PMC U.S. COVID-19 Report for September 22, 2025. pmc19.com/data

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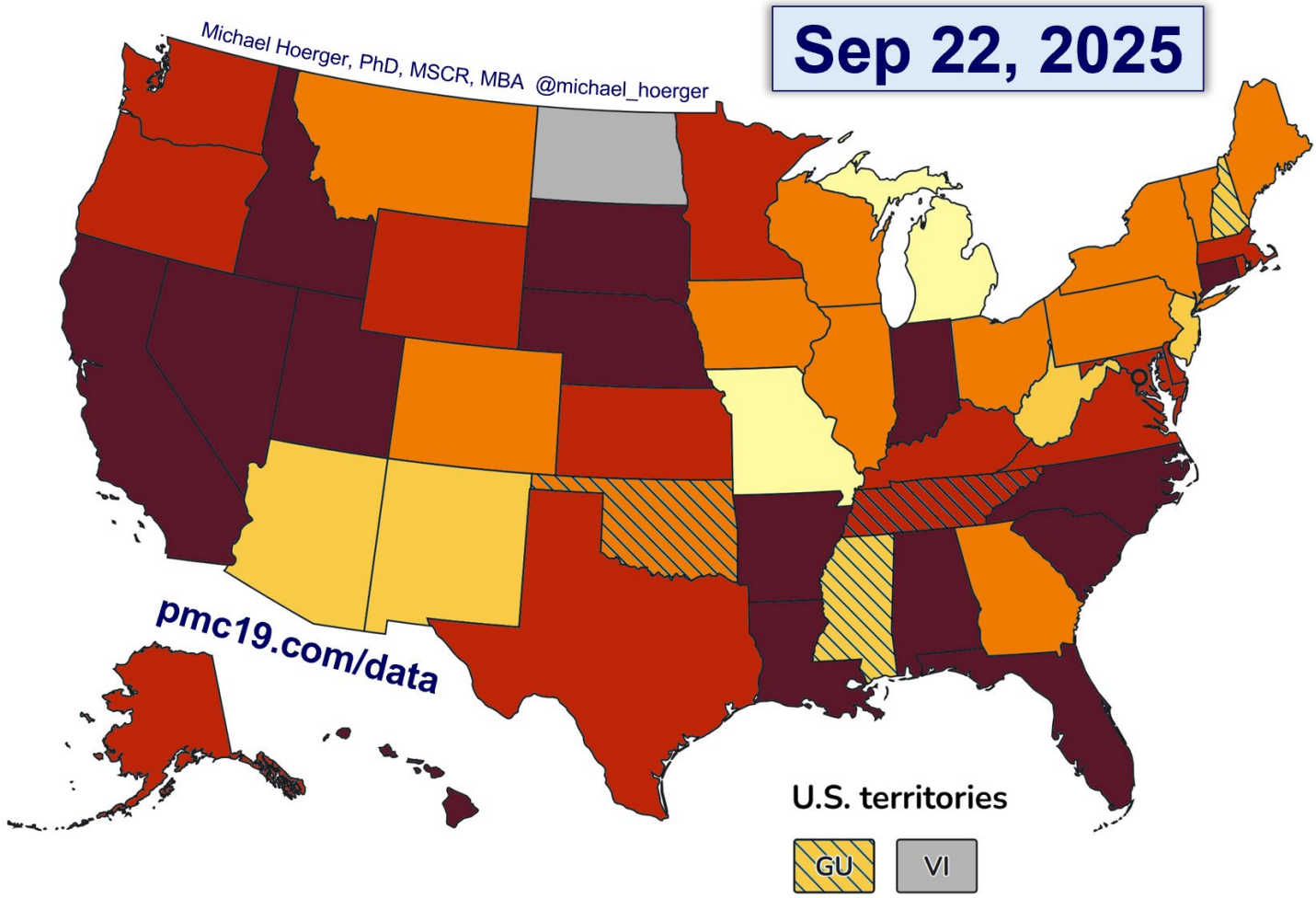


Cite as: Hoerger, M. (2025, September 22). *PMC U.S. COVID-19 Report for September 22, 2025*. Pandemic Mitigation Collaborative. http://www.pmc19.com/data

Announcements

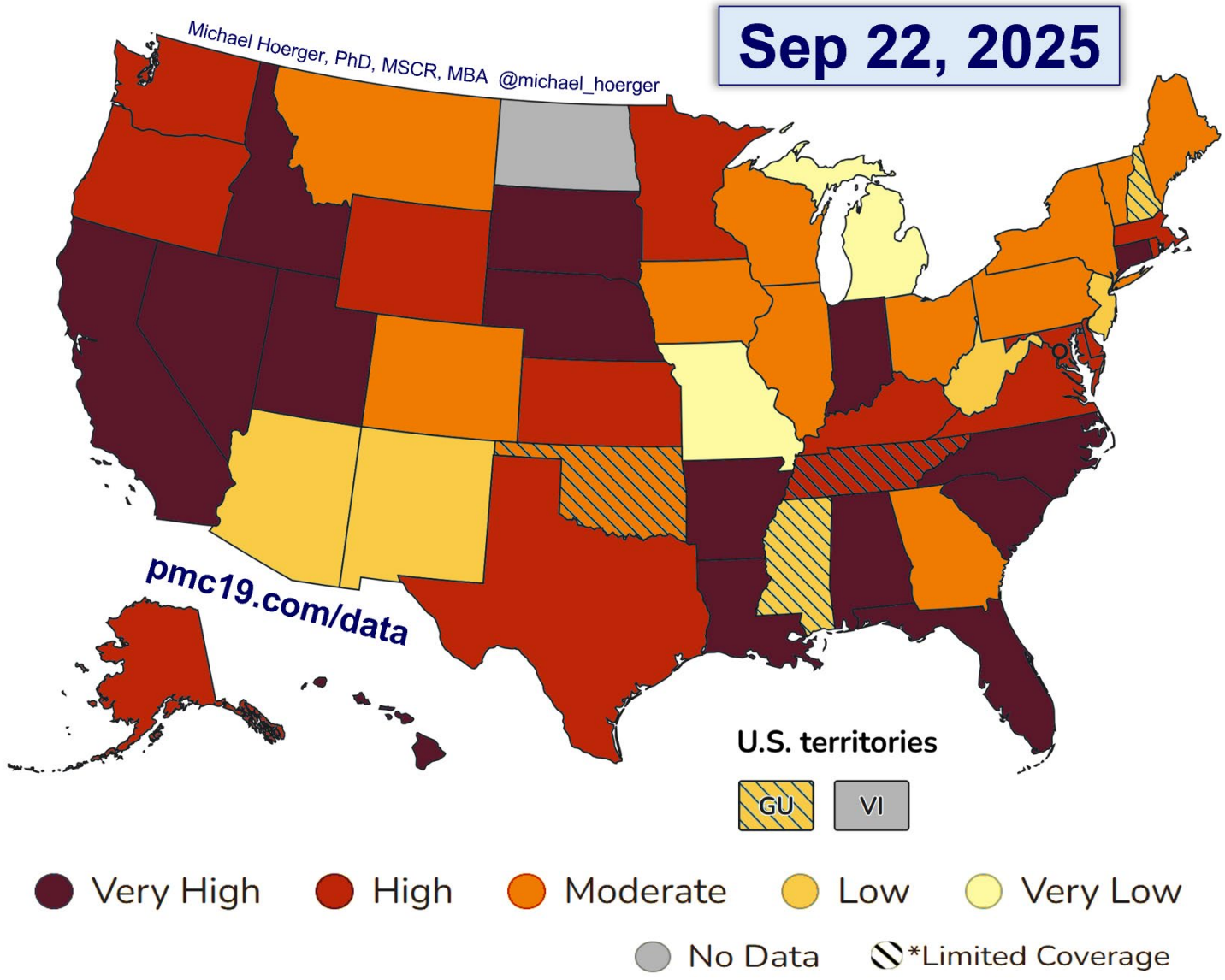
Popular and News Media Coverage:

- Comedian Francesca Fiorentini with a public health roundup on YouTube, mentioning PMC late in the clip: https://www.youtube.com/watch?v=yhr6Kwgrnhs
- Back-to-School Health Forum 2025: https://www.youtube.com/watch?v=n5_RRRMS_HU
- COVID Safety for Schools: https://youtube.com/watch?feature=shared&v=7q5CDiCXn7E
- The TODAY Show is tracking vaccinations and transmission, including using the PMC dashboard: https://www.today.com/health/coronavirus/covid-2025-summer-surge-rcna218754

Data Quality

- CDC (80% model weight) and BIobot (20%) both reported this week. Retroactive corrections were minimal.

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



Transmission is High or Very High in the majority of states, including 29 states (30 when imputing North Dakota) and D.C. Transmission is shifting from the South and West toward other regions. The data underlying this map are a week old, and levels have likely already peaked in several states. About 60% of transmission occurs post-peak, suggesting the importance of continued precautions.

COVID-19 State Prevalence Estimates

pmc19.com/data

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 High**	1 in 24 (4.2%)	35%	66%	88%	99%
Alaska	**High**	1 in 38 (2.6%)	23%	48%	73%	93%
Arizona	Low	1 in 101 (1.0%)	9%	22%	39%	63%
Arkansas	**Very High**	1 in 25 (4.0%)	33%	64%	87%	98%
California	**Very High**	1 in 25 (4.0%)	33%	64%	87%	98%
Colorado	Moderate	1 in 56 (1.8%)	16%	36%	59%	83%
Connecticut	**Very High**	1 in 20 (4.9%)	40%	72%	92%	>99%
Delaware	**High**	1 in 33 (3.1%)	27%	54%	79%	96%
District of Columbia	**High**	1 in 28 (3.6%)	31%	60%	84%	97%
Florida	**Very High**	1 in 25 (3.9%)	33%	63%	86%	98%
Georgia	Moderate	1 in 53 (1.9%)	17%	38%	61%	85%
Guam	Low	1 in 68 (1.5%)	14%	31%	52%	77%
Hawaii	**Very High**	1 in 25 (4.1%)	34%	65%	87%	98%
Idaho	**Very High**	1 in 22 (4.6%)	37%	69%	90%	>99%
Illinois	Moderate	1 in 53 (1.9%)	17%	38%	62%	85%
Indiana	**Very High**	1 in 18 (5.7%)	44%	77%	95%	>99%
Iowa	Moderate	1 in 56 (1.8%)	16%	36%	59%	83%
Kansas	**High**	1 in 37 (2.7%)	24%	49%	74%	93%
Kentucky	**High**	1 in 30 (3.4%)	29%	57%	82%	97%
Louisiana	**Very High**	1 in 20 (5.0%)	40%	72%	92%	>99%
Maine	Moderate	1 in 42 (2.4%)	21%	45%	70%	91%
Maryland	**High**	1 in 36 (2.8%)	25%	51%	76%	94%
Massachusetts	**High**	1 in 36 (2.8%)	25%	51%	76%	94%
Michigan	Very Low	1 in 138 (0.7%)	7%	17%	31%	52%
Minnesota	**High**	1 in 37 (2.7%)	24%	50%	75%	94%
Mississippi	Low*	1 in 63 (1.6%)	15%	33%	55%	80%

* Limited data reporting

COVID-19 State Prevalence Estimates

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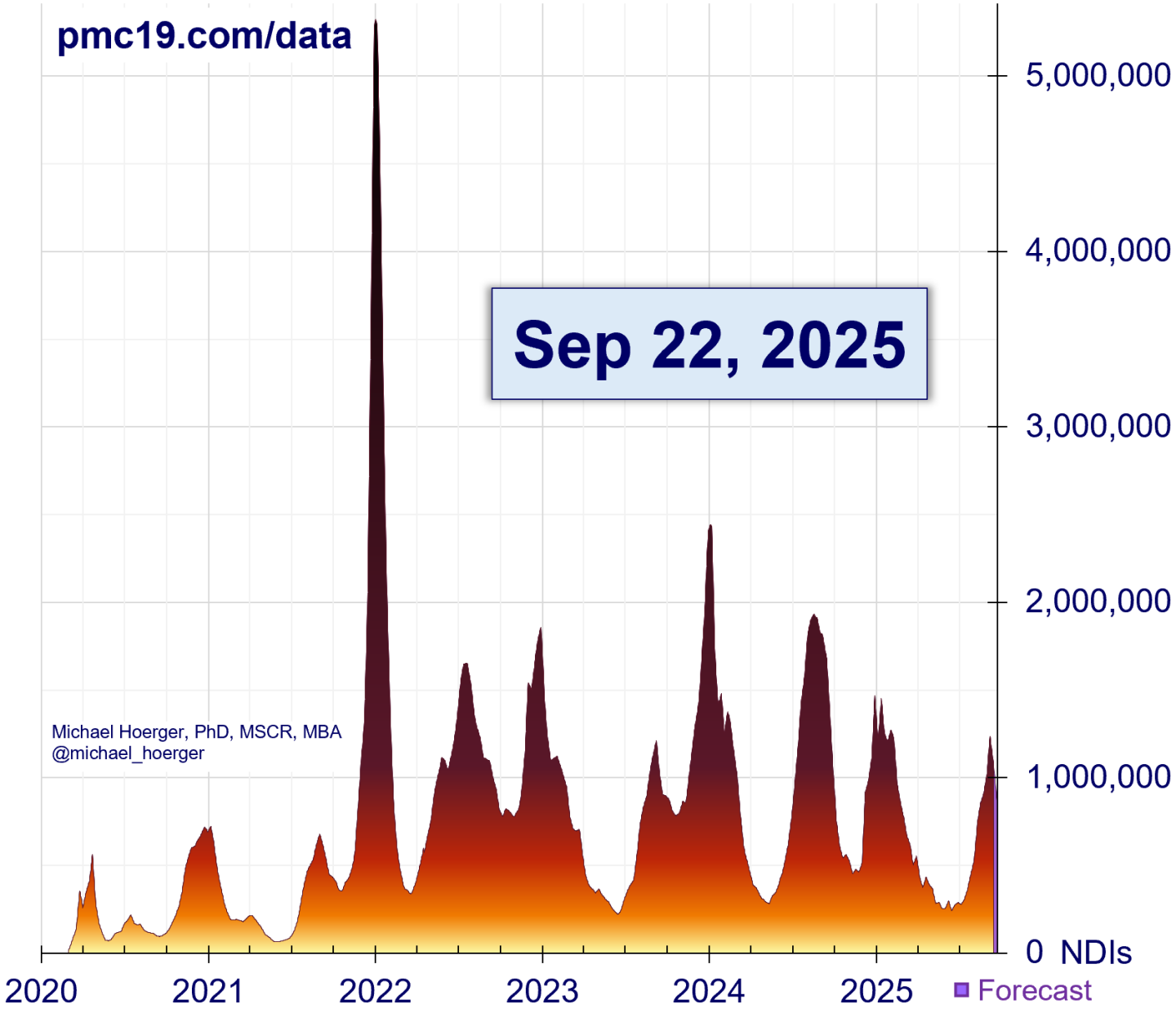
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 129 (0.8%)	8%	18%	32%	54%
Montana	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
Nebraska	**Very High**	1 in 23 (4.3%)	36%	67%	89%	99%
Nevada	**Very High**	1 in 12 (8.5%)	59%	89%	99%	>99%
New Hampshire	Low*	1 in 78 (1.3%)	12%	28%	48%	72%
New Jersey	Low	1 in 96 (1.0%)	10%	23%	41%	65%
New Mexico	Low	1 in 99 (1.0%)	10%	22%	40%	64%
New York	Moderate	1 in 49 (2.1%)	19%	40%	65%	87%
North Carolina	**Very High**	1 in 26 (3.9%)	33%	63%	86%	98%
North Dakota	**High***	1 in 34 (3.0%)	26%	53%	78%	95%
Ohio	Moderate	1 in 52 (1.9%)	18%	38%	62%	86%
Oklahoma	Moderate*	1 in 42 (2.4%)	21%	45%	70%	91%
Oregon	**High**	1 in 35 (2.9%)	25%	52%	77%	95%
Pennsylvania	Moderate	1 in 51 (1.9%)	18%	39%	63%	86%
Rhode Island	**High**	1 in 34 (2.9%)	26%	52%	77%	95%
South Carolina	**Very High**	1 in 18 (5.7%)	44%	77%	95%	>99%
South Dakota	**Very High**	1 in 25 (3.9%)	33%	63%	86%	98%
Tennessee	**High***	1 in 28 (3.6%)	31%	60%	84%	97%
Texas	**High**	1 in 27 (3.7%)	32%	62%	85%	98%
Utah	**Very High**	1 in 19 (5.1%)	41%	73%	93%	>99%
Vermont	Moderate	1 in 60 (1.7%)	15%	34%	57%	81%
Virginia	**High**	1 in 30 (3.3%)	28%	57%	81%	96%
Washington	**High**	1 in 34 (2.9%)	26%	52%	77%	95%
West Virginia	Low	1 in 86 (1.2%)	11%	25%	44%	69%
Wisconsin	Moderate	1 in 45 (2.2%)	20%	43%	68%	89%
Wyoming	**High**	1 in 33 (3.0%)	26%	53%	78%	95%

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

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



The U.S. remains in an 11th COVID wave. Presently, national transmission appears to have peaked on September 6, 2025, with 1.24 million new daily infections. In future weeks and months, that estimate will fluctuate as real-time data are further corrected. In reviewing prior reports, note that amid rocky real-time data with considerable reporting lags, we generally predicted peaks of 1.0-1.3 million new daily infections with peak dates of September 6-13.

National COVID-19 Estimates (U.S.)

Sep 22, 2025 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 57 (1.8%)
New Daily Infections	857,000
Infections the Past Week	6,450,000
Infections in 2025	177,000,000
Cumulative Infections per Person	4.64

Long COVID

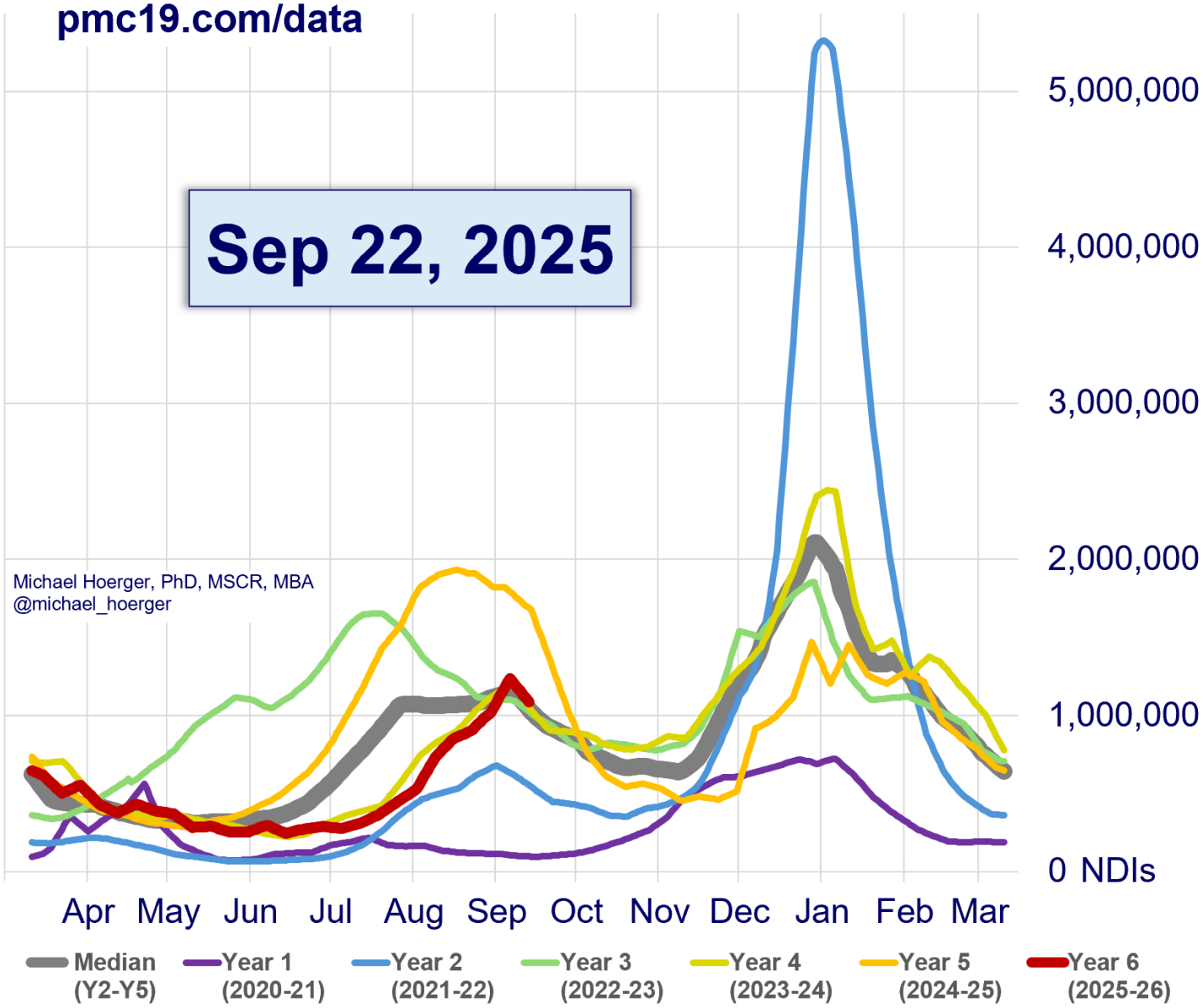
Long COVID Cases Resulting from New Daily Infections	43,000 to 171,000
Long COVID Cases Resulting from New Weekly Infections	323,000 to 1,290,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	240 to 410
Excess Deaths Resulting from New Weekly Infections	1,800 to 3,100

New daily infections are estimated to have fallen quickly from the peak, much like two years ago (see next page). Long-term health sequelae and excess deaths remain considerable. California is disproportionately impacted due to population size and surge magnitude there.

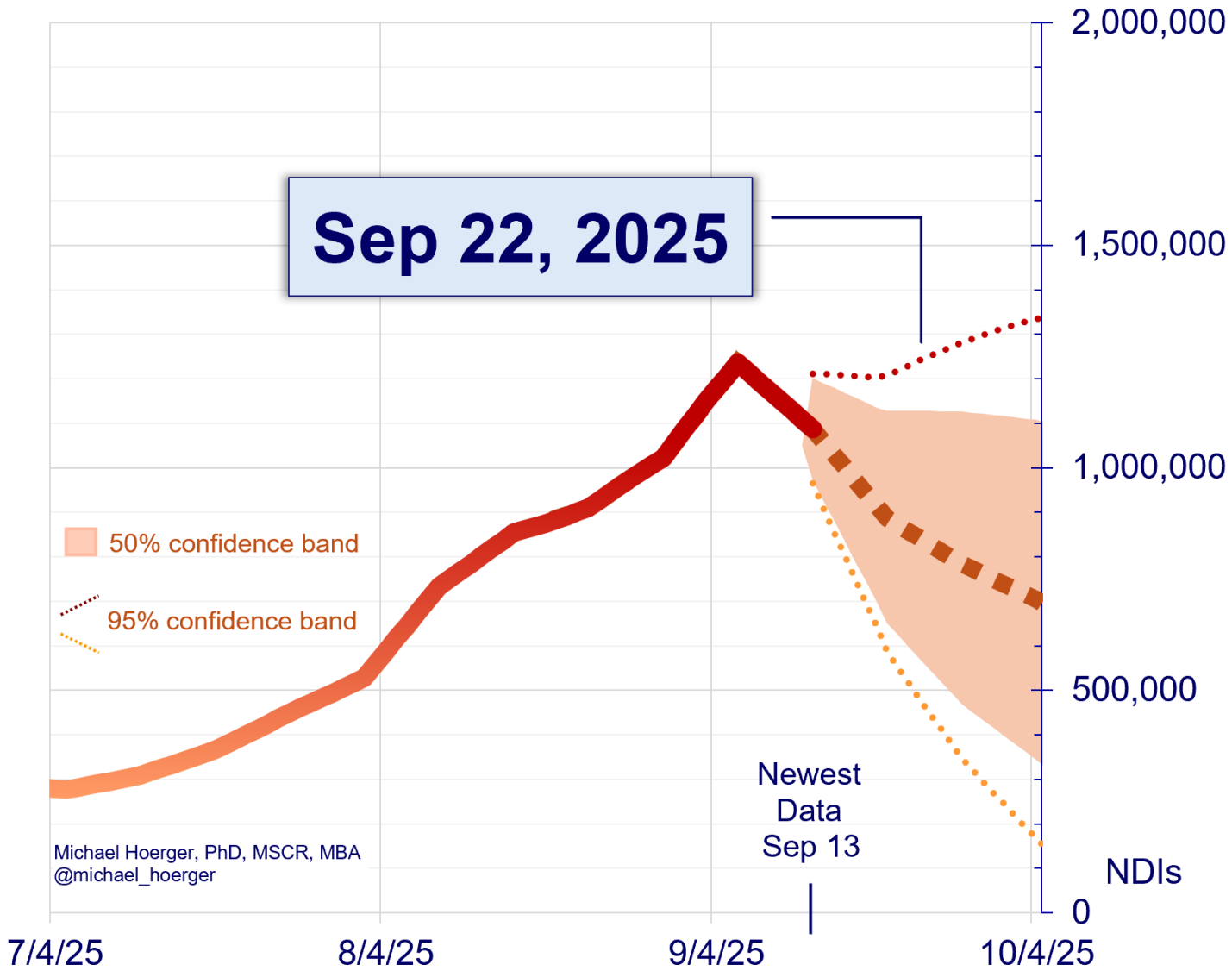
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



Current transmission (red) has eerily tracked that of year 4 (yellow). Data through September 13th are shown. The sudden drop in transmission is positive news, but follow the yellow line. If staying on that trend, the relative "lull" would occur mid/late October at a whopping 700,000-800,000 new daily infections. Track local data for planning purposes.

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

pmc19.com/data



Our central forecast has transmission dipping a bit lower than 2 years ago. A key factor that our model does not account for is the extremely late rollout of COVID vaccines this cycle, and uncertainty about whether vaccination rates will be lower (quite likely due to increased barriers) or higher (due to renewed conversation about vaccines).

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.