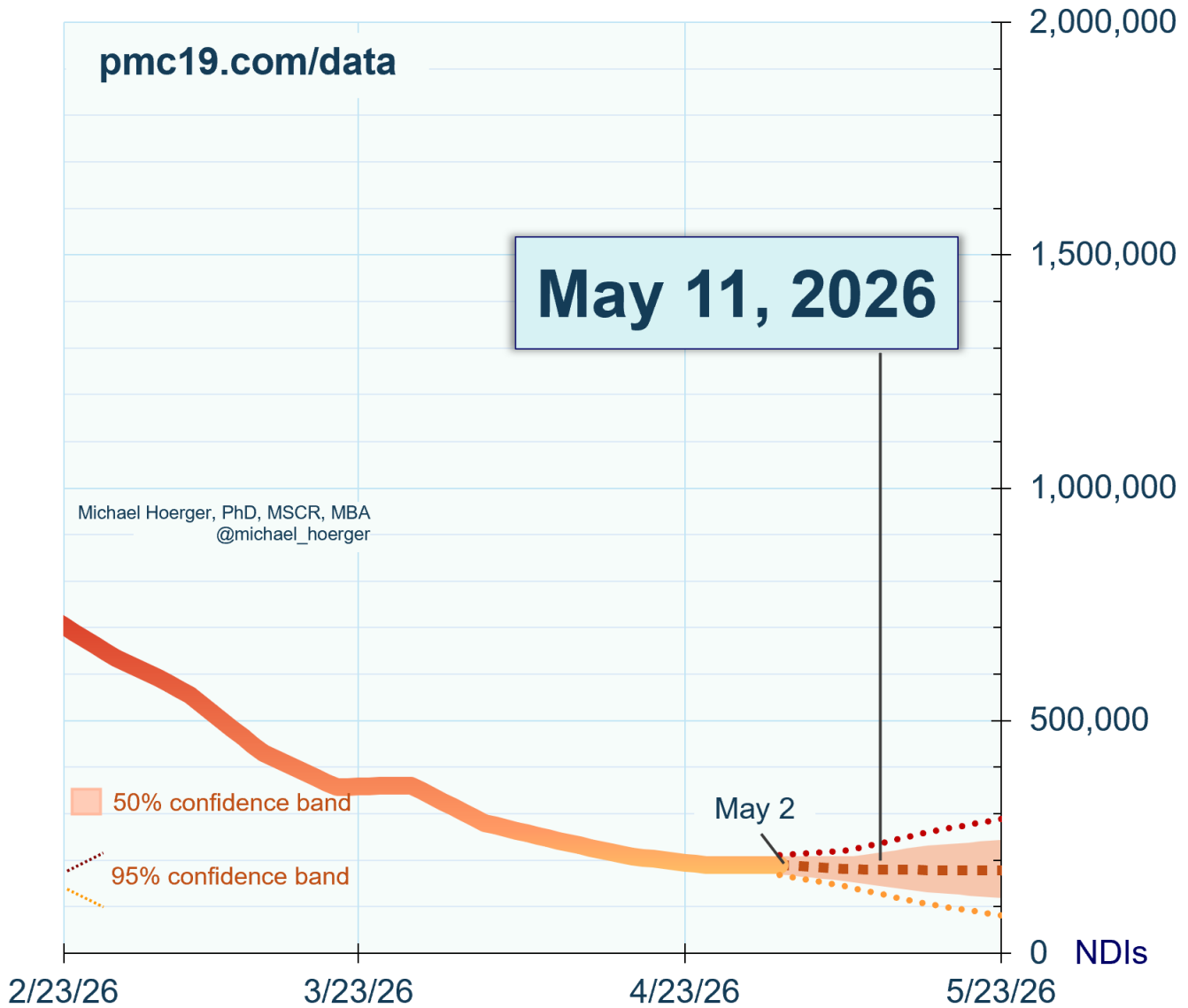
Current transmission is very low relative to the past 100 days, past year, and overall time span since pandemic onset.

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



Notice that transmission for early May is similar to the first two years of the pandemic, well below recent years.

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



The forecast is for stable transmission in a relative “lull” hovering just below 200,000 new daily infections. Notice that the odds of dipping below 100,000 new daily infections have diminished relative to forecasts from prior weeks.

**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.**