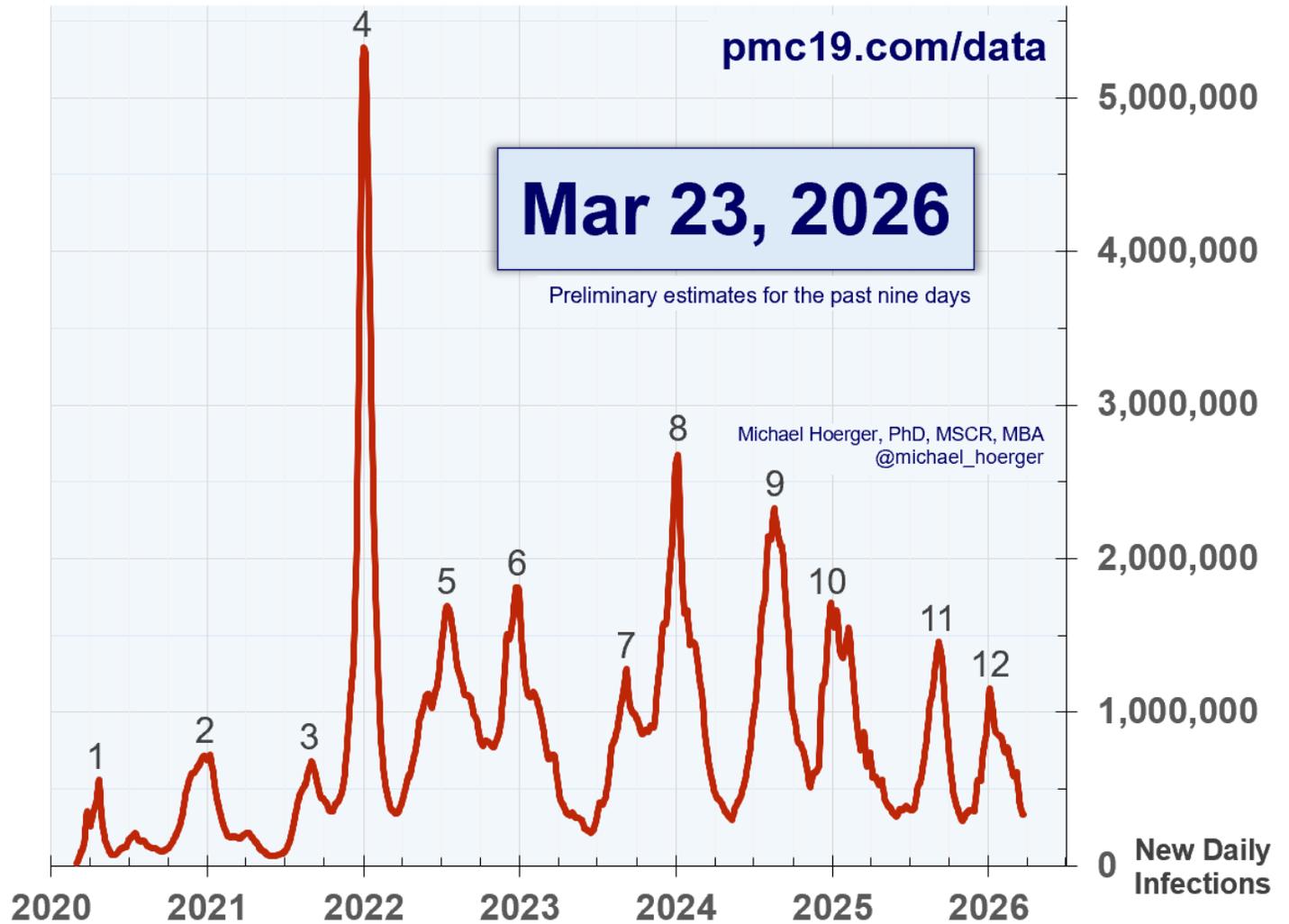# PMC U.S. COVID-19 Report for March 23, 2026. pmc19.com/data

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

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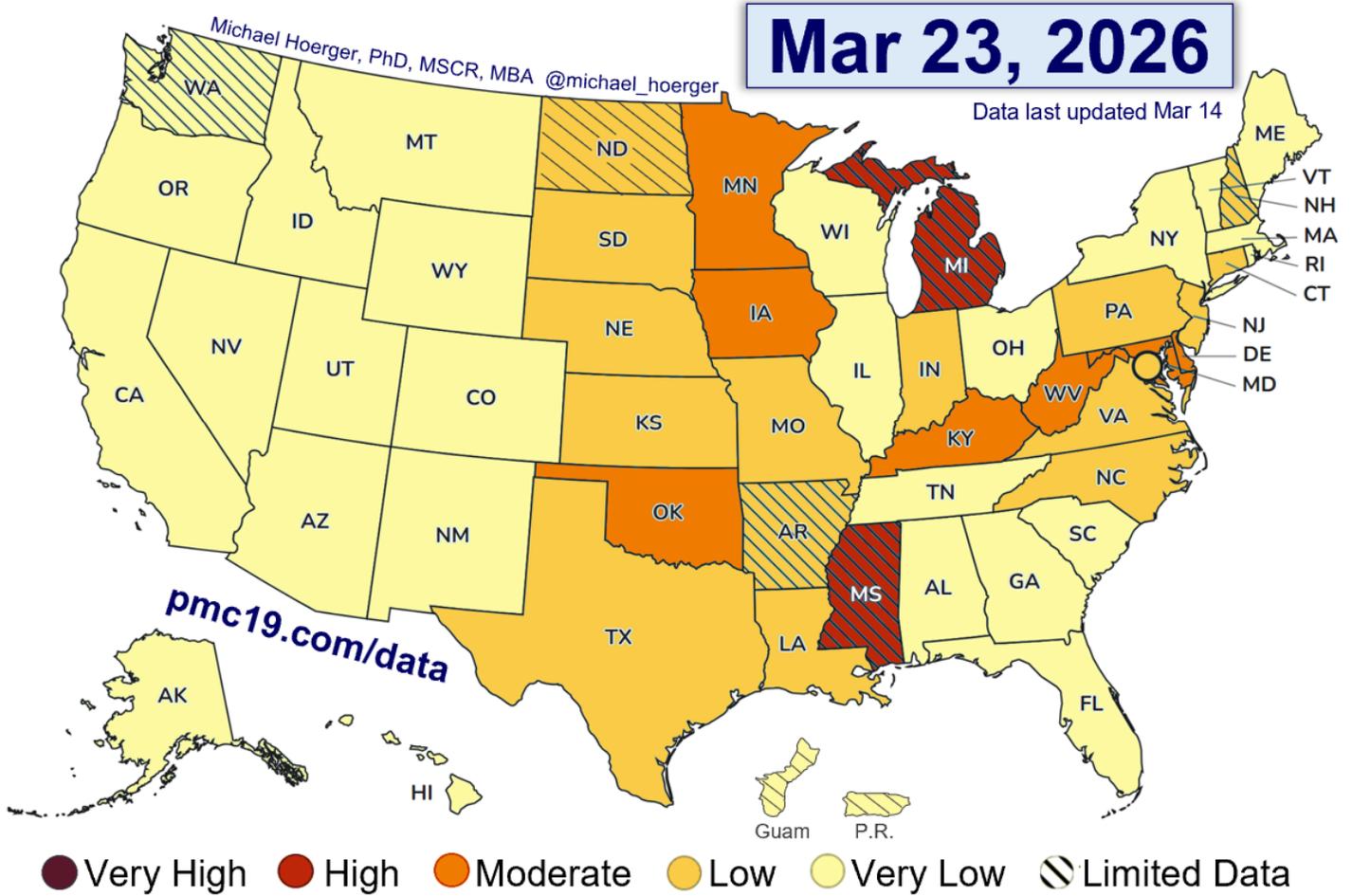
Announcements

Technical Appendix
- Routine updates have been added to the Technical Appendix. We comment on each minor update here under each relevant figure.

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.)

Transmission is quickly falling throughout most of the U.S. Only Michigan and Mississippi remain in the "High" range, both states with limited data.

COVID-19 State Prevalence Estimates

pmc19.com/data

Mar 23, 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	Very Low	1 in 127 (0.8%)	8%	18%	33%	55%
Alaska	Very Low	1 in 141 (0.7%)	7%	16%	30%	51%
Arizona	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Arkansas	Low*	1 in 80 (1.3%)	12%	27%	47%	72%
California	Very Low	1 in 234 (0.4%)	4%	10%	19%	35%
Colorado	Very Low	1 in 116 (0.9%)	8%	20%	35%	58%
Connecticut	Low	1 in 102 (1.0%)	9%	22%	39%	63%
Delaware	Moderate	1 in 58 (1.7%)	16%	35%	58%	83%
District of Columbia	Low	1 in 73 (1.4%)	13%	29%	50%	75%
Florida	Very Low	1 in 232 (0.4%)	4%	10%	19%	35%
Georgia	Very Low	1 in 112 (0.9%)	9%	20%	36%	59%
Guam	Very Low	1 in 119 (0.8%)	8%	19%	34%	57%
Hawaii	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Idaho	Very Low	1 in 293 (0.3%)	3%	8%	16%	29%
Illinois	Very Low	1 in 118 (0.8%)	8%	19%	35%	57%
Indiana	Low	1 in 84 (1.2%)	11%	26%	45%	70%
Iowa	Moderate	1 in 61 (1.6%)	15%	34%	56%	81%
Kansas	Low	1 in 94 (1.1%)	10%	24%	42%	66%
Kentucky	Moderate	1 in 45 (2.2%)	20%	43%	68%	89%
Louisiana	Low	1 in 98 (1.0%)	10%	23%	40%	64%
Maine	Very Low	1 in 169 (0.6%)	6%	14%	26%	45%
Maryland	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%
Massachusetts	Very Low	1 in 219 (0.5%)	4%	11%	20%	37%
Michigan	High*	1 in 41 (2.5%)	22%	46%	71%	92%
Minnesota	Moderate	1 in 54 (1.8%)	17%	37%	61%	85%
Mississippi	High*	1 in 31 (3.3%)	28%	56%	81%	96%

* Limited data reporting

Data last updated Mar 14

COVID-19 State Prevalence Estimates

pmc19.com/data   Mar 23, 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 74 (1.3%)	13%	29%	49%	74%
Montana	Very Low	1 in 130 (0.8%)	7%	18%	32%	54%
Nebraska	Low	1 in 111 (0.9%)	9%	20%	36%	60%
Nevada	Very Low	1 in 240 (0.4%)	4%	10%	19%	34%
New Hampshire	Low*	1 in 78 (1.3%)	12%	27%	47%	72%
New Jersey	Low	1 in 81 (1.2%)	12%	27%	46%	71%
New Mexico	Very Low	1 in 153 (0.7%)	6%	15%	28%	48%
New York	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
North Carolina	Low	1 in 109 (0.9%)	9%	21%	37%	60%
North Dakota	Low*	1 in 74 (1.3%)	13%	29%	49%	74%
Ohio	Very Low	1 in 136 (0.7%)	7%	17%	31%	52%
Oklahoma	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%
Oregon	Very Low	1 in 221 (0.5%)	4%	11%	20%	36%
Pennsylvania	Low	1 in 103 (1.0%)	9%	22%	39%	62%
Rhode Island	Very Low	1 in 329 (0.3%)	3%	7%	14%	26%
South Carolina	Very Low	1 in 148 (0.7%)	7%	16%	29%	49%
South Dakota	Low	1 in 71 (1.4%)	13%	30%	51%	76%
Tennessee	Very Low	1 in 122 (0.8%)	8%	19%	34%	56%
Texas	Low	1 in 92 (1.1%)	10%	24%	42%	67%
Utah	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Vermont	Very Low	1 in 137 (0.7%)	7%	17%	31%	52%
Virginia	Low	1 in 76 (1.3%)	12%	28%	48%	73%
Washington	Very Low*	1 in 132 (0.8%)	7%	17%	32%	53%
West Virginia	Moderate	1 in 59 (1.7%)	16%	35%	57%	82%
Wisconsin	Very Low	1 in 223 (0.4%)	4%	11%	20%	36%
Wyoming	Very Low	1 in 117 (0.9%)	8%	19%	35%	58%

* Limited reporting; ND has no data, averages MN, MT, & SD   Data last updated Mar 14

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly with precision. In February, PR departed from the CDC in using red to represent "Very High" transmission (instead of dark blue) and has updated the vertical axis of their longitudinal graph to

include numeric estimates of transmission (the CDC does not provide any numbers on their vertical axis).

SARS-CoV-2 New Daily Infections, Wastewater-Derived Estimates (U.S.)
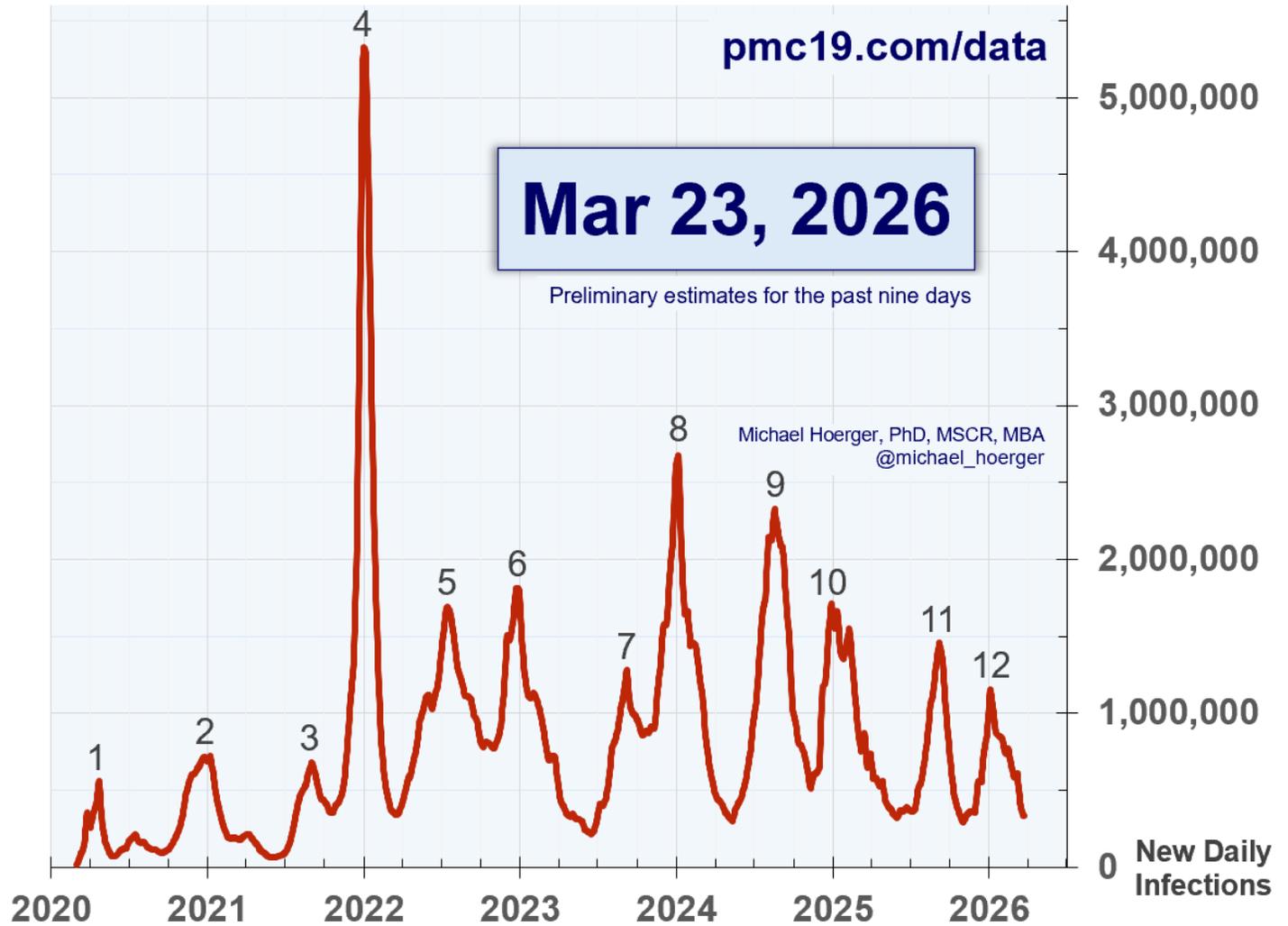
PMC identifies **12** SARS-CoV-2 waves and estimates averages of **5.1** infections per person and **14.1** months between infections.

We have updated our "12-wave" graphic. Preliminary analyses of the PMC Dashboard survey suggest that people who focus on this figure and the cumulative toll of COVID-19, such as total number of infections and excess deaths, get infected less. The most popular dashboard element is the heat map, but that should be treated as an appetizer for bringing people in to understand the enduring toll. We have simplified the color scheme of the graph to increase

usability when pasted as a very small graphic; it is often included as such in viral social media posts by skilled scientific communicators, especially on Instagram and TikTok. The forecasted period from the most recent CDC data to the current date is now included on the transmission line, with a note added that the 9-day window represents preliminary estimates; including confidence intervals would detract from the visual depiction here. We anticipate making subtle additional changes based on user feedback and plan to alter the color scheme for holidays when it may boost interest. We have numbered the waves to bring attention to their cumulative and ongoing impact and added a caption with critical statistics. We have a manuscript under review on cumulative excess deaths and will add the cumulative death toll to this figure caption when allowed.

National COVID-19 Estimates (U.S.)

Mar 23, 2026　　　　**pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 147 (0.7%)
New Daily Infections	334,000
Infections the Past Week	2,460,000
Infections in 2026	60,000,000
Cumulative Infections per Person	5.12

Long COVID

Long COVID Cases Resulting from New Daily Infections	17,000 to 67,000
Long COVID Cases Resulting from New Weekly Infections	123,000 to 490,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	80 to 150
Excess Deaths Resulting from New Weekly Infections	600 to 1,100

The U.S. has left the 12th wave. Levels fell outside of our wave territory (500,000 estimated new daily infections) on approximately March 11. Note, excess death estimates have been updated to reflect 2026 marginal reductions in the case fatality ratio, per estimates derived from Swiss Re data.

National COVID-19 Risk Table (U.S.)
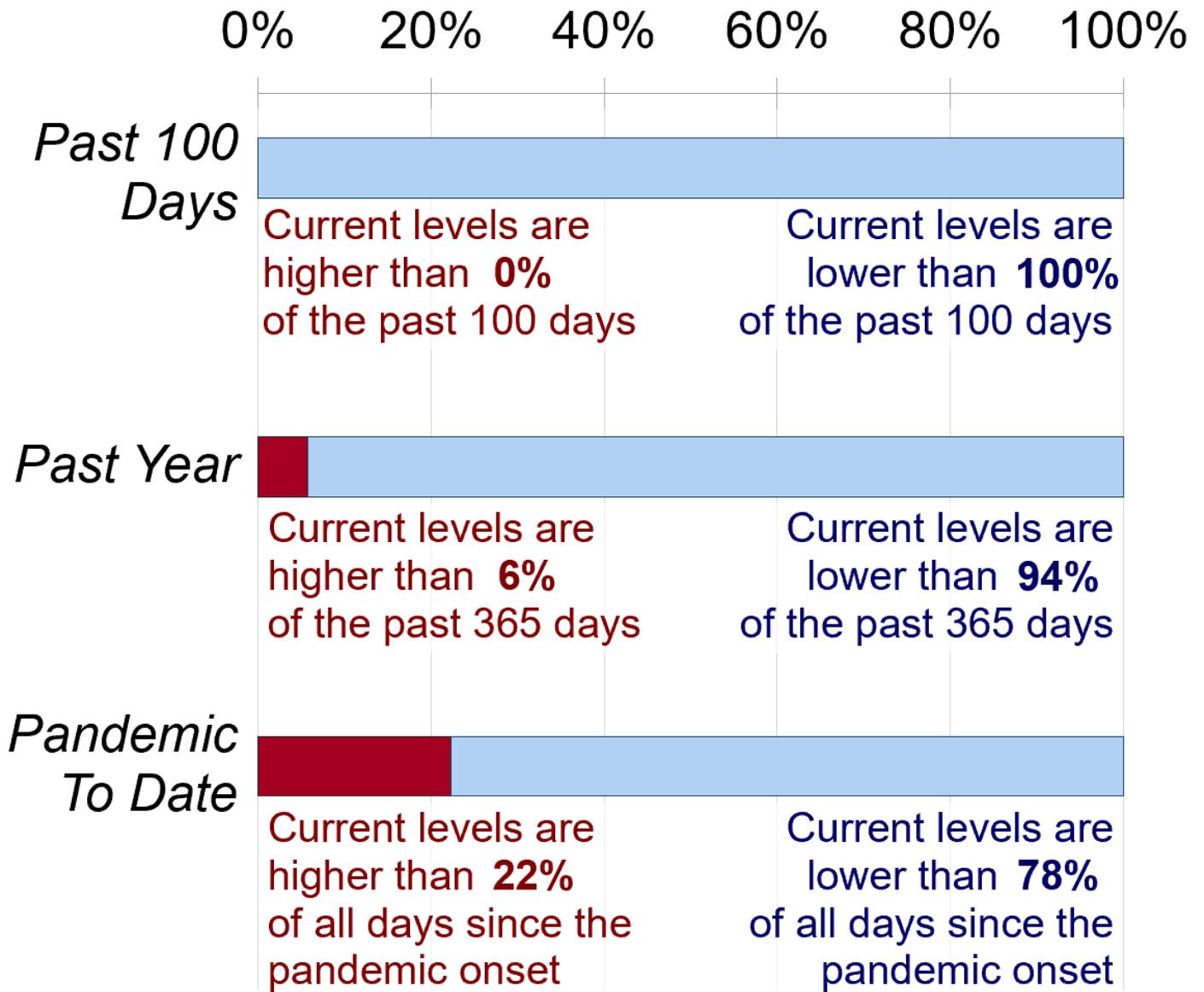
Mar 23, 2026　　　　pmc19.com/data

Number of People	Chances Anyone is Infectious
1	0.7%
2	1.4%
3	2.0%
4	2.7%
5	3.4%
10	6.6%
15	9.8%
20	12.8%
25	15.7%
30	18.6%
50	29.0%
75	40.2%
100	49.6%
200	74.6%
300	87.2%

In a room of 25 people representative of the U.S. population, there would be a 1-in-6 chance of an exposure if there were no testing and isolation protocols.

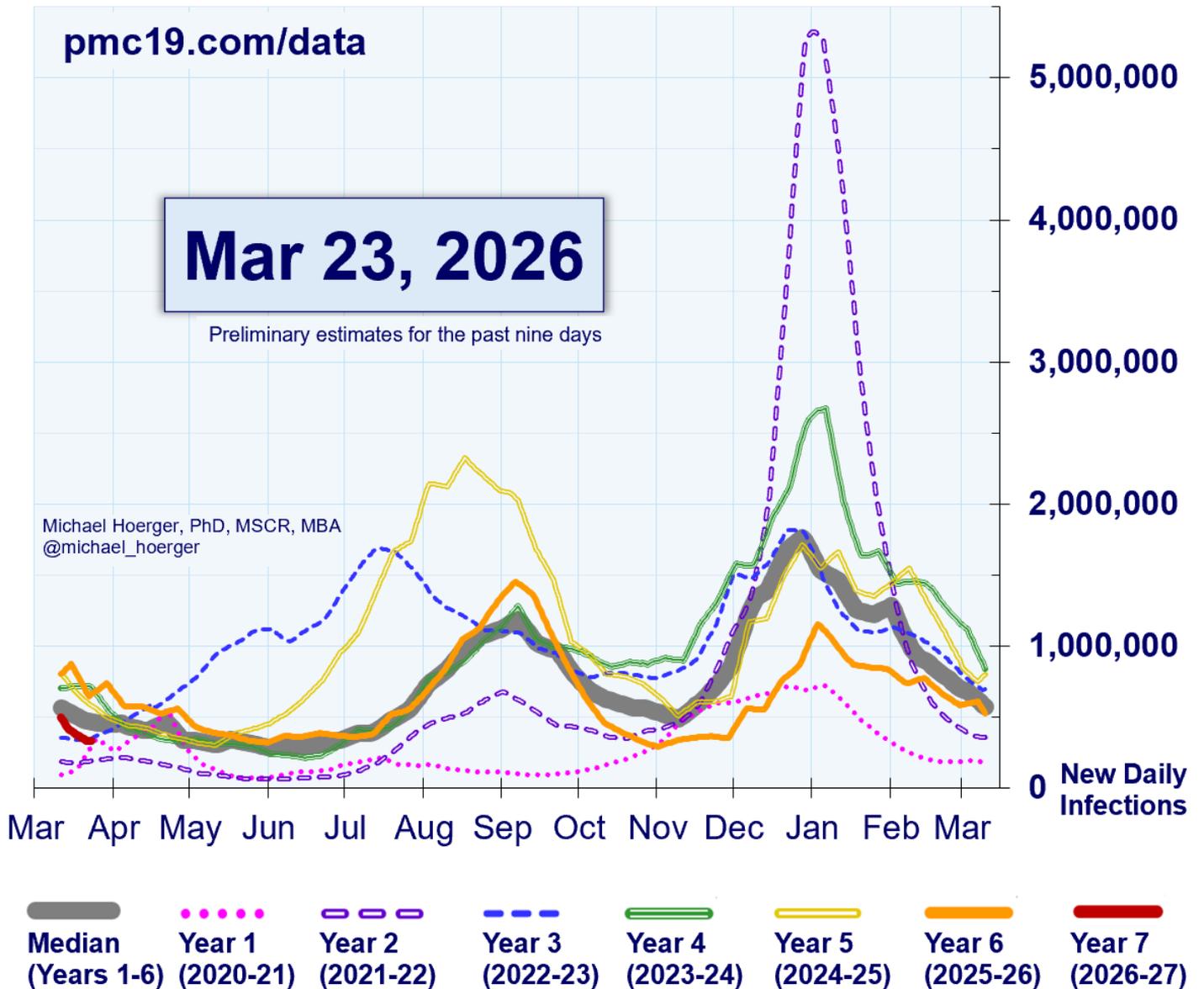# SARS-CoV-2 Relative Transmission "Barometer" (U.S.)

Mar 23, 2026   **pmc19.com/data**

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

Past 100 Days

Current levels are higher than **0%** of the past 100 days

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

Past Year

Current levels are higher than **6%** of the past 365 days

Current levels are lower than **94%** of the past 365 days

Pandemic To Date

Current levels are higher than **22%** of all days since the pandemic onset

Current levels are lower than **78%** of all days since the pandemic onset

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.)

pmc19.com/data

Mar 23, 2026

Preliminary estimates for the past nine days

Michael Hoerger, PhD, MSCR, MBA
@michael_hoerger

New Daily Infections scale: 5,000,000 / 4,000,000 / 3,000,000 / 2,000,000 / 1,000,000 / 0

Months: Mar Apr May Jun Jul Aug Sep Oct Nov Dec Jan Feb Mar

Median (Years 1-6)	Year 1 (2020-21)	Year 2 (2021-22)	Year 3 (2022-23)	Year 4 (2023-24)	Year 5 (2024-25)	Year 6 (2025-26)	Year 7 (2026-27)

In passing March 11, the updated year-over-year graph now includes the start of the 7th year since the WHO's pandemic declaration. The line color and pattern schemes have been updated to support users with visual impairments and grayscale printing. The forecasted period from the most recent CDC data to the current date is now included on the

year 7 line, with a note added that the 9-day window represents preliminary estimates; including confidence intervals would detract from the visual depiction here. We anticipate making subtle additional changes based on user feedback.

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

pmc19.com/data
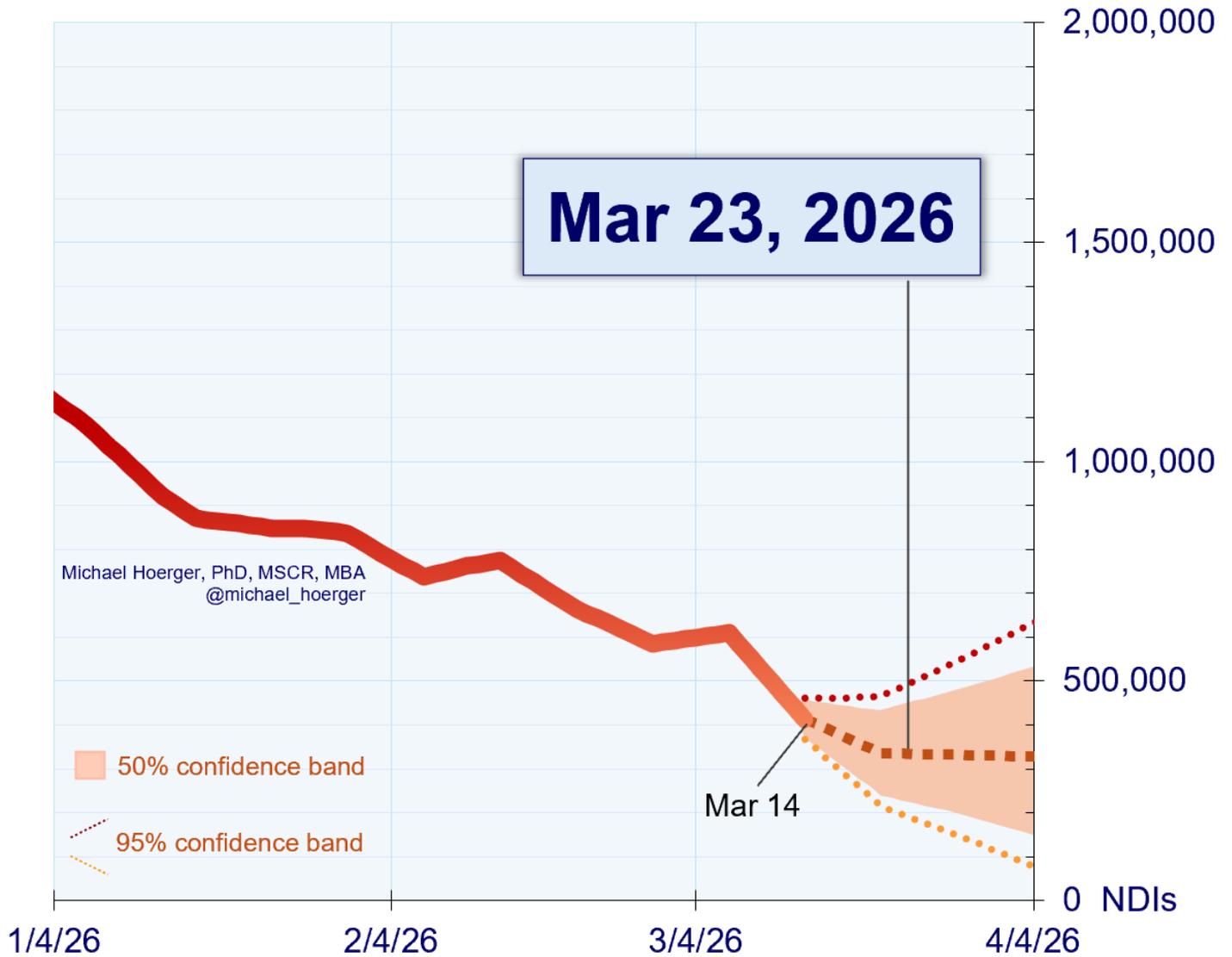
COVID-19 levels have fallen rapidly. Transmission remains high in the absolute sense during "lulls," but we are headed into a relatively lower risk situation at the national level.

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.