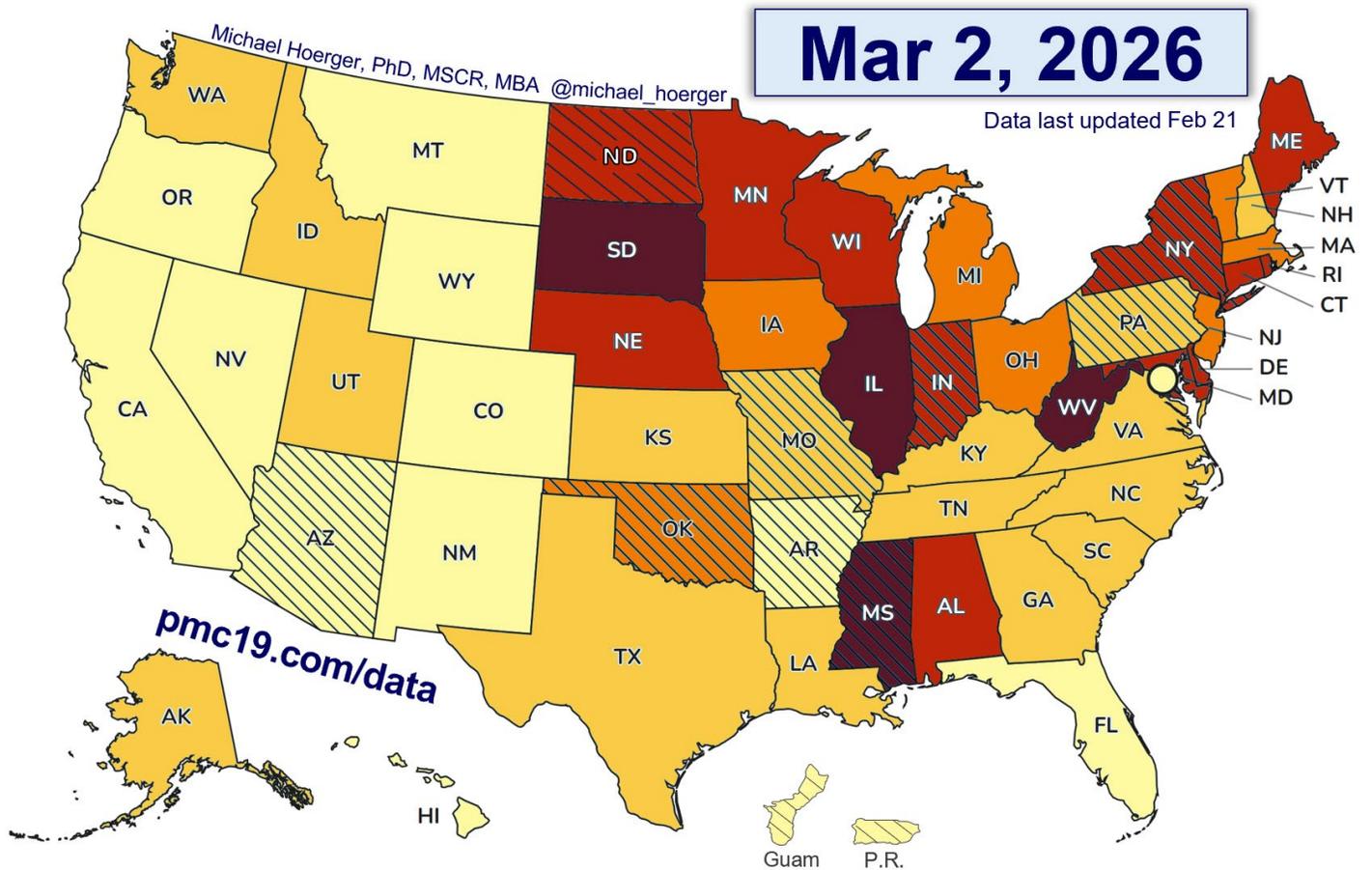# PMC U.S. COVID-19 Report for March 2, 2026. pmc19.com/data

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

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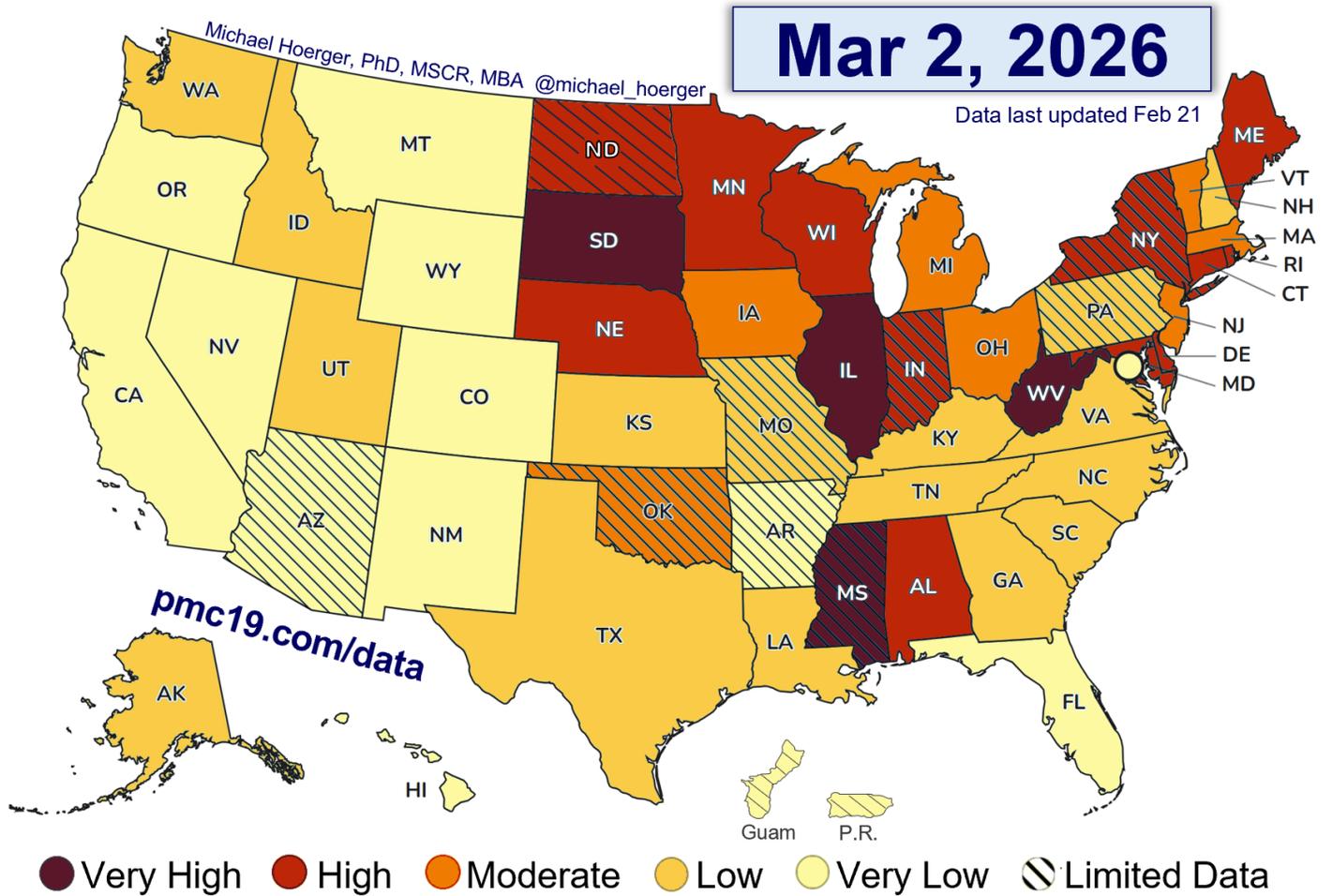
Announcements

News

- Our JAMA-NO publication was recently released, which found that a multilayered COVID Defense Kit was feasible, was acceptable, and generated high demand among patients with cancer.
  https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2845452
- MaskTogetherAmerica is hosting a talk on Long COVID on Wednesday, March 4, from 4:30-9:30 PM Eastern. Register in advance. Dr. Hoerger will give the opening remarks.
  https://us06web.zoom.us/meeting/register/Z9WQzPUoSjuO1pweh9Cfig#/registration
- Dr. Bailey is approaching the end of a multi-stage battle to pose masked on the cover of a fitness magazine. You can vote for her daily at the following website. There is also an option to donate funds to a children's cancer foundation to receive additional votes.
  https://mshealthandfit.com/2026/bailey
- Phytocene, a musician who performs masked, released a single that is the backdrop of our PMC Instagram post this week.
  https://linktr.ee/phytocene
  https://www.instagram.com/p/DVX0Ojkjv1R/
- PMC Dashboard Survey: We plan to host a town hall style meeting to discuss findings from the recent PMC Dashboard Survey (mitigation behavior, Long COVID risk, planned dashboard improvements, future studies). Pencil in 3 PM Eastern on Wednesday, March 11. We are waiting on confirmation from IT. Details forthcoming.

  *No financial conflicts of interest in any of these announcements.

Data Quality

- The CDC (80% model weight) and Biobot (20% model weight) both reported this week. Biobot has a major (13%) retroactive downward correction in last week's data, and the CDC data this week are "limited" in many states. Assume wider confidence intervals than typical.

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

Michael Hoerger, PhD, MSCR, MBA @michael_hoerger

Mar 2, 2026

Data last updated Feb 21

pmc19.com/data

Very High   High   Moderate   Low   Very Low   Limited Data

On the back end of the 12th wave, transmission continues to subside, but unevenly, with 16 states still High/Very High (CDC levels). Note the many states with limited data.

COVID-19 State Prevalence Estimates

pmc19.com/data

Mar 2, 2026

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 37 (2.7%)	24%	49%	74%	93%
Alaska	Low	1 in 67 (1.5%)	14%	31%	53%	78%
Arizona	Very Low*	1 in 163 (0.6%)	6%	14%	26%	46%
Arkansas	Very Low*	1 in 118 (0.8%)	8%	19%	35%	57%
California	Very Low	1 in 208 (0.5%)	5%	11%	21%	38%
Colorado	Very Low	1 in 197 (0.5%)	5%	12%	22%	40%
Connecticut	**High**	1 in 38 (2.6%)	23%	49%	74%	93%
Delaware	**High**	1 in 36 (2.8%)	25%	51%	76%	94%
District of Columbia	Very Low	1 in 303 (0.3%)	3%	8%	15%	28%
Florida	Very Low	1 in 119 (0.8%)	8%	19%	34%	57%
Georgia	Low	1 in 75 (1.3%)	13%	29%	49%	74%
Guam	Very Low	1 in 213 (0.5%)	5%	11%	21%	38%
Hawaii	Very Low	1 in 148 (0.7%)	7%	16%	29%	49%
Idaho	Low	1 in 81 (1.2%)	12%	27%	46%	71%
Illinois	**Very High**	1 in 28 (3.5%)	30%	59%	84%	97%
Indiana	**High***	1 in 35 (2.9%)	25%	52%	77%	95%
Iowa	Moderate	1 in 44 (2.3%)	21%	44%	69%	90%
Kansas	Low	1 in 66 (1.5%)	14%	32%	53%	78%
Kentucky	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Louisiana	Low	1 in 95 (1.0%)	10%	23%	41%	65%
Maine	**High**	1 in 32 (3.2%)	28%	55%	80%	96%
Maryland	**High**	1 in 39 (2.6%)	23%	48%	73%	92%
Massachusetts	Moderate	1 in 57 (1.8%)	16%	36%	59%	83%
Michigan	Moderate	1 in 53 (1.9%)	17%	38%	61%	85%
Minnesota	**High**	1 in 39 (2.6%)	23%	48%	73%	93%
Mississippi	**Very High***	1 in 26 (3.8%)	32%	62%	86%	98%

* Limited data reporting

Data last updated Feb 21

COVID-19 State Prevalence Estimates

pmc19.com/data   *Mar 2, 2026*

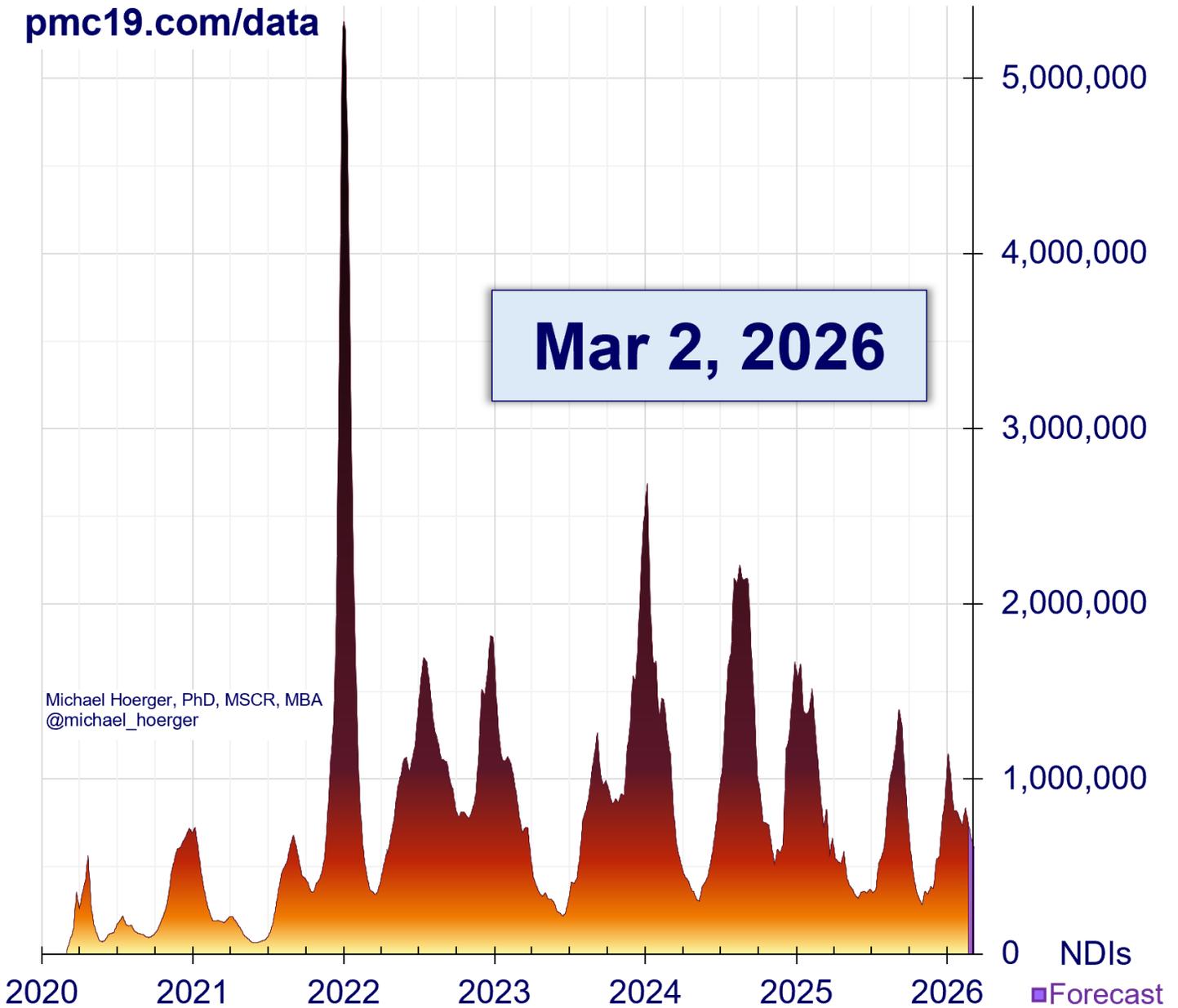| State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Low*	1 in 104 (1.0%)	9%	21%	38%	62%
Montana	Very Low	1 in 133 (0.8%)	7%	17%	31%	53%
Nebraska	**High**	1 in 34 (3.0%)	26%	53%	78%	95%
Nevada	Very Low	1 in 143 (0.7%)	7%	16%	30%	50%
New Hampshire	Low	1 in 81 (1.2%)	12%	27%	46%	71%
New Jersey	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
New Mexico	Very Low	1 in 179 (0.6%)	5%	13%	24%	43%
New York	**High***	1 in 29 (3.4%)	29%	58%	83%	97%
North Carolina	Low	1 in 92 (1.1%)	10%	24%	42%	67%
North Dakota	**High***	1 in 39 (2.6%)	23%	48%	73%	93%
Ohio	Moderate	1 in 62 (1.6%)	15%	34%	56%	81%
Oklahoma	Moderate*	1 in 51 (1.9%)	18%	39%	63%	86%
Oregon	Very Low	1 in 176 (0.6%)	6%	13%	25%	43%
Pennsylvania	Low*	1 in 72 (1.4%)	13%	30%	50%	75%
Rhode Island	**High**	1 in 41 (2.5%)	22%	46%	71%	92%
South Carolina	Low	1 in 93 (1.1%)	10%	24%	42%	66%
South Dakota	**Very High**	1 in 23 (4.4%)	36%	67%	89%	99%
Tennessee	Low	1 in 70 (1.4%)	13%	30%	51%	76%
Texas	Low	1 in 95 (1.1%)	10%	23%	41%	65%
Utah	Low	1 in 69 (1.4%)	14%	31%	52%	77%
Vermont	Moderate	1 in 53 (1.9%)	17%	38%	62%	85%
Virginia	Low	1 in 98 (1.0%)	10%	23%	40%	64%
Washington	Low	1 in 89 (1.1%)	11%	25%	43%	68%
West Virginia	**Very High**	1 in 15 (6.5%)	49%	82%	97%	>99%
Wisconsin	**High**	1 in 40 (2.5%)	22%	47%	72%	92%
Wyoming	Very Low	1 in 150 (0.7%)	6%	15%	28%	49%

* Limited reporting; ND has no data, averages MN, MT, & SD   Data last updated Feb 21

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly. West Virginia has one site and is experiencing volatility in reporting; we have capped the estimate at 1 in 15.

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

pmc19.com/data

Mar 2, 2026

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5,000,000

4,000,000

3,000,000

2,000,000

1,000,000

0   NDIs

2020   2021   2022   2023   2024   2025   2026

■Forecast

Transmission appears to have begun to subside again after a post-peak secondary elevation. The real-time data remain volatile though.

National COVID-19 Estimates (U.S.)

Mar 2, 2026　　　　**pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 76 (1.3%)
New Daily Infections	645,000
Infections the Past Week	4,720,000
Infections in 2026	51,000,000
Cumulative Infections per Person	5.09

Long COVID

Long COVID Cases Resulting from New Daily Infections	32,000 to 129,000
Long COVID Cases Resulting from New Weekly Infections	236,000 to 940,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	180 to 310
Excess Deaths Resulting from New Weekly Infections	1,300 to 2,200

The U.S. continues to see an estimated ≈650,000 new daily infections amid moderate relative levels of transmission.

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

Mar 2, 2026   **pmc19.com/data**

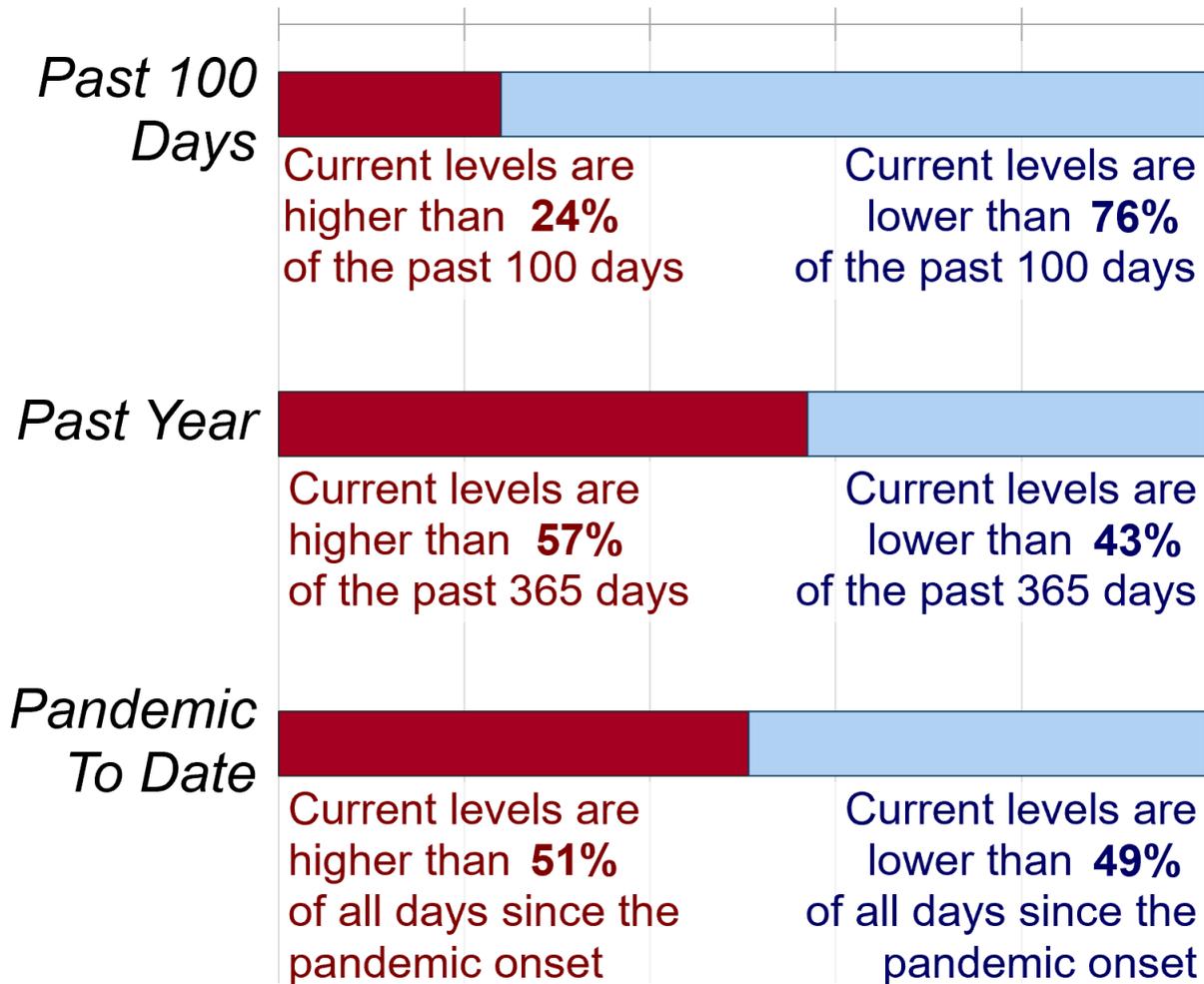| Number of People	Chances Anyone is Infectious
1	1.3%
2	2.6%
3	3.9%
4	5.2%
5	6.4%
10	12.4%
15	18.0%
20	23.3%
25	28.2%
30	32.8%
50	48.5%
75	63.0%
100	73.5%
200	93.0%
300	98.1%

In a room of 25 people representative of the U.S. population, there would be a 28% chance of an exposure if there were no testing and isolation protocols.

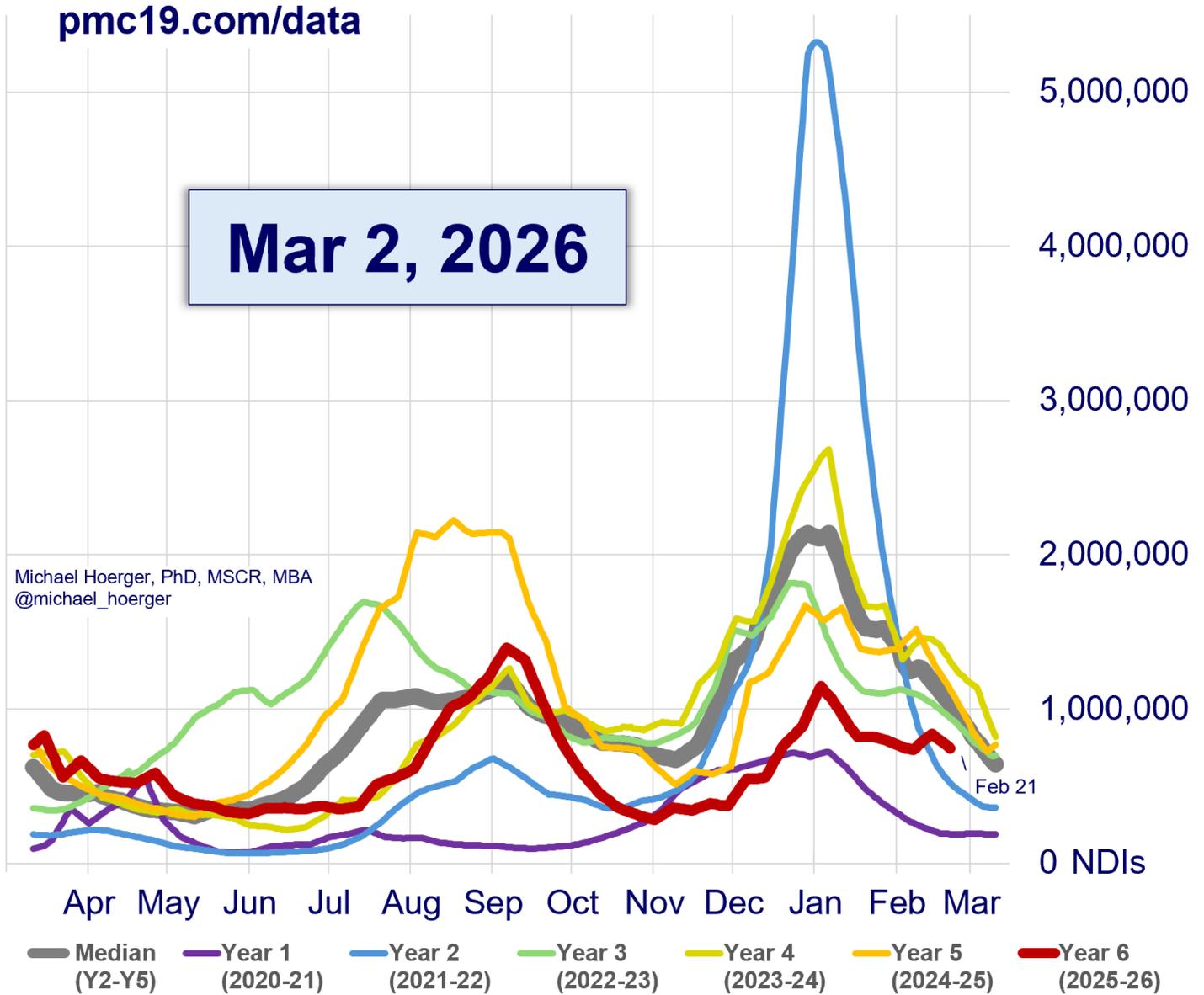# SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Mar 2, 2026   **pmc19.com/data**

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

Past 100 Days

Current levels are higher than **24%** of the past 100 days

Current levels are lower than **76%** of the past 100 days

Past Year

Current levels are higher than **57%** of the past 365 days

Current levels are lower than **43%** of the past 365 days

Pandemic To Date

Current levels are higher than **51%** of all days since the pandemic onset

Current levels are lower than **49%** of all days since the pandemic onset

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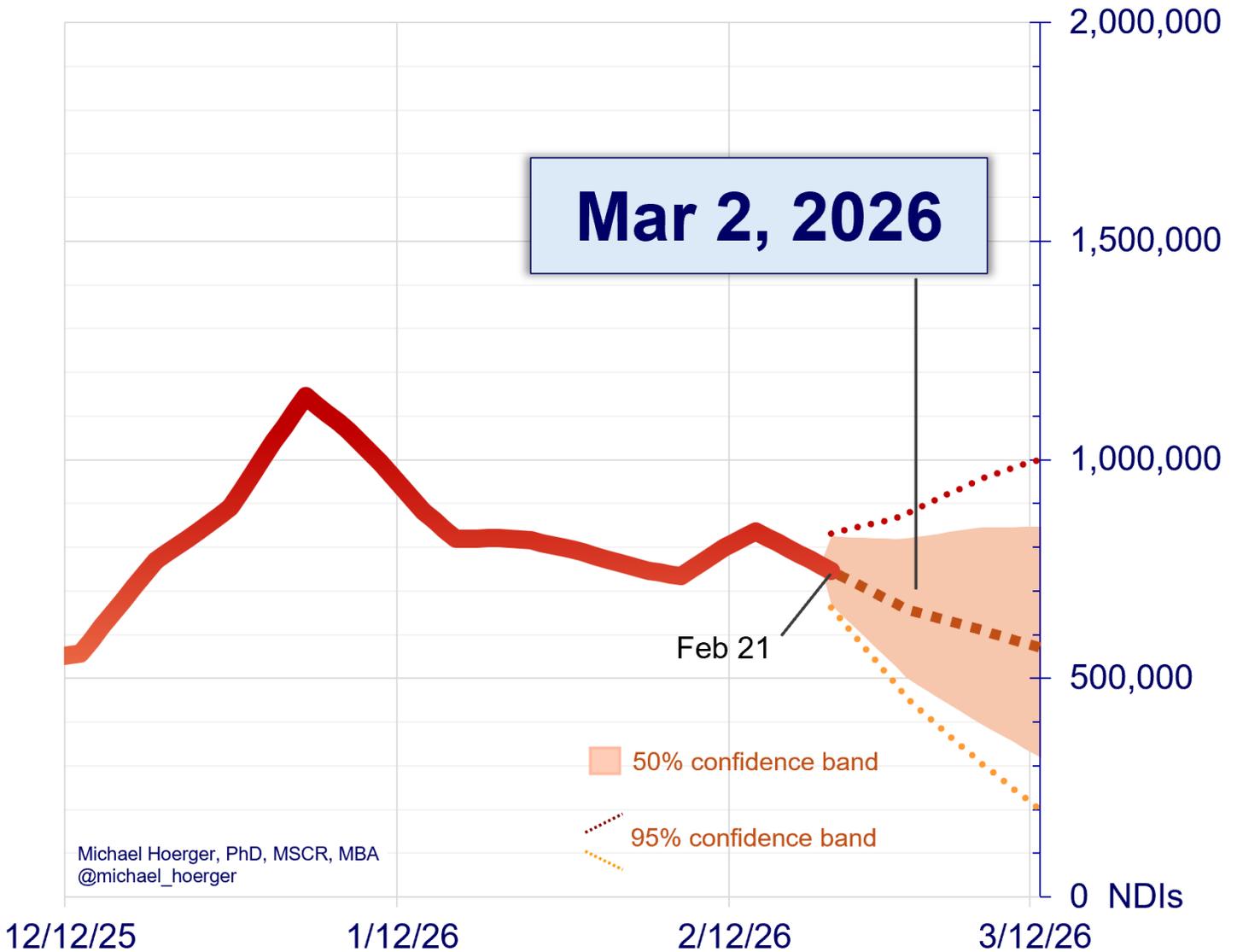
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)

pmc19.com/data

The concept of "seasonal" transmission is commonly misused to imply a singular winter wave. However, notice the value in the present context, with estimated transmission declining each of the past 5 years from mid-February through at least early March, and often longer.

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

pmc19.com/data

Consistent with the year-over-year data, transmission is expected to continue to decline. The real-time data are quite noisy this week. It is quite possible we will exit the 12th wave (<500,000 new daily infections) soon, if not already. Transmission remains high in the absolute sense during

"lulls," but we are likely 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.