PMC U.S. COVID-19 Report for April 13, 2026. pmc19.com/data

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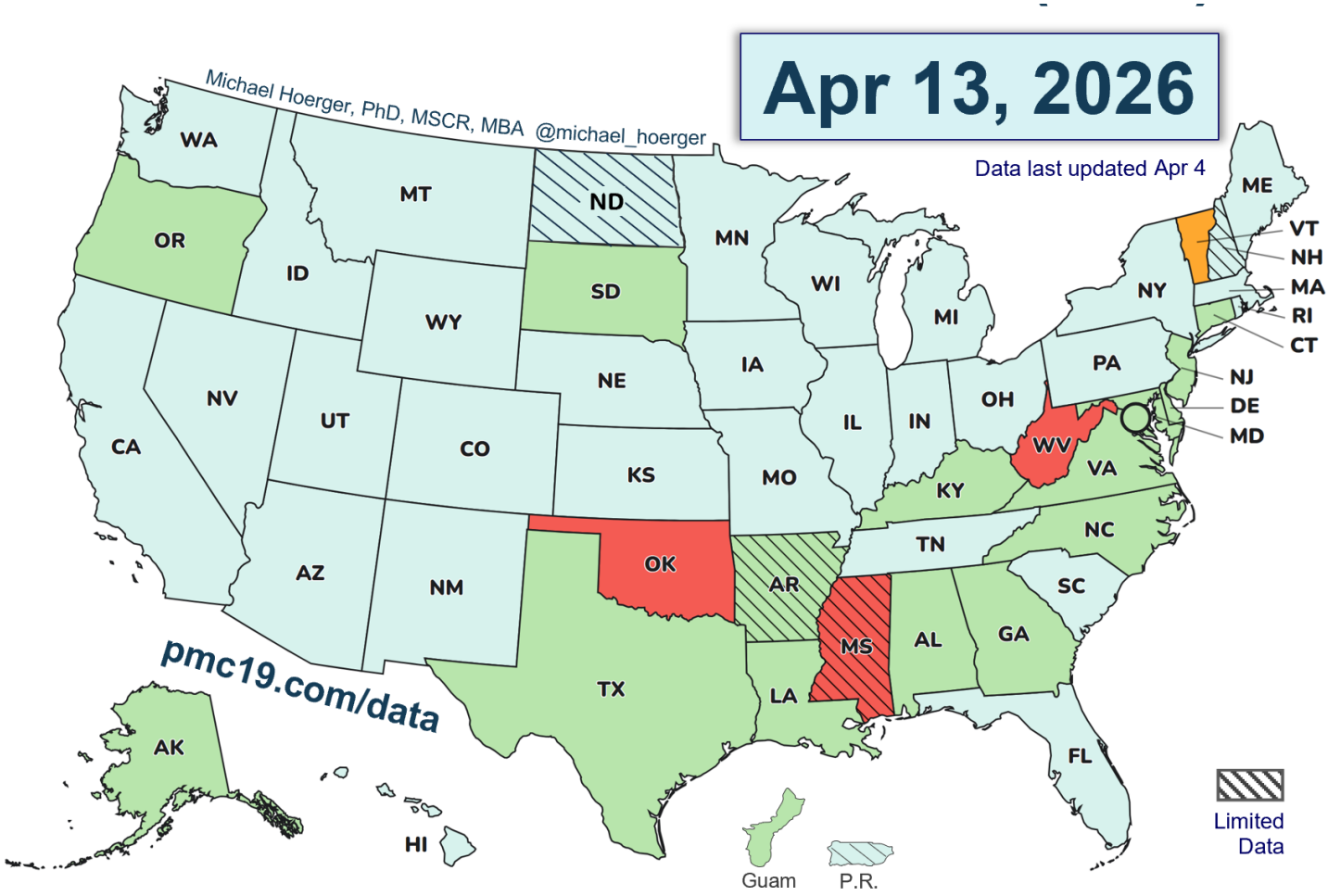

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Announcements

CDC Dashboard Overhaul

- The CDC has made major updates to its dashboard visualization (https://www.cdc.gov/wastewater/respiratory-viruses/national.html?cove-tab=1), including updating the color scheme for their heat map, as we have advocated for over 2 years. The CDC previously used a COVID-19 heat map with 5 shades of blue, which is contrary to ethical and geospatial visualization guidance. We expressed public and private concern over the impact of a cool blue map on COVID-19 minimization and denialism. In visualizations, we have used our own color scheme, similar to that of Newsweek, the People's CDC, and others. In February, Puerto Rico departed from the CDC and also switched to a more traditional cold-to-hot color scheme. Here's the new CDC color scheme with brief descriptors.

  - Very Low: A light bluish green or "Sea Ice" (#D7F2ED)
  - Low: A light green or "Soft Jade" (#B8E5AC)
  - Moderate: A bright orange or "Marigold Orange" (#FEA82F)
  - High: A hot pink red or "Ripe Malinka" (#F45B53)
  - Very High: A medium violet or "Fuchsia Red" (#A03169)

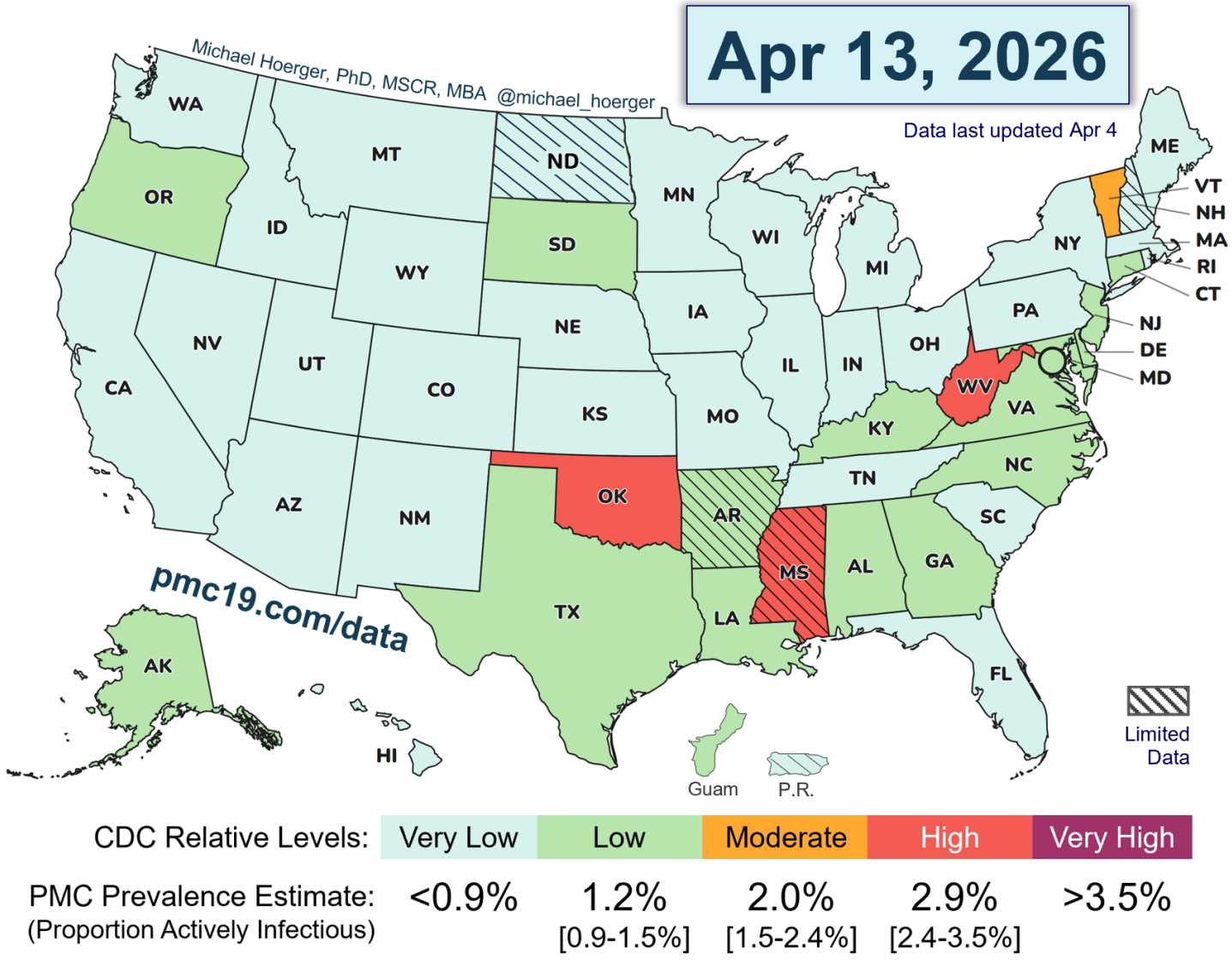
  The color scheme is much improved, though still has two central limitations. 1) This is a "relative level" color scheme, not an "absolute level" color scheme. During relative lulls, transmission remains high in the absolute sense, so depicting a relative level of very low using blue (ice cold) projects calm, safety, minimizing, and denialism, as does green to a lesser extent (green light means go). The use of violet, a mix of red and blue, at the very high end is questionable technically in that violet-related colors can be used to refer to very low (violet being colder than cold) or very high (like a flame) levels. A yellow-to-red color scheme, thus, appears most defensible in a 5-color context. 2) The same color scheme is now being used for influenza and RSV. Standardization has benefits, but it will also increase conflating the severity of these illnesses. Moreover, epidemiologists and clinicians often confuse relative and absolute levels (e.g., "moderate" levels of influenza could be higher, lower, or equivalent to "low" levels of SARS-CoV-2). Expect to see more muddling along these lines with statements like "COVID-19 levels are low, but RSV levels are high" that convey no meaning.

  Limitations noted, PMC is testing switching to the CDC color scheme. Accepting that improvement will allow us to move to the next battle -- increasing the use of wastewater-derived case estimates. The CDC should also prioritize that.

Data Quality

- The CDC (80% model weight) and Biobot (20% model weight) both reported this week.

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



Only four states have moderate or higher transmission: Vermont (moderate) and Oklahoma, Mississippi, and West Virginia (high). Notice that in adopting the CDC color scheme, we have added anchors for PMC case estimates to help users contextualize relative levels in terms of absolute risk. We will test different iterations of the visualization.

COVID-19 State Prevalence Estimates

pmc19.com/data *Apr 13, 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	Low	1 in 91 (1.1%)	10%	24%	42%	67%
Alaska	Low	1 in 81 (1.2%)	12%	27%	46%	71%
Arizona	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
Arkansas	Low*	1 in 74 (1.4%)	13%	29%	49%	74%
California	Very Low	1 in 201 (0.5%)	5%	12%	22%	39%
Colorado	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
Connecticut	Low	1 in 104 (1.0%)	9%	22%	38%	62%
Delaware	Low	1 in 79 (1.3%)	12%	27%	47%	72%
District of Columbia	Low	1 in 78 (1.3%)	12%	28%	48%	73%
Florida	Very Low	1 in 174 (0.6%)	6%	13%	25%	44%
Georgia	Low	1 in 99 (1.0%)	10%	22%	40%	64%
Guam	Low	1 in 77 (1.3%)	12%	28%	48%	73%
Hawaii	Very Low	1 in 158 (0.6%)	6%	15%	27%	47%
Idaho	Very Low	<1 in 225 (0.4%)	2%	6%	11%	21%
Illinois	Very Low	1 in 168 (0.6%)	6%	14%	26%	45%
Indiana	Very Low	1 in 198 (0.5%)	5%	12%	22%	40%
Iowa	Very Low	1 in 131 (0.8%)	7%	17%	32%	53%
Kansas	Very Low	1 in 134 (0.7%)	7%	17%	31%	53%
Kentucky	Low	1 in 80 (1.2%)	12%	27%	47%	71%
Louisiana	Low	1 in 85 (1.2%)	11%	26%	45%	69%
Maine	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
Maryland	Low	1 in 74 (1.4%)	13%	29%	50%	75%
Massachusetts	Very Low	1 in 123 (0.8%)	8%	18%	33%	56%
Michigan	Very Low	1 in 200 (0.5%)	5%	12%	22%	39%
Minnesota	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
Mississippi	**High***	1 in 34 (3.0%)	26%	53%	78%	95%

* Limited data reporting

Data last updated Apr 4

Note that the CDC has set a floor for its publicly reported values for each state's transmission. The states with the lowest levels have the "<1 in 225" designation, whereas these used to be reportable with more precision (e.g., 1 in 400, 1 in 800).

COVID-19 State Prevalence Estimates

pmc19.com/data *Apr 13, 2026*

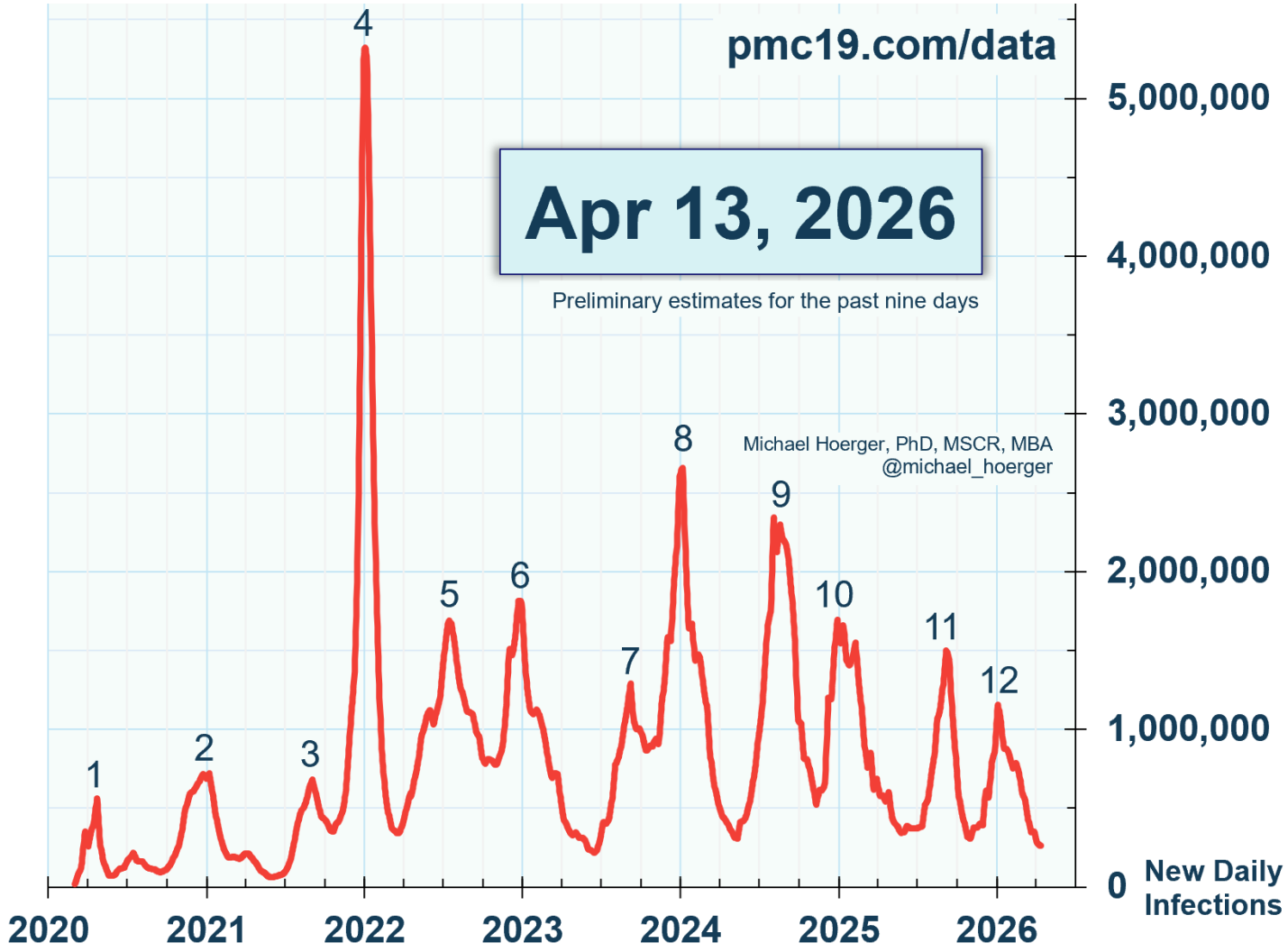
State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 116 (0.9%)	8%	19%	35%	58%
Montana	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
Nebraska	Very Low	1 in 176 (0.6%)	6%	13%	25%	43%
Nevada	Very Low	1 in 164 (0.6%)	6%	14%	26%	46%
New Hampshire	Very Low*	1 in 133 (0.8%)	7%	17%	32%	53%
New Jersey	Low	1 in 70 (1.4%)	13%	30%	51%	76%
New Mexico	Very Low	1 in 163 (0.6%)	6%	14%	26%	46%
New York	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
North Carolina	Low	1 in 82 (1.2%)	12%	26%	46%	71%
North Dakota	Very Low*	1 in 146 (0.7%)	7%	16%	29%	50%
Ohio	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
Oklahoma	**High**	1 in 40 (2.5%)	22%	47%	72%	92%
Oregon	Low	1 in 109 (0.9%)	9%	21%	37%	60%
Pennsylvania	Very Low	1 in 142 (0.7%)	7%	16%	30%	51%
Rhode Island	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
South Carolina	Very Low	1 in 140 (0.7%)	7%	16%	30%	51%
South Dakota	Low	1 in 87 (1.2%)	11%	25%	44%	69%
Tennessee	Very Low	1 in 112 (0.9%)	9%	20%	36%	59%
Texas	Low	1 in 85 (1.2%)	11%	26%	45%	69%
Utah	Very Low	1 in 212 (0.5%)	5%	11%	21%	38%
Vermont	Moderate	1 in 59 (1.7%)	16%	35%	57%	82%
Virginia	Low	1 in 101 (1.0%)	9%	22%	39%	63%
Washington	Very Low	1 in 194 (0.5%)	5%	12%	23%	40%
West Virginia	**High**	1 in 39 (2.6%)	23%	48%	73%	93%
Wisconsin	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%
Wyoming	Very Low	<1 in 225 (0.4%)	4%	11%	20%	36%

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

Data last updated Apr 4

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 **14.2** months between infections.

Notice that the current levels are similar to “lulls” in recent years.

National COVID-19 Estimates (U.S.)

Apr 13, 2026 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 187 (0.5%)
New Daily Infections	261,000
Infections the Past Week	1,850,000
Infections in 2026	67,000,000
Cumulative Infections per Person	5.16

Long COVID

Long COVID Cases Resulting from New Daily Infections	13,000 to 52,000
Long COVID Cases Resulting from New Weekly Infections	93,000 to 370,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	60 to 110
Excess Deaths Resulting from New Weekly Infections	500 to 800

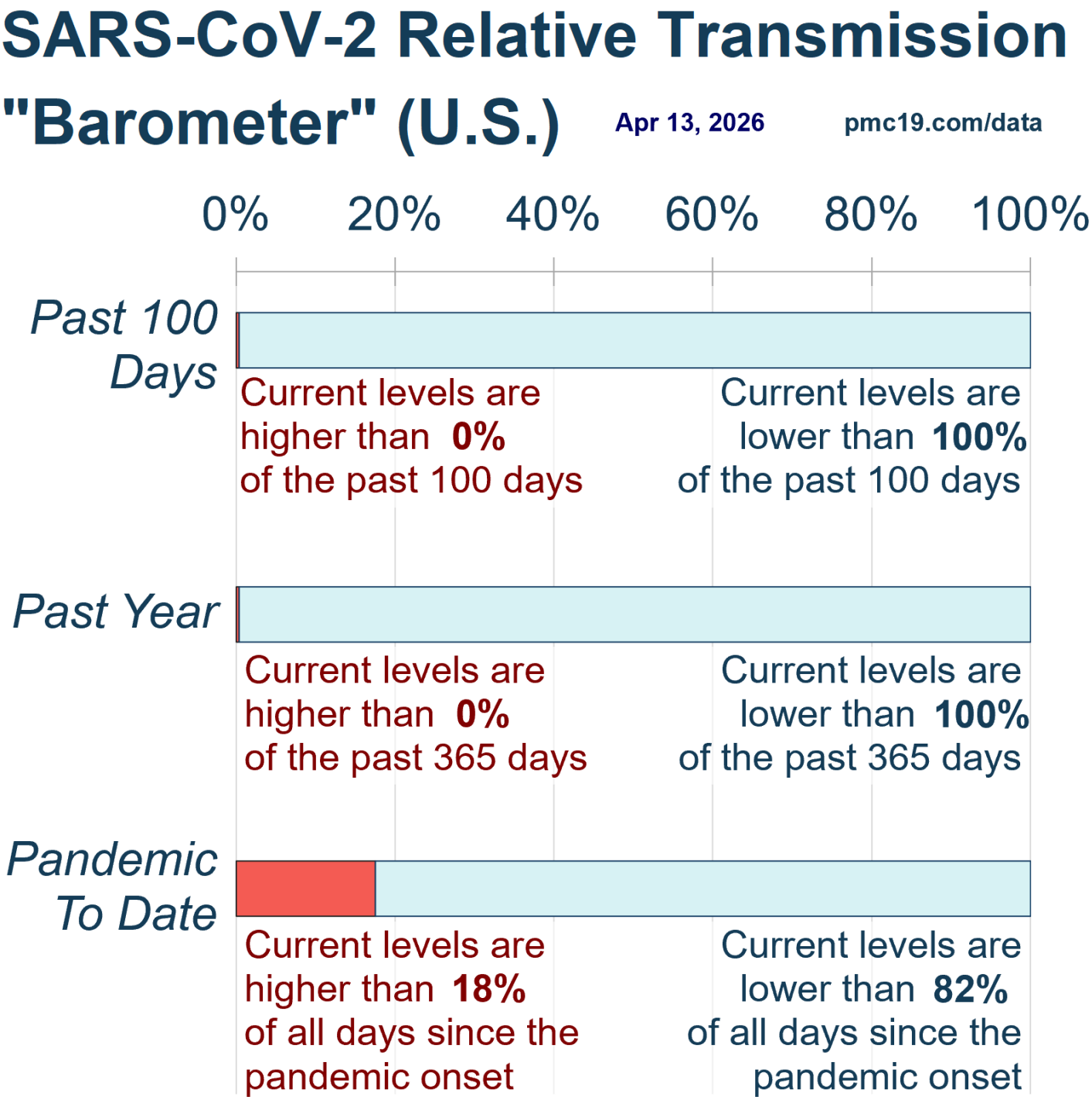
During this relative “lull,” an estimated 1.9 million Americans are getting infected per week, resulting in significant morbidity and 500-800 eventual excess deaths.

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

Apr 13, 2026 **pmc19.com/data**

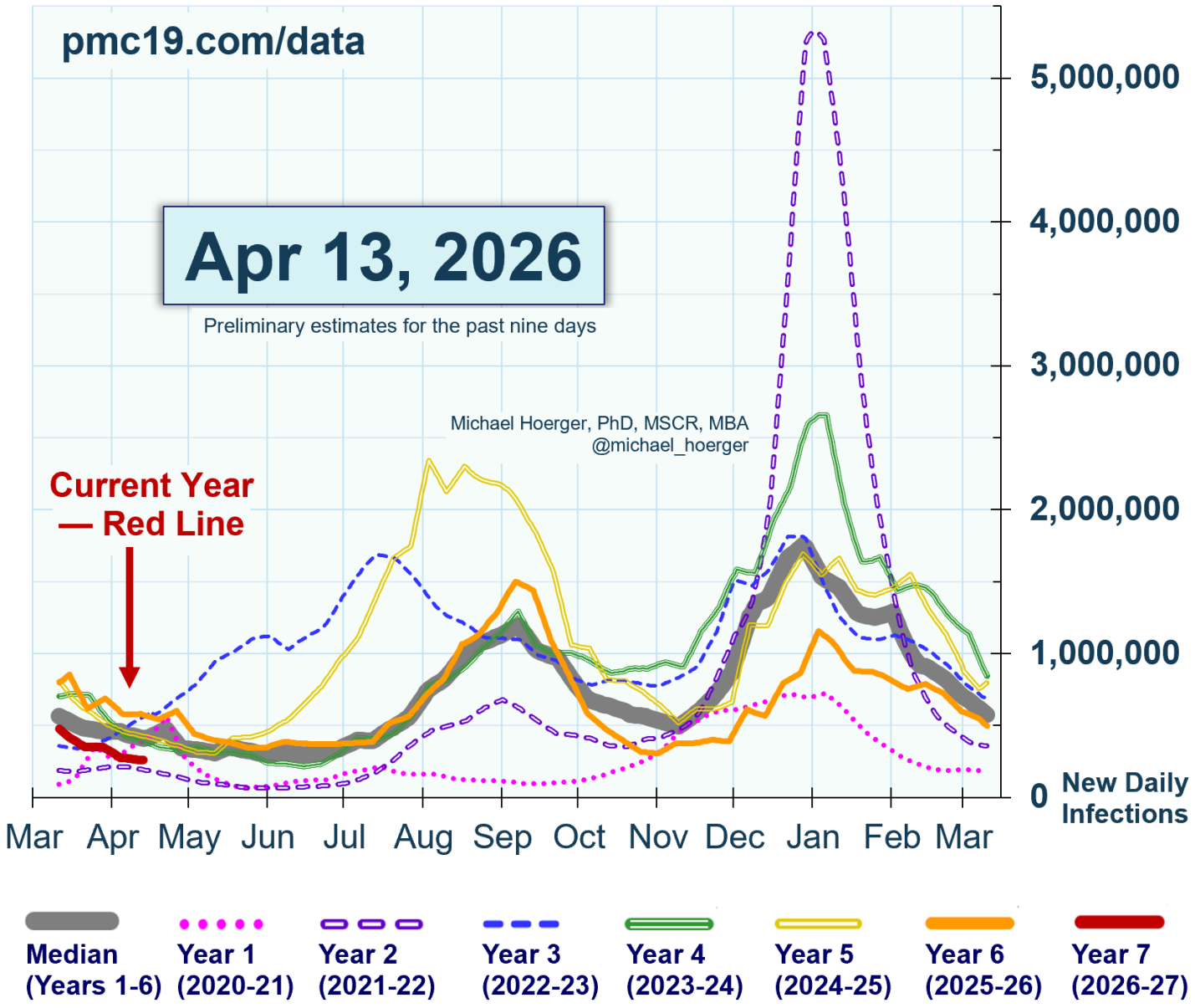
Number of People	Chances Anyone is Infectious
1	0.5%
2	1.1%
3	1.6%
4	2.1%
5	2.6%
10	5.2%
15	7.7%
20	10.2%
25	12.5%
30	14.8%
50	23.5%
75	33.1%
100	41.4%
200	65.7%
300	79.9%

In a room of 25 people representative of the U.S. population, there would be a 1-in-8 chance of an exposure if there were no testing and isolation protocols.



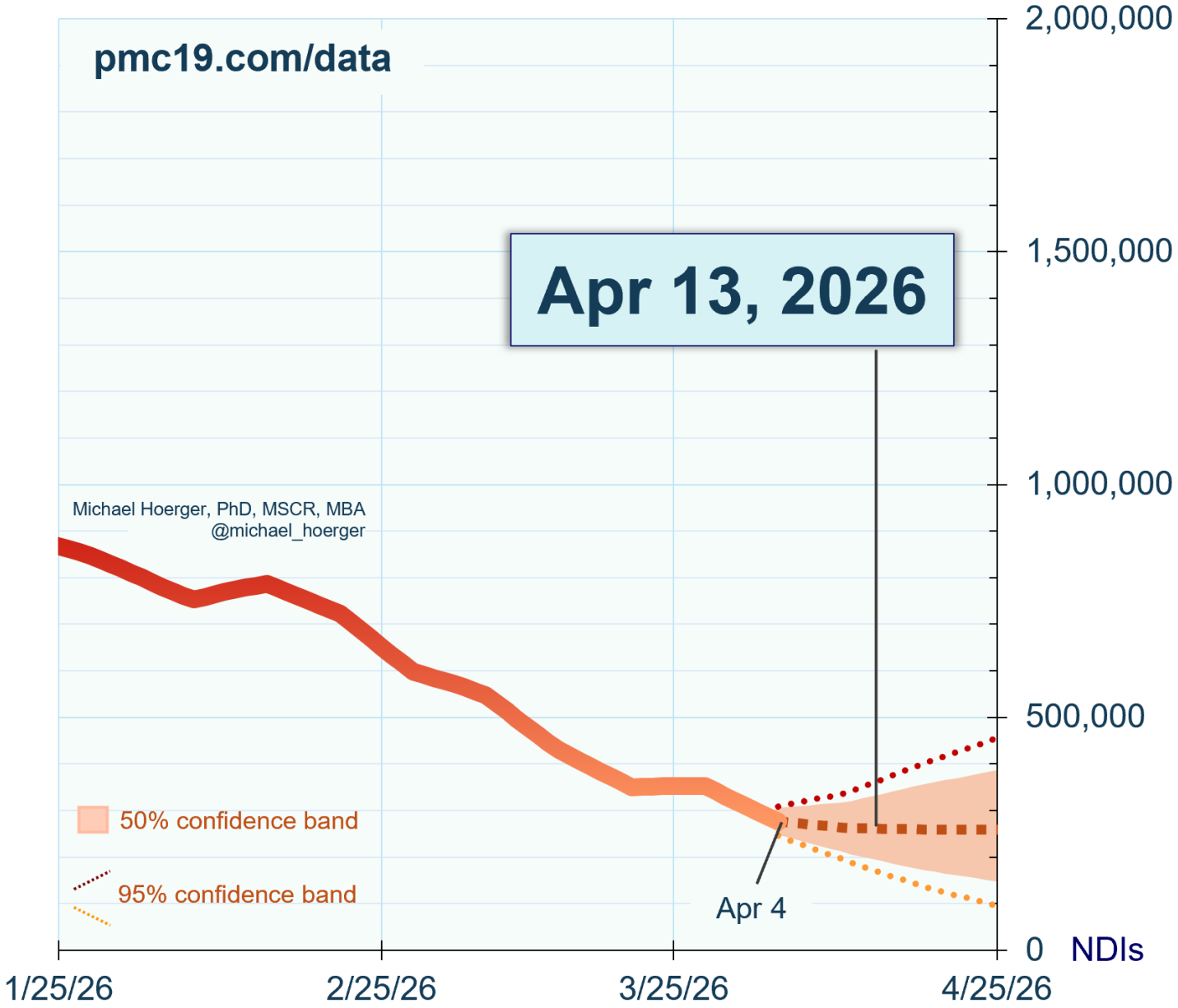
Current transmission is very low relative to the past 100 days, past year, and overall time span since pandemic onset.

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



Notice that transmission for early April is estimated lower than at this time point in any prior year, except 2021, when vaccines were rolling out and before the rise of Delta.

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



The forecast is for stable transmission in a relative “lull” hovering around 250,000-300,000 new daily infections.

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.