



News Release

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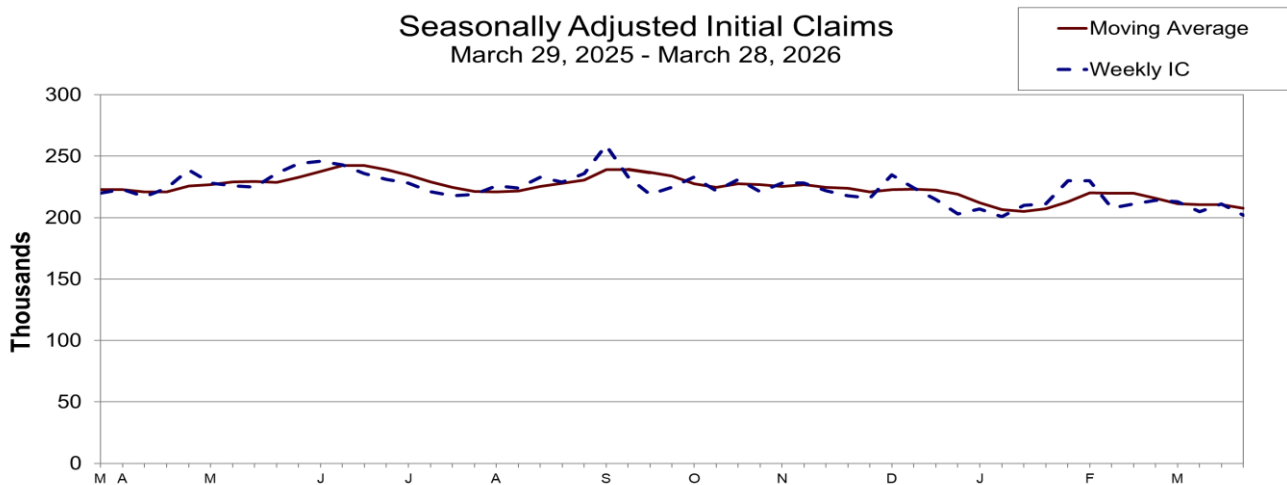
UNEMPLOYMENT INSURANCE WEEKLY CLAIMS

SEASONALLY ADJUSTED DATA

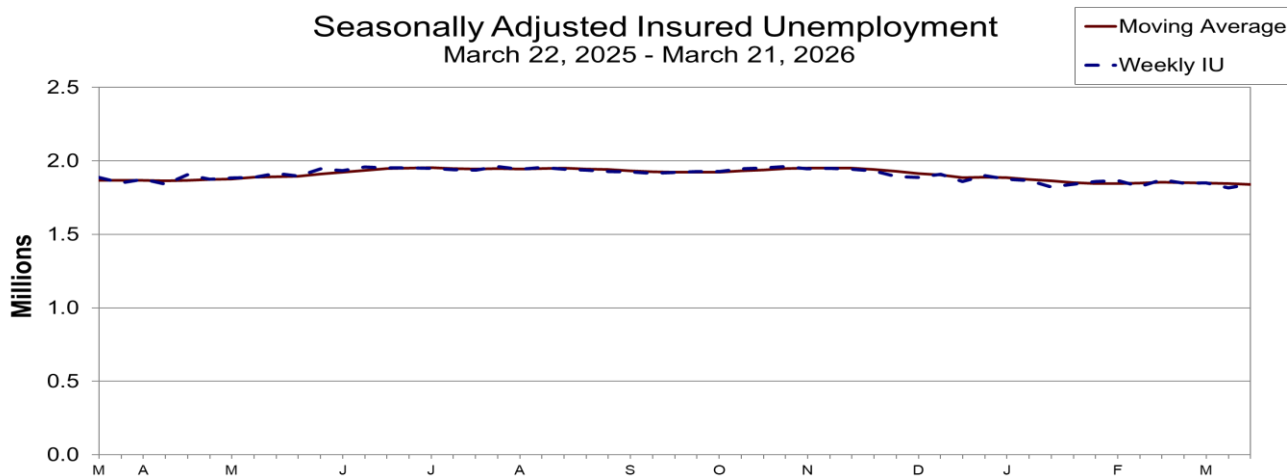
In the week ending March 28, the advance figure for seasonally adjusted **initial claims** was 202,000, a decrease of 9,000 from the previous week's revised level. The previous week's level was revised up by 1,000 from 210,000 to 211,000. The 4-week moving average was 207,750, a decrease of 3,000 from the previous week's revised average. The previous week's average was revised up by 250 from 210,500 to 210,750.

The advance seasonally adjusted **insured unemployment rate** was 1.2 percent for the week ending March 21, unchanged from the previous week's unrevised rate. The advance number for seasonally adjusted **insured unemployment** during the week ending March 21 was 1,841,000, an increase of 25,000 from the previous week's revised level. The previous week's level was revised down by 3,000 from 1,819,000 to 1,816,000. The 4-week moving average was 1,838,750, a decrease of 7,500 from the previous week's revised average. This is the lowest level for this average since September 28, 2024 when it was 1,834,750. The previous week's average was revised down by 750 from 1,847,000 to 1,846,250.

Seasonally Adjusted Initial Claims
March 29, 2025 - March 28, 2026



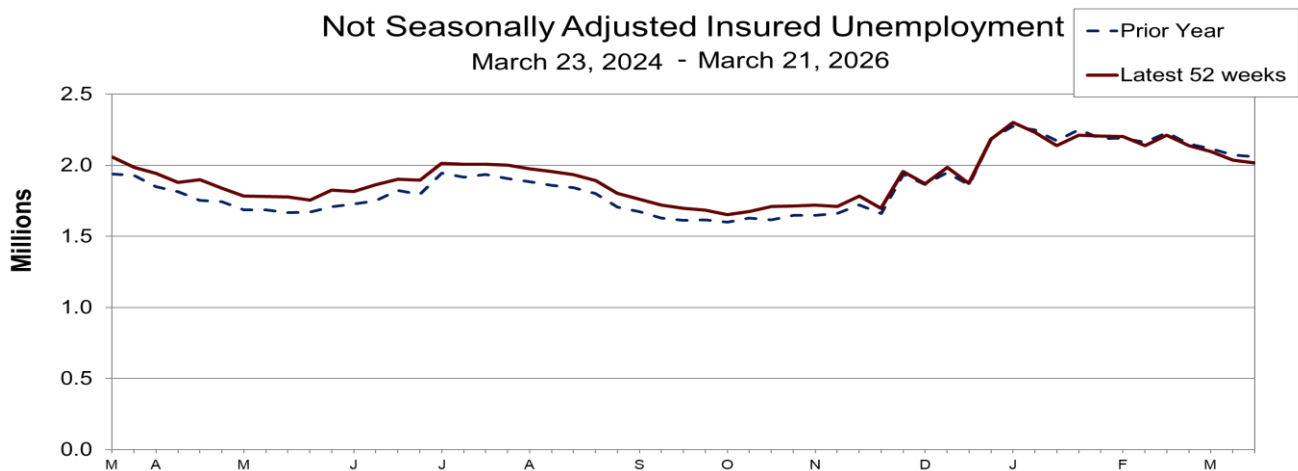
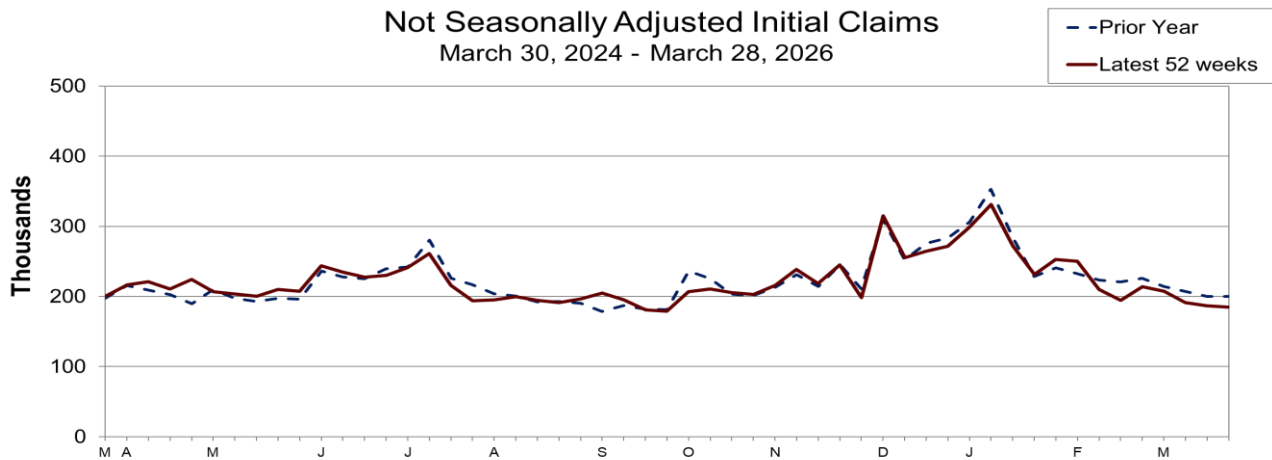
Seasonally Adjusted Insured Unemployment
March 22, 2025 - March 21, 2026



UNADJUSTED DATA

The advance number of actual initial claims under state programs, unadjusted, totaled 184,845 in the week ending March 28, a decrease of 1,932 (or -1.0 percent) from the previous week. The seasonal factors had expected an increase of 6,972 (or 3.7 percent) from the previous week. There were 200,081 initial claims in the comparable week in 2025.

The advance unadjusted insured unemployment rate was 1.3 percent during the week ending March 21, unchanged from the prior week. The advance unadjusted level of insured unemployment in state programs totaled 2,015,936, a decrease of 18,001 (or -0.9 percent) from the preceding week. The seasonal factors had expected a decrease of 45,400 (or -2.2 percent) from the previous week. A year earlier the rate was 1.4 percent and the volume was 2,058,751.



The total number of continued weeks claimed for benefits in all programs for the week ending March 14 was 2,067,717, a decrease of 63,758 from the previous week. There were 2,103,858 weekly claims filed for benefits in all programs in the comparable week in 2025.

No state was triggered "on" the Extended Benefits program during the week ending March 14.

Initial claims for UI benefits filed by former Federal civilian employees totaled 622 in the week ending March 21, an increase of 38 from the prior week. There were 349 initial claims filed by newly discharged veterans, a decrease of 24 from the preceding week.

There were 11,080 continued weeks claimed filed by former Federal civilian employees the week ending March 14, a decrease of 806 from the previous week. Newly discharged veterans claiming benefits totaled 4,573, a decrease of 59 from the prior week.

The highest insured unemployment rates in the week ending March 14 were in Rhode Island (2.8), Massachusetts (2.7), New Jersey (2.7), Washington (2.4), Minnesota (2.3), California (2.2), Illinois (2.0), New York (2.0), Montana (1.9), Oregon (1.9), Connecticut (1.8), and Michigan (1.8).

The largest increases in initial claims for the week ending March 21 were in Michigan (+2,803), Iowa (+730), Hawaii (+572), Illinois (+386), and Georgia (+374), while the largest decreases were in Kentucky (-3,498), Ohio (-1,208), Oklahoma (-814), California (-454), and Pennsylvania (-420).

UNEMPLOYMENT INSURANCE DATA FOR REGULAR STATE PROGRAMS

WEEK ENDING	March 28	March 21	Change	March 14	Prior Year¹
Initial Claims (SA)	202,000	211,000	-9,000	205,000	220,000
Initial Claims (NSA)	184,845	186,777	-1,932	190,982	200,081
4-Wk Moving Average (SA)	207,750	210,750	-3,000	210,750	222,750

WEEK ENDING	March 21	March 14	Change	March 7	Prior Year¹
Insured Unemployment (SA)	1,841,000	1,816,000	+25,000	1,851,000	1,889,000
Insured Unemployment (NSA)	2,015,936	2,033,937	-18,001	2,095,704	2,058,751
4-Wk Moving Average (SA)	1,838,750	1,846,250	-7,500	1,849,000	1,868,500
Insured Unemployment Rate (SA) ²	1.2%	1.2%	0.0	1.2%	1.2%
Insured Unemployment Rate (NSA) ²	1.3%	1.3%	0.0	1.4%	1.4%

INITIAL CLAIMS FILED IN FEDERAL PROGRAMS (UNADJUSTED)

WEEK ENDING	March 21	March 14	Change	Prior Year¹
Federal Employees (UCFE)	622	584	+38	564
Newly Discharged Veterans (UCX)	349	373	-24	387

CONTINUED WEEKS CLAIMED FILED FOR UI BENEFITS IN ALL PROGRAMS (UNADJUSTED)

WEEK ENDING	March 14	March 7	Change	Prior Year¹
Regular State	2,027,726	2,088,826	-61,100	2,065,798
Federal Employees	11,080	11,886	-806	8,246
Newly Discharged Veterans	4,573	4,632	-59	4,476
Extended Benefits ³	82	20	+62	64
State Additional Benefits ⁴	3,620	3,700	-80	3,000
STC / Workshare ⁵	20,636	22,411	-1,775	22,274
TOTAL	2,067,717	2,131,475	-63,758	2,103,858

FOOTNOTES

SA - Seasonally Adjusted Data, NSA - Not Seasonally Adjusted Data Continued weeks claimed represent all weeks of benefits claimed during the week being reported, and do not represent weeks claimed by unique individuals.

1. Prior year is comparable to most recent data.
2. Most recent week used covered employment of 153,398,888 as denominator.
3. Information on the EB program can be found here: [EB Program information](#)
4. Some states maintain additional benefit programs for those claimants who exhaust regular benefits, and when applicable, extended benefits. Information on states that participate, and the extent of benefits paid, can be found starting on page 4-5 of this link: [Extensions and Special Programs PDF](#)
5. Information on STC/Worksharing can be found starting on page 4-11 of the following link: [Extensions and Special Programs PDF](#)

Advance State Claims - Not Seasonally Adjusted

STATE	Initial Claims Filed During Week Ended March 28			Insured Unemployment For Week Ended March 21		
	Advance	Prior Wk	Change	Advance	Prior Wk	Change
Alabama	1,519	1,576	-57	6,986	7,750	-764
Alaska	492	481	11	4,744	4,988	-244
Arizona	2,466	2,526	-60	15,967	17,772	-1,805
Arkansas	1,344	1,348	-4	4,182	4,569	-387
California *	38,117	37,819	298	385,205	389,064	-3,859
Colorado	2,754	2,614	140	33,974	33,820	154
Connecticut	2,451	2,752	-301	31,080	30,668	412
Delaware	225	248	-23	5,866	5,969	-103
District of Columbia	496	561	-65	8,620	7,717	903
Florida	4,936	5,398	-462	25,698	29,915	-4,217
Georgia	3,592	4,810	-1,218	24,416	27,328	-2,912
Hawaii	1,571	1,597	-26	6,596	6,131	465
Idaho	726	940	-214	7,484	8,526	-1,042
Illinois	8,112	7,385	727	118,371	118,687	-316
Indiana	2,267	2,418	-151	22,074	22,954	-880
Iowa	1,380	2,466	-1,086	16,112	16,313	-201
Kansas	925	1,090	-165	8,497	7,845	652
Kentucky	1,403	1,553	-150	16,429	14,558	1,871
Louisiana	1,090	1,212	-122	4,920	6,082	-1,162
Maine	569	518	51	9,483	9,356	127
Maryland	1,754	2,262	-508	24,933	25,242	-309
Massachusetts	3,890	4,303	-413	92,012	95,567	-3,555
Michigan	4,758	7,507	-2,749	79,216	77,858	1,358
Minnesota	3,922	3,801	121	69,686	67,079	2,607
Mississippi	695	886	-191	5,373	5,979	-606
Missouri	2,862	2,749	113	17,841	18,277	-436
Montana	498	496	2	9,090	9,727	-637
Nebraska	533	644	-111	6,696	7,295	-599
Nevada	2,253	2,364	-111	25,785	25,896	-111
New Hampshire	333	469	-136	3,711	4,655	-944
New Jersey	7,955	7,885	70	111,974	115,249	-3,275
New Mexico	783	894	-111	11,018	10,495	523
New York	15,085	13,699	1,386	194,337	194,036	301
North Carolina	2,841	2,932	-91	18,407	19,441	-1,034
North Dakota	313	278	35	5,930	5,762	168
Ohio	4,818	4,691	127	55,637	58,209	-2,572
Oklahoma	1,378	1,289	89	10,315	9,486	829
Oregon	6,311	4,824	1,487	39,744	37,849	1,895
Pennsylvania	8,398	9,039	-641	98,633	102,384	-3,751
Puerto Rico	873	915	-42	14,519	16,171	-1,652
Rhode Island	729	780	-51	13,253	13,789	-536
South Carolina	1,714	1,710	4	13,903	14,385	-482
South Dakota	171	179	-8	2,730	2,799	-69
Tennessee	3,436	3,012	424	16,136	16,586	-450
Texas	17,336	15,536	1,800	149,688	147,973	1,715
Utah	1,342	1,325	17	13,535	14,182	-647
Vermont	291	330	-39	3,850	3,798	52
Virgin Islands	4	14	-10	234	188	46
Virginia	2,285	2,274	11	21,511	20,592	919
Washington	5,541	5,779	-238	88,451	84,488	3,963
West Virginia	541	564	-23	7,836	7,415	421
Wisconsin	4,488	3,667	821	30,484	28,710	1,774
Wyoming	279	368	-89	2,764	2,363	401
US Total	184,845	186,777	-1,932	2,015,936	2,033,937	-18,001

*Denotes state estimate.

Note: Advance claims are not directly comparable to claims reported in prior weeks. Advance claims are reported by the state liable for paying the unemployment compensation, whereas previous weeks reported claims reflect claimants by state of residence. In addition, claims reported as "workshare equivalent" in the previous week are added to the advance claims as a proxy for the current week's "workshare equivalent" activity.

Seasonally Adjusted US Weekly UI Claims (in thousands)

Week Ending	Initial Claims	Change from		Insured Unemployment	Change from		IUR
		Prior Week	4-Week Average		Prior Week	4-Week Average	
March 22, 2025	224	-1	223.75	1,889	37	1,868.50	1.2
March 29, 2025	220	-4	222.75	1,852	-37	1,867.25	1.2
April 5, 2025	223	3	223.00	1,876	24	1,867.25	1.2
April 12, 2025	217	-6	221.00	1,840	-36	1,864.25	1.2
April 19, 2025	224	7	221.00	1,906	66	1,868.50	1.3
April 26, 2025	239	15	225.75	1,876	-30	1,874.50	1.2
May 3, 2025	228	-11	227.00	1,884	8	1,876.50	1.2
May 10, 2025	226	-2	229.25	1,889	5	1,888.75	1.2
May 17, 2025	225	-1	229.50	1,917	28	1,891.50	1.3
May 24, 2025	236	11	228.75	1,896	-21	1,896.50	1.2
May 31, 2025	244	8	232.75	1,947	51	1,912.25	1.3
June 7, 2025	246	2	237.75	1,935	-12	1,923.75	1.3
June 14, 2025	243	-3	242.25	1,960	25	1,934.50	1.3
June 21, 2025	236	-7	242.25	1,954	-6	1,949.00	1.3
June 28, 2025	231	-5	239.00	1,952	-2	1,950.25	1.3
July 5, 2025	228	-3	234.50	1,949	-3	1,953.75	1.3
July 12, 2025	221	-7	229.00	1,941	-8	1,949.00	1.3
July 19, 2025	218	-3	224.50	1,936	-5	1,944.50	1.3
July 26, 2025	219	1	221.50	1,963	27	1,947.25	1.3
August 2, 2025	226	7	221.00	1,942	-21	1,945.50	1.3
August 9, 2025	224	-2	221.75	1,957	15	1,949.50	1.3
August 16, 2025	233	9	225.50	1,942	-15	1,951.00	1.3
August 23, 2025	229	-4	228.00	1,937	-5	1,944.50	1.3
August 30, 2025	236	7	230.50	1,927	-10	1,940.75	1.3
September 6, 2025	259	23	239.25	1,925	-2	1,932.75	1.3
September 13, 2025	233	-26	239.25	1,916	-9	1,926.25	1.3
September 20, 2025	219	-14	236.75	1,921	5	1,922.25	1.3
September 27, 2025	225	6	234.00	1,929	8	1,922.75	1.3
October 4, 2025	233	8	227.50	1,928	-1	1,923.50	1.3
October 11, 2025	222	-11	224.75	1,947	19	1,931.25	1.3
October 18, 2025	231	9	227.75	1,953	6	1,939.25	1.3
October 25, 2025	221	-10	226.75	1,962	9	1,947.50	1.3
November 1, 2025	228	7	225.50	1,946	-16	1,952.00	1.3
November 8, 2025	228	0	227.00	1,949	3	1,952.50	1.3
November 15, 2025	222	-6	224.75	1,943	-6	1,950.00	1.3
November 22, 2025	218	-4	224.00	1,932	-11	1,942.50	1.3
November 29, 2025	216	-2	221.00	1,894	-38	1,929.50	1.2
December 6, 2025	235	19	222.75	1,887	-7	1,914.00	1.2
December 13, 2025	224	-11	223.25	1,910	23	1,905.75	1.2
December 20, 2025	215	-9	222.50	1,860	-50	1,887.75	1.2
December 27, 2025	203	-12	219.25	1,900	40	1,889.25	1.2
January 3, 2026	207	4	212.25	1,875	-25	1,886.25	1.2
January 10, 2026	201	-6	206.50	1,865	-10	1,875.00	1.2
January 17, 2026	210	9	205.25	1,823	-42	1,865.75	1.2
January 24, 2026	211	1	207.25	1,842	19	1,851.25	1.2
January 31, 2026	230	19	213.00	1,859	17	1,847.25	1.2
February 7, 2026	230	0	220.25	1,865	6	1,847.25	1.2
February 14, 2026	208	-22	219.75	1,827	-38	1,848.25	1.2
February 21, 2026	211	3	219.75	1,871	44	1,855.50	1.2
February 28, 2026	214	3	215.75	1,847	-24	1,852.50	1.2
March 7, 2026	213	-1	211.50	1,851	4	1,849.00	1.2
March 14, 2026	205	-8	210.75	1,816	-35	1,846.25	1.2
March 21, 2026	211	6	210.75	1,841	25	1,838.75	1.2
March 28, 2026	202	-9	207.75				

INITIAL CLAIMS FILED DURING WEEK ENDED
MARCH 21

INSURED UNEMPLOYMENT FOR WEEK ENDED
MARCH 14

STATE NAME	STATE	CHANGE FROM				STATE	(%) ²	CHANGE FROM				TOTAL INSURED UNEMPLOYMENT
		LAST WEEK	YEAR AGO	UCFE ¹	UCX ¹			LAST WEEK	YEAR AGO	UCFE ¹	UCX ¹	
Alabama	1,576	-18	-175	9	7	7,750	0.4	-170	-876	58	21	7,829
Alaska	481	-38	-68	0	1	4,988	1.6	-76	-161	68	4	5,060
Arizona	2,526	47	-1,251	0	3	17,772	0.6	-178	-5,814	55	35	17,862
Arkansas	1,348	0	186	0	0	4,569	0.4	-383	-2,377	18	4	4,591
California	37,819	-454	-3,072	139	69	389,064	2.2	-2,783	-33,664	1,813	1,140	392,017
Colorado	2,614	-196	-158	6	12	33,820	1.2	-2,785	1,399	240	208	34,268
Connecticut	2,752	-295	23	2	1	30,668	1.8	-1,020	8	66	29	30,763
Delaware	248	-25	52	0	1	5,969	1.3	-221	557	18	5	5,992
District of Columbia	561	-27	-526	35	1	7,717	1.4	-22	-3,396	1,032	8	8,757
Florida	5,398	-52	-216	38	27	29,915	0.3	773	-2,085	191	73	30,179
Georgia	4,810	374	525	45	11	27,328	0.6	1,270	-1,525	292	89	27,709
Hawaii	1,597	572	613	4	3	6,131	1.0	649	835	58	48	6,237
Idaho	940	110	-379	3	0	8,526	1.0	-981	-902	87	12	8,625
Illinois	7,385	386	-1,569	11	5	118,687	2.0	-5,419	-9,162	377	102	119,166
Indiana	2,418	-190	-132	5	2	22,954	0.7	-921	-2,179	45	21	23,020
Iowa	2,466	730	354	2	3	16,313	1.1	-1,368	-2,582	17	8	16,338
Kansas	1,090	29	-57	1	0	7,845	0.6	-706	-1,857	23	15	7,883
Kentucky	1,553	-3,498	-895	2	1	14,558	0.7	-2,105	2,632	104	24	14,686
Louisiana	1,212	-20	-290	5	3	6,082	0.3	-178	-4,909	39	13	6,134
Maine	518	-42	-130	0	0	9,356	1.5	-62	495	43	5	9,404
Maryland	2,262	149	-290	45	4	25,242	1.0	-1,078	-565	689	69	26,000
Massachusetts	4,303	-348	-576	1	0	95,567	2.7	-1,880	11,440	307	70	95,944
Michigan	7,507	2,803	2,169	1	5	77,858	1.8	-8,043	1,493	145	29	78,032
Minnesota	3,801	113	31	3	3	67,079	2.3	-556	-754	113	62	67,254
Mississippi	886	-156	-18	3	0	5,979	0.5	176	-937	57	10	6,046
Missouri	2,749	-278	-473	1	4	18,277	0.6	-4,265	-1,343	90	18	18,385
Montana	496	-7	-44	8	1	9,727	1.9	-153	308	226	9	9,962
Nebraska	644	-320	-187	2	0	7,295	0.7	-306	430	16	1	7,312
Nevada	2,364	-20	-48	1	2	25,896	1.7	-595	536	117	73	26,086
New Hampshire	469	40	20	1	0	4,655	0.7	-96	548	3	0	4,658
New Jersey	7,885	-229	-379	26	21	115,249	2.7	-4,410	605	384	227	115,860
New Mexico	894	98	27	3	3	10,495	1.2	-213	-439	137	27	10,659
New York	13,699	-163	-1,279	26	20	194,036	2.0	-6,616	15,873	617	233	194,886
North Carolina	2,932	-66	-487	5	0	19,441	0.4	-208	-6,348	107	68	19,616
North Dakota	278	-26	-9	0	2	5,762	1.4	-202	385	17	4	5,783
Ohio	4,691	-1,208	-1,038	9	13	58,209	1.1	-2,101	-3,898	134	56	58,399
Oklahoma	1,289	-814	-62	3	4	9,486	0.6	-250	-503	42	30	9,558
Oregon	4,824	240	-15	9	2	37,849	1.9	-342	4,032	447	80	38,376
Pennsylvania	9,039	-420	-299	14	8	102,384	1.7	-6,279	-3,228	478	114	102,976
Puerto Rico	915	13	-97	6	9	16,171	1.7	-403	3,257	324	68	16,563
Rhode Island	780	-211	-133	1	0	13,789	2.8	-995	510	51	14	13,854
South Carolina	1,710	-74	-176	7	7	14,385	0.6	-294	284	46	48	14,479
South Dakota	179	9	4	1	0	2,799	0.6	-147	-116	18	2	2,819
Tennessee	3,012	-410	-23	4	4	16,586	0.5	-392	824	47	42	16,675
Texas	15,536	-54	-1,933	76	66	147,973	1.1	-920	1,730	616	828	149,417
Utah	1,325	-37	-24	7	4	14,182	0.8	-815	-112	215	24	14,421
Vermont	330	-131	36	0	0	3,798	1.3	-65	188	2	0	3,800
Virgin Islands	14	-2	-8	0	0	188	0.5	-44	-60	4	0	192
Virginia	2,274	-388	-409	20	2	20,592	0.5	-919	2,579	274	77	20,943
Washington	5,779	192	118	16	13	84,488	2.4	-916	4,229	573	395	85,456
West Virginia	564	-9	-89	1	1	7,415	1.1	-684	-494	50	12	7,477
Wisconsin	3,667	100	-299	4	1	28,710	1.0	-815	-3,177	54	17	28,781
Wyoming	368	16	32	11	0	2,363	0.9	-255	-179	36	2	2,401
Totals	186,777	-4,205	-13,123	622	349	2,033,937	1.3	-61,767	-38,465	11,080	4,573	2,049,590

Figures appearing in columns showing over-the-week changes reflect all revisions in data for prior week submitted by state agencies.

1. The Unemployment Compensation program for Federal Employees (UCFE) and the Unemployment Compensation for Ex-servicemembers (UCX) exclude claims filed jointly under other programs to avoid duplication.
2. Rate is not seasonally adjusted. The source of U.S. total covered employment is BLS.

UNADJUSTED INITIAL CLAIMS FOR WEEK ENDED March 21, 2026

STATES WITH AN INCREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
MI	+2,803	Layoffs in manufacturing industry.

STATES WITH A DECREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
KY	-3,498	No comment.
OH	-1,208	No comment.

TECHNICAL NOTES

This news release presents the weekly unemployment insurance (UI) claims reported by each state's unemployment insurance program offices. These claims may be used for monitoring workload volume, assessing state program operations and for assessing labor market conditions. States initially report claims directly taken by the state liable for the benefit payments, regardless of where the claimant who filed the claim resided. These are the basis for the advance initial claims and continued claims reported each week. These data come from ETA 538, Advance Weekly Initial and Continued Claims Report. The following week initial claims and continued claims are revised based on a second reporting by states that reflect the claimants by state of residence. These data come from the ETA 539, Weekly Claims and Extended Benefits Trigger Data Report.

A. Initial Claims

An initial claim is a claim filed by an unemployed individual after a separation from an employer. The claimant requests a determination of basic eligibility for the UI program. When an initial claim is filed with a state, certain programmatic activities take place and these result in activity counts including the count of initial claims. The count of U.S. initial claims for unemployment insurance is a leading economic indicator because it is an indication of emerging labor market conditions in the country. However, these are weekly administrative data which are difficult to seasonally adjust, making the series subject to some volatility.

B. Continued Weeks Claimed

A person who has already filed an initial claim and who has experienced a week of unemployment then files a continued claim to claim benefits for that week of unemployment. On a weekly basis, continued claims are also referred to as insured unemployment, as continued claims reflect a good approximation of the current number of insured unemployed workers filing for UI benefits. The count of U.S. continued weeks claimed is also a good indicator of labor market conditions. While continued claims are not a leading indicator (they roughly coincide with economic cycles at their peaks and lag at cycle troughs), they provide confirming evidence of the direction of the U.S. economy.

C. Seasonal Adjustments and Annual Revisions

Over the course of a year, the weekly changes in the levels of initial claims and continued claims undergo regularly occurring fluctuations. These fluctuations may result from seasonal changes in weather, major holidays, the opening and closing of schools, or other similar events. Because these seasonal events follow a more or less regular pattern each year, their influence on the level of a series can be tempered by adjusting for regular seasonal variation. These adjustments make trend and cycle developments easier to spot. At the beginning of each calendar year, the Bureau of Labor Statistics provides the Employment and Training Administration (ETA) with a set of seasonal factors to apply to the unadjusted data during that year. Concurrent with the implementation and release of the new seasonal factors, ETA incorporates revisions to the UI claims historical series caused by updates to the unadjusted data. For further questions on the seasonal adjustment methodology, please see the [official release page for the UI claims seasonal adjustment factors](#) or contact BLS directly through the [Local Area Unemployment Statistics web contact form](#).

[Weekly Claims Archives](#)
[Weekly Claims Data](#)

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