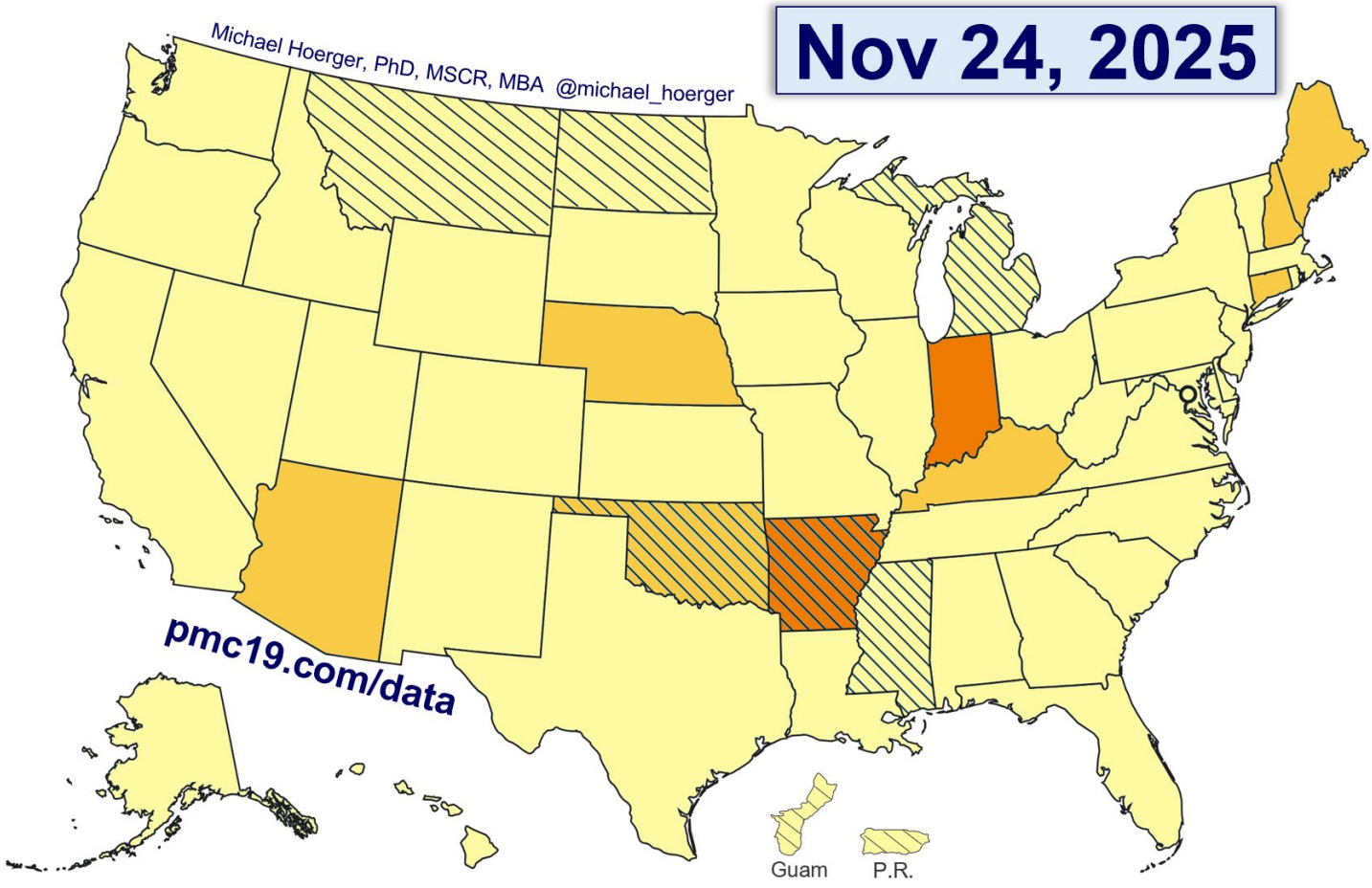
PMC U.S. COVID-19 Report for November 24, 2025. pmc19.com/data

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

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



Cite as: Hoerger, M. (2025, November 24). *PMC U.S. COVID-19 Report for November 24, 2025*. Pandemic Mitigation Collaborative. http://www.pmc19.com/data

Announcements

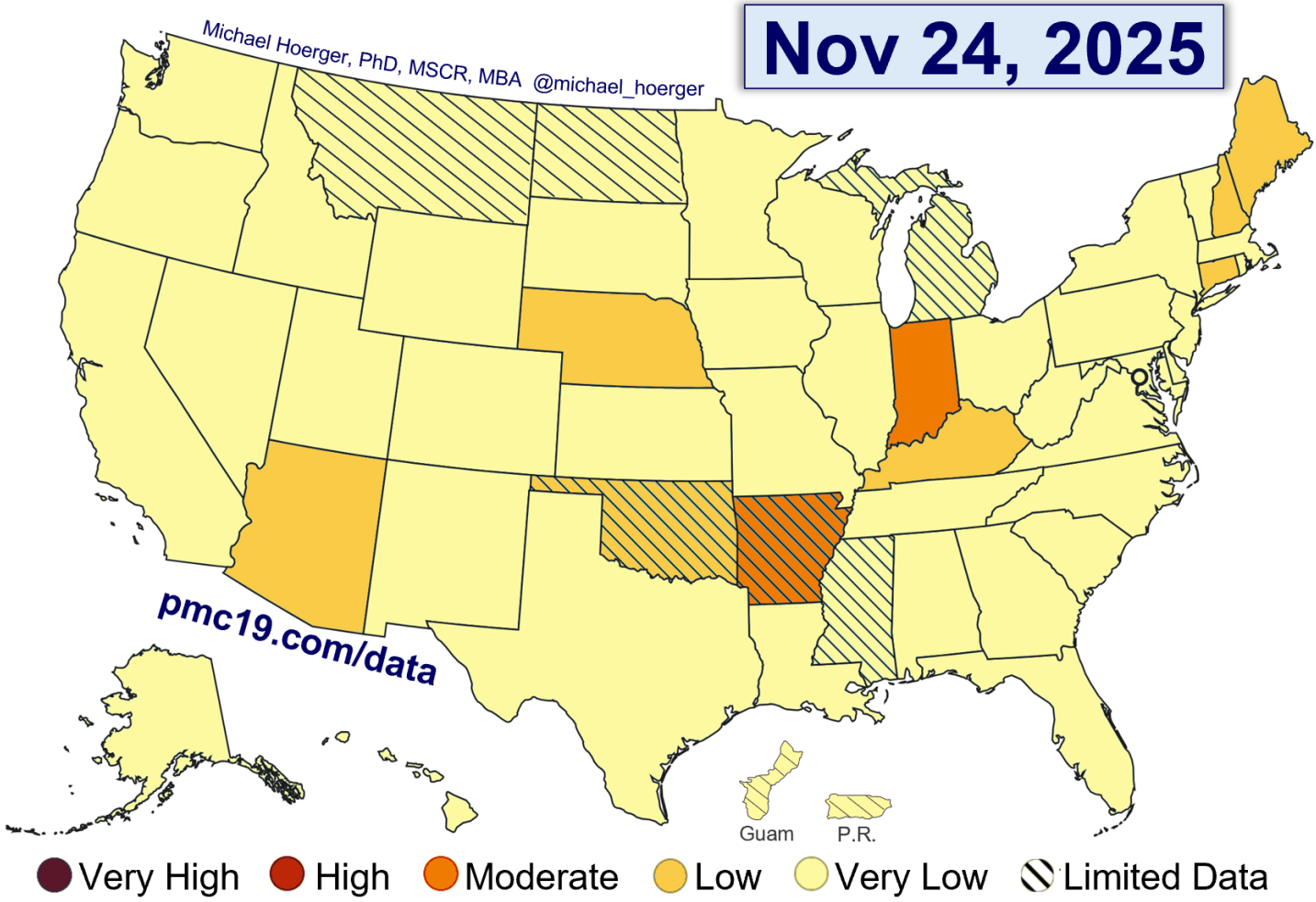
Popular and News Media Coverage:

- FOX8 News (Oct 20): https://www.fox8live.com/2025/10/21/government-shutdown-affects-health-data-jobs-numbers-more/
- Stateline (Oct 20): https://stateline.org/2025/10/20/shutdown-leaves-gaps-in-states-health-data-possibly-endangering-lives/
- PRISM (Oct 27): https://prismreports.org/2025/10/27/cdc-cuts-covid-19-vaccines/

Data Quality

- The shutdown has ended, and data were available from both the CDC and Biobot for the first time in two months.
- We have added a transmission “barometer” for guaging relative transmission. It is similar to the pie chart from prior iterations of the dashboard.
- We have also provided a spotlight on the 2025 summer wave, which we estimate infected about 1 in 5 people in the U.S.

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



All states are in the CDC very low, low, or moderate transmission levels. No state falls in the CDC high or very high range. However, remember the CDC switched how they classify levels several months ago, generally making transmission appear lower than by previous metrics. Within “very low” states note that there are occasional sites with “very high” levels. Overall, 60% of states were increasing as of November 15, which is an indicator of wave onset. Levels in Michigan may be higher than noted here, as WastewaterSCAN shows very high levels in lagged data for the Detroit area.

COVID-19 State Prevalence Estimates

pmc19.com/data

Nov 24, 2025

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 153 (0.7%)	6%	15%	28%	48%
Alaska	Very Low	1 in 272 (0.4%)	4%	9%	17%	31%
Arizona	Low	1 in 63 (1.6%)	15%	33%	55%	80%
Arkansas	Moderate*	1 in 47 (2.1%)	19%	42%	66%	88%
California	Very Low	1 in 365 (0.3%)	3%	7%	13%	24%
Colorado	Very Low	1 in 137 (0.7%)	7%	17%	31%	52%
Connecticut	Low	1 in 103 (1.0%)	9%	22%	38%	62%
Delaware	Very Low	1 in 262 (0.4%)	4%	9%	17%	32%
District of Columbia	Very Low	1 in 418 (0.2%)	2%	6%	11%	21%
Florida	Very Low	1 in 408 (0.2%)	2%	6%	12%	22%
Georgia	Very Low	1 in 292 (0.3%)	3%	8%	16%	29%
Guam	Very Low	1 in 887 (0.1%)	1%	3%	5%	11%
Hawaii	Very Low	1 in 426 (0.2%)	2%	6%	11%	21%
Idaho	Very Low	1 in 116 (0.9%)	8%	19%	35%	58%
Illinois	Very Low	1 in 116 (0.9%)	8%	19%	35%	58%
Indiana	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
Iowa	Very Low	1 in 108 (0.9%)	9%	21%	37%	61%
Kansas	Very Low	1 in 109 (0.9%)	9%	21%	37%	60%
Kentucky	Low	1 in 74 (1.4%)	13%	29%	49%	74%
Louisiana	Very Low	1 in 113 (0.9%)	8%	20%	36%	59%
Maine	Low	1 in 69 (1.5%)	14%	31%	52%	77%
Maryland	Very Low	1 in 392 (0.3%)	3%	6%	12%	23%
Massachusetts	Very Low	1 in 113 (0.9%)	8%	20%	36%	59%
Michigan	Very Low*	1 in 159 (0.6%)	6%	15%	27%	47%
Minnesota	Very Low	1 in 107 (0.9%)	9%	21%	37%	61%
Mississippi	Very Low*	1 in 328 (0.3%)	3%	7%	14%	26%

* Limited data reporting

COVID-19 State Prevalence Estimates

pmc19.com/data

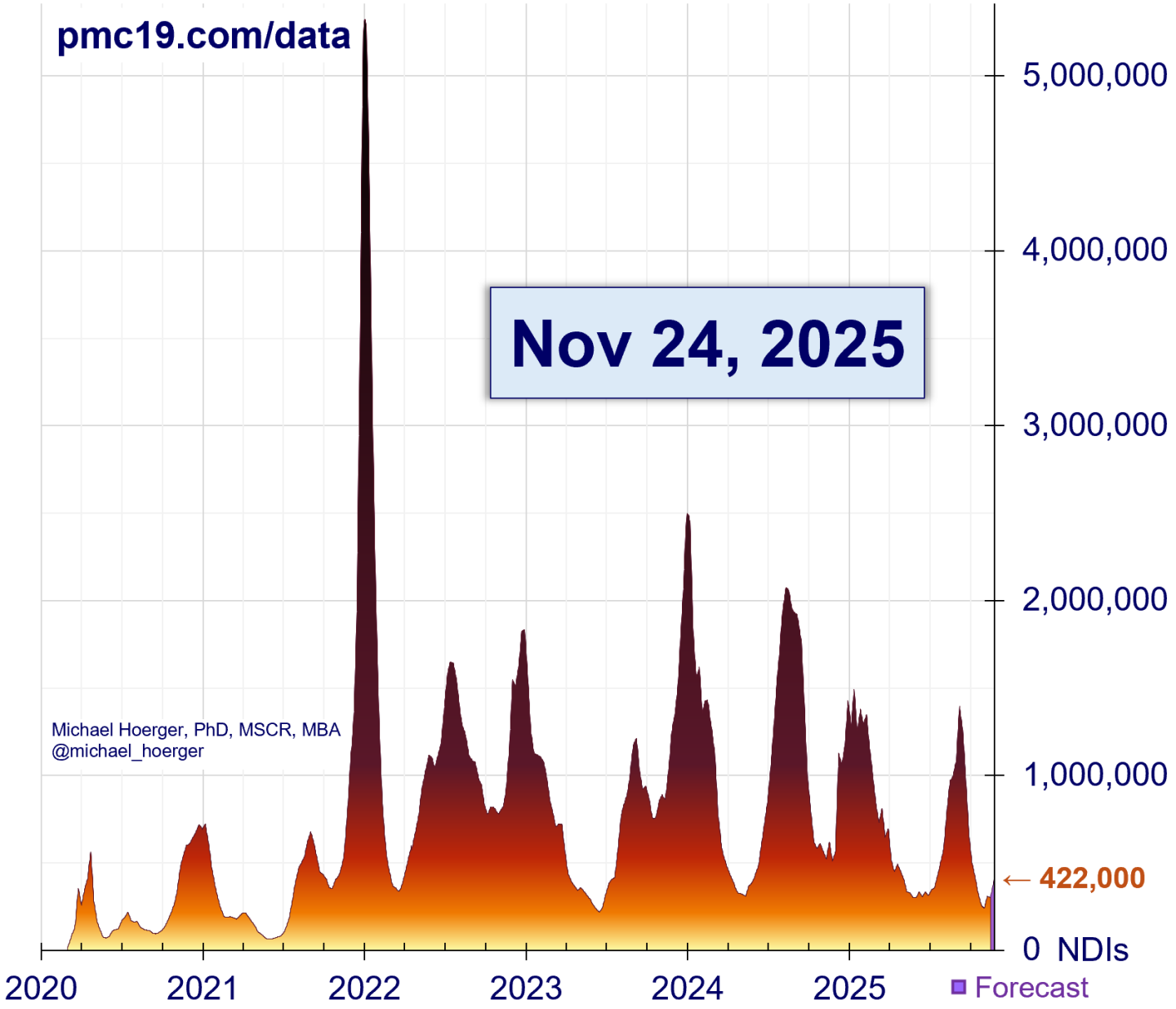
Nov 24, 2025

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 202 (0.5%)	5%	12%	22%	39%
Montana	Very Low*	1 in 114 (0.9%)	8%	20%	36%	58%
Nebraska	Low	1 in 95 (1.1%)	10%	23%	41%	65%
Nevada	Very Low	1 in 228 (0.4%)	4%	10%	20%	36%
New Hampshire	Low	1 in 78 (1.3%)	12%	28%	48%	72%
New Jersey	Very Low	1 in 192 (0.5%)	5%	12%	23%	41%
New Mexico	Very Low	1 in 151 (0.7%)	6%	15%	28%	49%
New York	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
North Carolina	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
North Dakota	Very Low*	1 in 116 (0.9%)	8%	19%	35%	58%
Ohio	Very Low	1 in 109 (0.9%)	9%	21%	37%	60%
Oklahoma	Low*	1 in 70 (1.4%)	13%	30%	51%	76%
Oregon	Very Low	1 in 194 (0.5%)	5%	12%	23%	40%
Pennsylvania	Very Low	1 in 111 (0.9%)	9%	20%	36%	60%
Rhode Island	Very Low	1 in 167 (0.6%)	6%	14%	26%	45%
South Carolina	Very Low	1 in 112 (0.9%)	9%	20%	36%	59%
South Dakota	Very Low	1 in 127 (0.8%)	8%	18%	33%	55%
Tennessee	Very Low	1 in 133 (0.7%)	7%	17%	31%	53%
Texas	Very Low	1 in 204 (0.5%)	5%	12%	22%	39%
Utah	Very Low	1 in 160 (0.6%)	6%	15%	27%	47%
Vermont	Very Low	1 in 115 (0.9%)	8%	20%	35%	58%
Virginia	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
Washington	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
West Virginia	Very Low	1 in 167 (0.6%)	6%	14%	26%	45%
Wisconsin	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
Wyoming	Very Low	1 in 190 (0.5%)	5%	12%	23%	41%

* Limited reporting; North Dakota has no data and uses the average of MN, MT, & SD

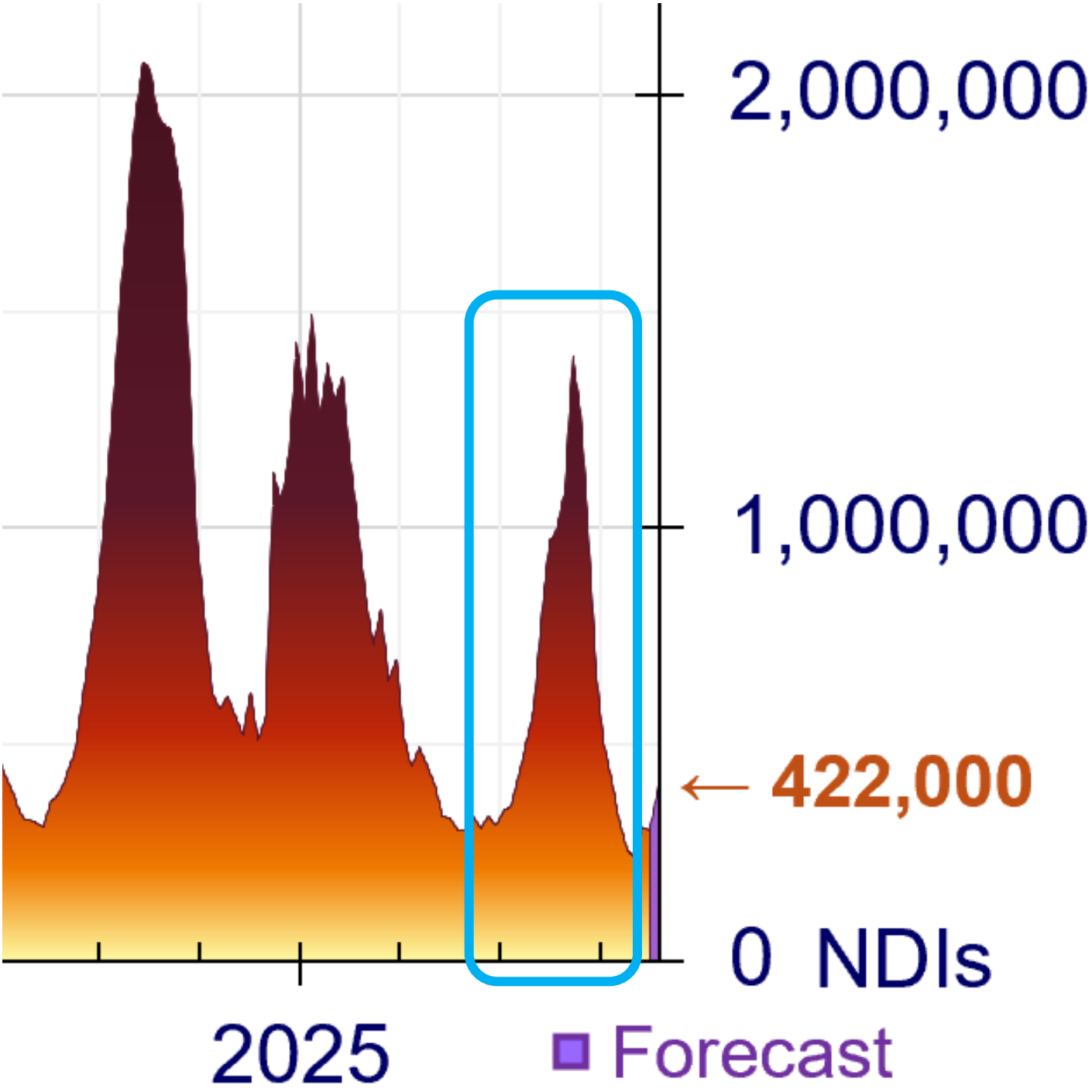
Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly.

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



Current transmission is estimated at just 1/3 that of the summer peak 2.5 months ago. Levels remain very high in the absolute sense, but this is important risk reduction in relative terms. Many COVID conscious patients have just recently completed higher-risk medical appointments in the likelihood that transmission will soon be much higher.

Spotlight on the Summer 2025 Wave



We estimate that the summer 2025 wave peaked on September 6 at approximately 1.4 million new daily infections (1,396,955). During the two months from August 7 to October 6, we estimate nearly 60 million people in the U.S. were infected (59,449,761), or about 1 in

6 people (17.2%). During the three months from July 23 to October 21, we estimate approximately 74 million people in the U.S. were infected (73,713,939), closer to 1 in 5 people (21.6%).

National COVID-19 Estimates (U.S.)

Nov 24, 2025 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 116 (0.9%)
New Daily Infections	422,000
Infections the Past Week	2,650,000
Infections in 2025	224,000,000
Cumulative Infections per Person	4.86

Long COVID

Long COVID Cases Resulting from New Daily Infections	21,000 to 84,000
Long COVID Cases Resulting from New Weekly Infections	133,000 to 530,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	120 to 200
Excess Deaths Resulting from New Weekly Infections	700 to 1,200

New daily infections are estimated at 422,000 for November 24. Transmission is flat based on the incoming data, which are lagged, and forecasting suggests current levels are likely increasing.

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

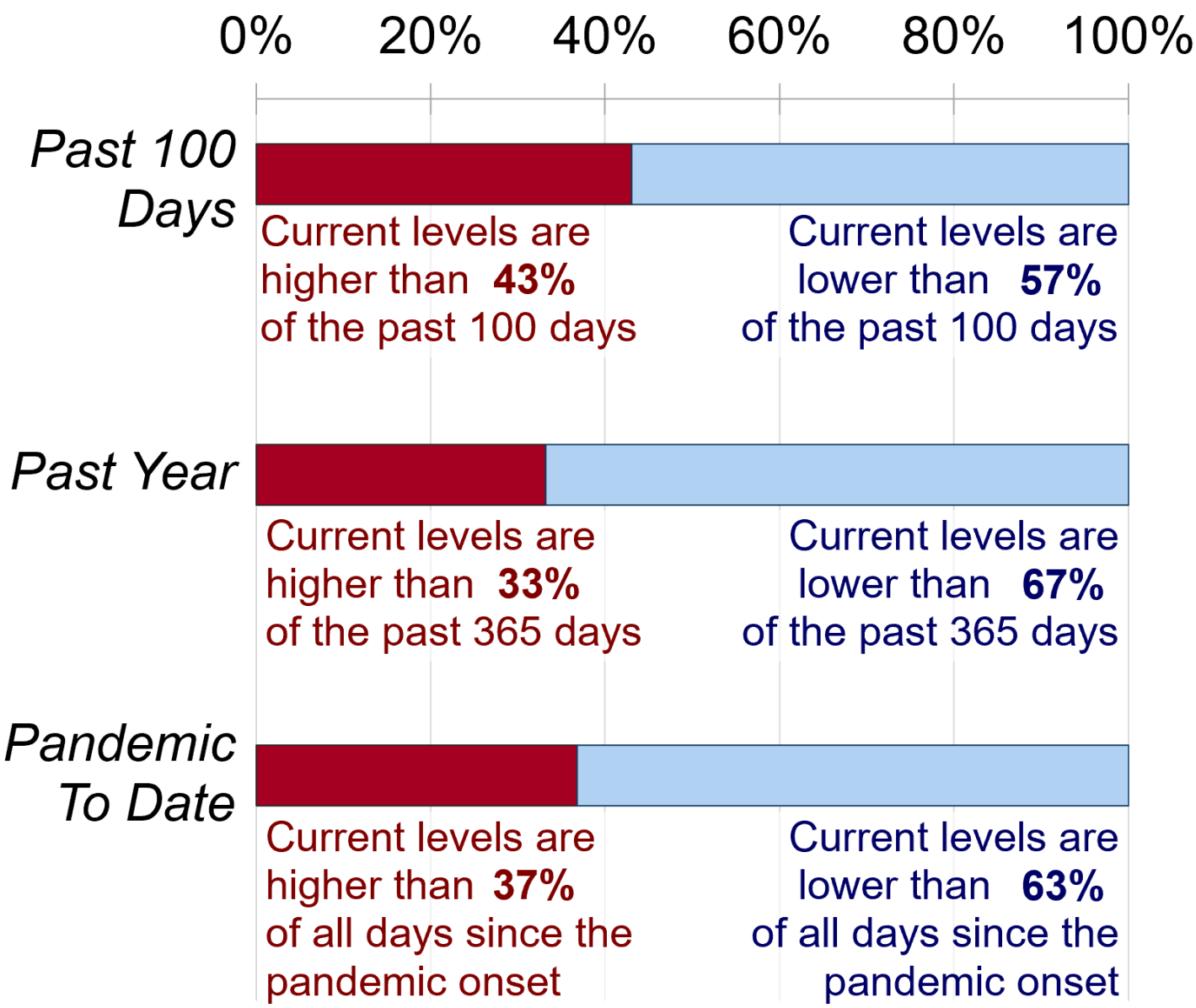
Nov 24, 2025 pmc19.com/data

Number of People	Chances Anyone is Infectious
1	0.9%
2	1.7%
3	2.6%
4	3.4%
5	4.2%
10	8.3%
15	12.2%
20	15.9%
25	19.5%
30	22.9%
50	35.2%
75	47.8%
100	58.0%
200	82.3%
300	92.6%

This national risk table indicates the probability of a SARS-CoV-2 exposure based on number of social interactions, if the individuals are of average national risk and not engaging in testing or isolation protocols. Even with just 1 in 116 people (0.9%) estimated actively infectious, exposure risk remains troubling in schools and much larger gatherings.

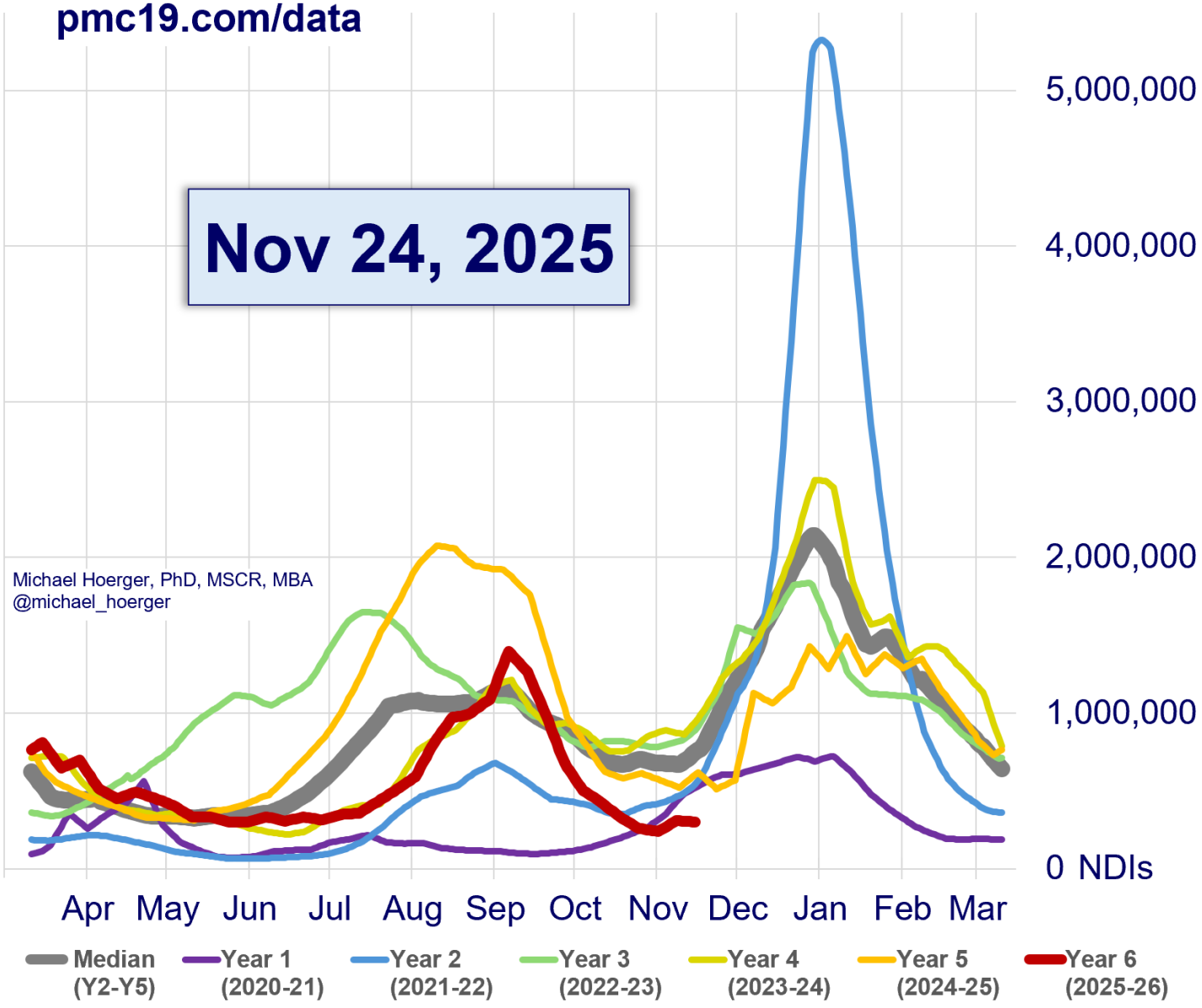
SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Nov 24, 2025 pmc19.com/data



These gauges show moderate relative transmission. Levels are not near the wave peaks. Simultaneously, one can readily refute anyone suggesting transmission is minimal or “over.”

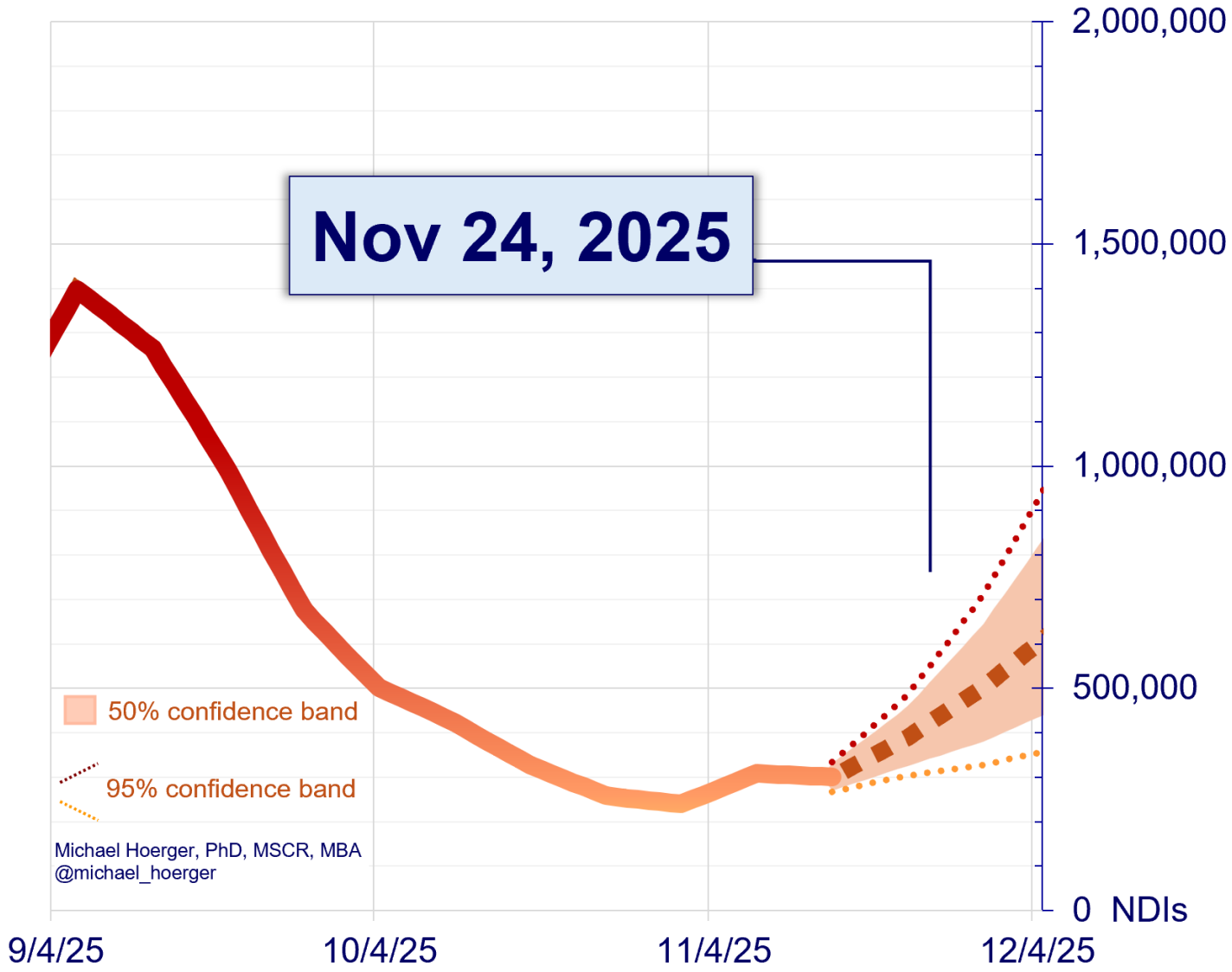
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



After current transmission (red) was closely tracking that of two years ago (yellow), transmission departed toward lower levels. The winter remains uncertain. By December 1 and especially Dec 5, the picture will be much clearer.

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

pmc19.com/data



The forecast calls for rising transmission, with new daily infections returning to 500,00 potentially near the end of the month. The second half of November is a time period of uncertainty, and the incoming data the next two weeks will shed light on the likelier winter trajectory.

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.