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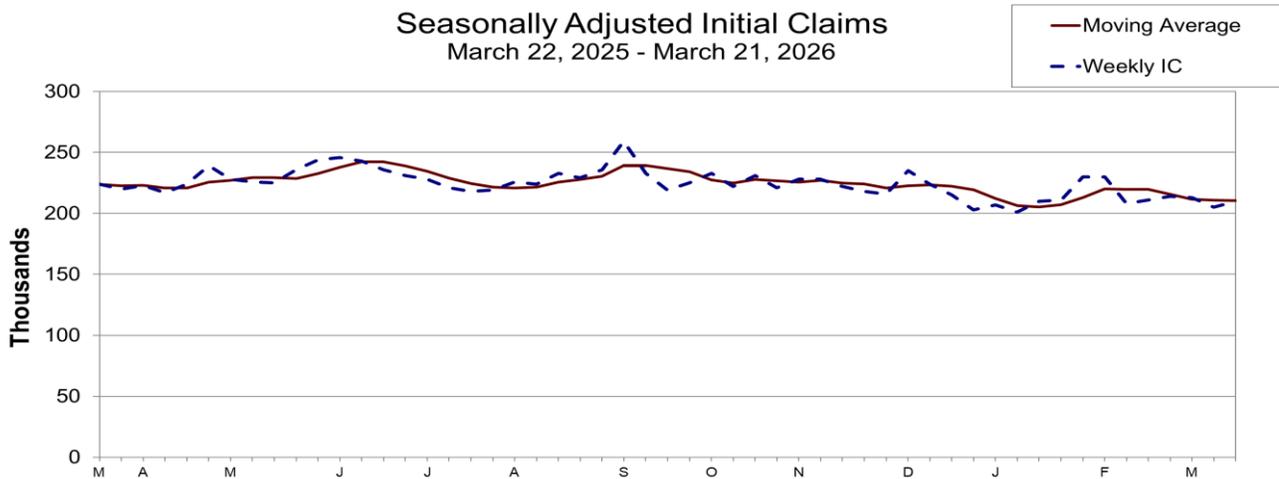
UNEMPLOYMENT INSURANCE WEEKLY CLAIMS

SEASONALLY ADJUSTED DATA

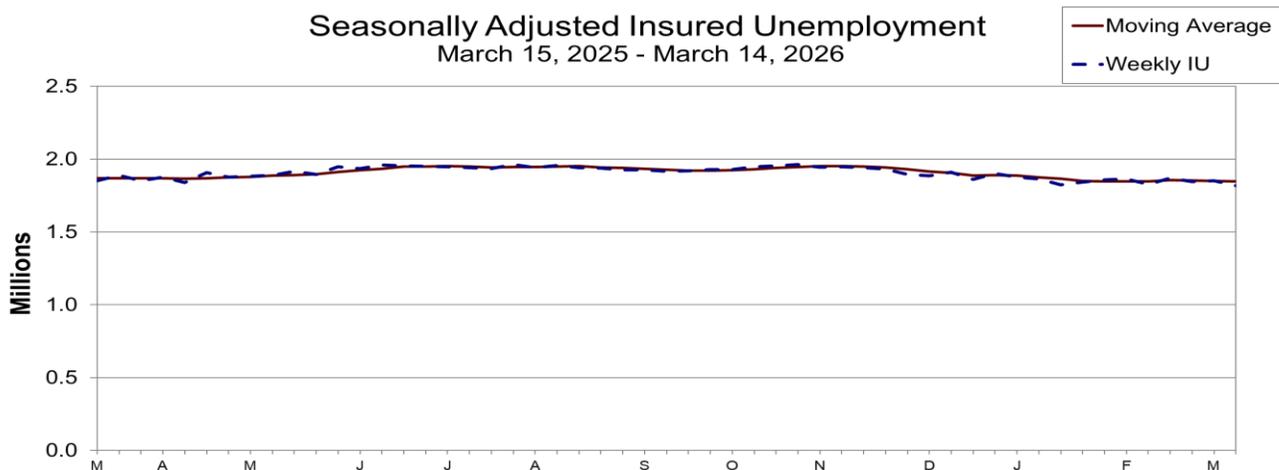
In the week ending March 21, the advance figure for seasonally adjusted **initial claims** was 210,000, an increase of 5,000 from the previous week's unrevised level of 205,000. The 4-week moving average was 210,500, a decrease of 250 from the previous week's unrevised average of 210,750.

The advance seasonally adjusted **insured unemployment rate** was 1.2 percent for the week ending March 14, unchanged from the previous week's unrevised rate. The advance number for seasonally adjusted **insured unemployment** during the week ending March 14 was 1,819,000, a decrease of 32,000 from the previous week's revised level. This is the lowest level for insured unemployment since May 25, 2024 when it was 1,804,000. The previous week's level was revised down by 6,000 from 1,857,000 to 1,851,000. The 4-week moving average was 1,847,000, a decrease of 2,000 from the previous week's revised average. This is the lowest level for this average since October 5, 2024 when it was 1,845,750. The previous week's average was revised down by 1,500 from 1,850,500 to 1,849,000.

Seasonally Adjusted Initial Claims
March 22, 2025 - March 21, 2026



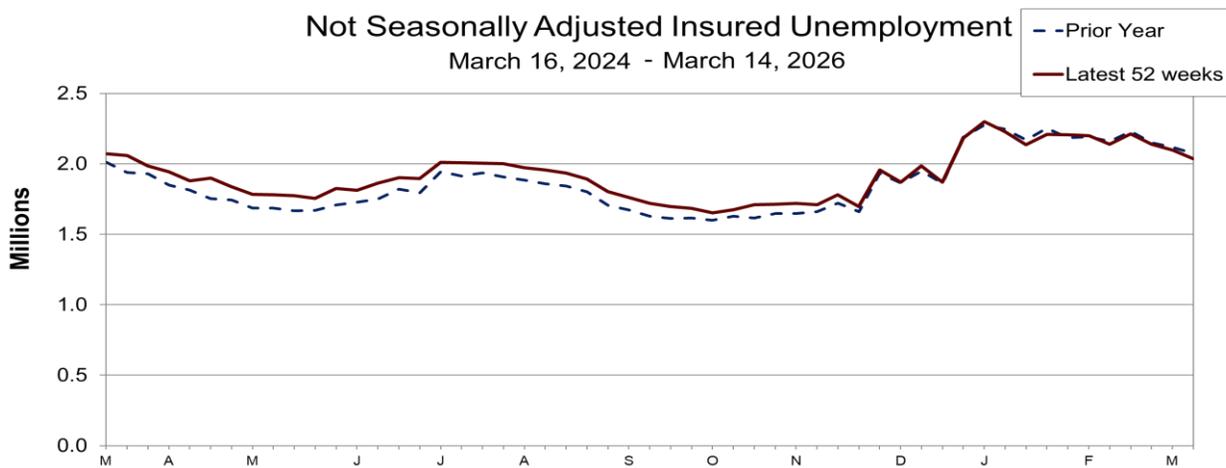
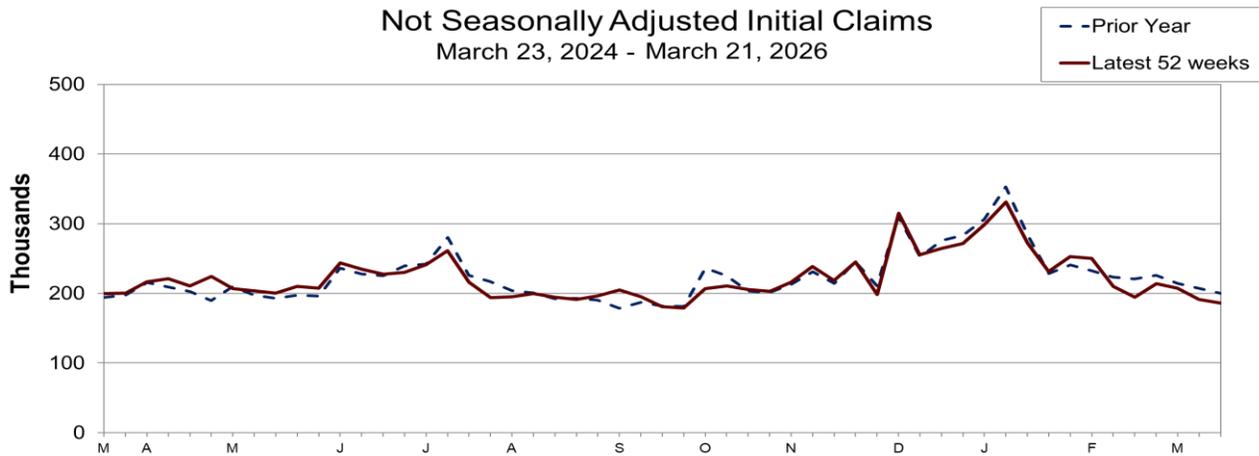
Seasonally Adjusted Insured Unemployment
March 15, 2025 - March 14, 2026



UNADJUSTED DATA

The advance number of actual initial claims under state programs, unadjusted, totaled 185,980 in the week ending March 21, a decrease of 5,002 (or -2.6 percent) from the previous week. The seasonal factors had expected a decrease of 9,446 (or -4.9 percent) from the previous week. There were 199,900 initial claims in the comparable week in 2025.

The advance unadjusted insured unemployment rate was 1.3 percent during the week ending March 14, a decrease of 0.1 percentage point from the prior week. The advance unadjusted level of insured unemployment in state programs totaled 2,037,705, a decrease of 57,983 (or -2.8 percent) from the preceding week. The seasonal factors had expected a decrease of 22,216 (or -1.1 percent) from the previous week. A year earlier the rate was 1.4 percent and the volume was 2,072,402.



The total number of continued weeks claimed for benefits in all programs for the week ending March 7 was 2,131,459, a decrease of 42,198 from the previous week. There were 2,150,497 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 7.

Initial claims for UI benefits filed by former Federal civilian employees totaled 584 in the week ending March 14, a decrease of 59 from the prior week. There were 373 initial claims filed by newly discharged veterans, a decrease of 83 from the preceding week.

There were 11,886 continued weeks claimed filed by former Federal civilian employees the week ending March 7, an increase of 177 from the previous week. Newly discharged veterans claiming benefits totaled 4,632, an increase of 137 from the prior week.

The highest insured unemployment rates in the week ending March 7 were in Rhode Island (3.0), New Jersey (2.8), Massachusetts (2.7), Washington (2.4), Minnesota (2.3), California (2.2), Illinois (2.1), New York (2.1), Michigan (2.0), Montana (2.0), Connecticut (1.9), and Oregon (1.9).

The largest increases in initial claims for the week ending March 14 were in Kentucky (+3,305), Oklahoma (+1,201), Tennessee (+553), Nebraska (+357), and Ohio (+271), while the largest decreases were in California (-4,397), Missouri (-3,217), New York (-2,909), New Jersey (-1,745), and Pennsylvania (-1,639).

UNEMPLOYMENT INSURANCE DATA FOR REGULAR STATE PROGRAMS

WEEK ENDING	March 21	March 14	Change	March 7	Prior Year¹
Initial Claims (SA)	210,000	205,000	+5,000	213,000	224,000
Initial Claims (NSA)	185,980	190,982	-5,002	207,252	199,900
4-Wk Moving Average (SA)	210,500	210,750	-250	211,500	223,750

WEEK ENDING	March 14	March 7	Change	February 28	Prior Year¹
Insured Unemployment (SA)	1,819,000	1,851,000	-32,000	1,847,000	1,852,000
Insured Unemployment (NSA)	2,037,705	2,095,688	-57,983	2,137,439	2,072,402
4-Wk Moving Average (SA)	1,847,000	1,849,000	-2,000	1,852,500	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%	1.4%	-0.1	1.4%	1.4%

INITIAL CLAIMS FILED IN FEDERAL PROGRAMS (UNADJUSTED)

WEEK ENDING	March 14	March 7	Change	Prior Year¹
Federal Employees (UCFE)	584	643	-59	821
Newly Discharged Veterans (UCX)	373	456	-83	383

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

WEEK ENDING	March 7	February 28	Change	Prior Year¹
Regular State	2,088,810	2,130,152	-41,342	2,109,804
Federal Employees	11,886	11,709	+177	9,136
Newly Discharged Veterans	4,632	4,495	+137	4,574
Extended Benefits ³	20	66	-46	60
State Additional Benefits ⁴	3,700	3,656	+44	3,066
STC / Workshare ⁵	22,411	23,579	-1,168	23,857
TOTAL	2,131,459	2,173,657	-42,198	2,150,497

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 21			Insured Unemployment For Week Ended March 14		
	Advance	Prior Wk	Change	Advance	Prior Wk	Change
Alabama	1,497	1,594	-97	7,170	7,920	-750
Alaska	528	519	9	4,895	5,064	-169
Arizona	2,384	2,479	-95	15,710	17,950	-2,240
Arkansas	1,288	1,348	-60	4,203	4,952	-749
California	38,151	38,273	-122	393,079	391,847	1,232
Colorado	2,646	2,810	-164	34,582	36,605	-2,023
Connecticut	2,857	3,047	-190	32,401	31,688	713
Delaware	226	273	-47	6,358	6,190	168
District of Columbia	593	588	5	8,702	7,739	963
Florida	5,224	5,450	-226	26,063	29,142	-3,079
Georgia	4,631	4,436	195	26,131	26,058	73
Hawaii	1,630	1,025	605	6,320	5,466	854
Idaho	928	830	98	8,059	9,507	-1,448
Illinois	7,386	6,999	387	119,663	124,106	-4,443
Indiana	2,425	2,608	-183	23,080	23,875	-795
Iowa	2,440	1,736	704	15,864	17,681	-1,817
Kansas	1,067	1,061	6	8,526	8,551	-25
Kentucky	1,549	5,051	-3,502	14,686	16,663	-1,977
Louisiana	1,091	1,232	-141	4,943	6,260	-1,317
Maine	523	560	-37	9,649	9,418	231
Maryland	1,880	2,113	-233	25,275	26,320	-1,045
Massachusetts	4,358	4,651	-293	95,285	97,447	-2,162
Michigan	7,570	4,704	2,866	76,727	85,901	-9,174
Minnesota	3,849	3,688	161	71,016	67,635	3,381
Mississippi	818	1,042	-224	5,620	5,803	-183
Missouri	2,653	3,027	-374	18,058	22,542	-4,484
Montana	480	503	-23	9,838	9,880	-42
Nebraska	630	964	-334	7,066	7,601	-535
Nevada	2,291	2,384	-93	26,086	26,491	-405
New Hampshire	379	429	-50	3,726	4,751	-1,025
New Jersey	7,805	8,114	-309	116,292	119,659	-3,367
New Mexico	902	796	106	10,914	10,708	206
New York	13,856	13,862	-6	196,143	200,652	-4,509
North Carolina	2,844	2,998	-154	18,537	19,649	-1,112
North Dakota	300	304	-4	6,284	5,964	320
Ohio	4,657	5,899	-1,242	57,849	60,310	-2,461
Oklahoma	1,206	2,103	-897	9,308	9,736	-428
Oregon	5,212	4,584	628	40,469	38,191	2,278
Pennsylvania	8,968	9,459	-491	102,113	108,663	-6,550
Puerto Rico	885	902	-17	7,219	16,574	-9,355
Rhode Island	783	991	-208	14,020	14,784	-764
South Carolina	1,636	1,784	-148	14,030	14,679	-649
South Dakota	181	170	11	2,849	2,946	-97
Tennessee	3,002	3,422	-420	16,528	16,978	-450
Texas	15,441	15,590	-149	144,857	148,893	-4,036
Utah	1,325	1,362	-37	14,123	14,997	-874
Vermont	325	461	-136	4,006	3,863	143
Virgin Islands	14	16	-2	194	232	-38
Virginia	2,267	2,662	-395	22,402	21,511	891
Washington	5,792	5,587	205	90,027	85,404	4,623
West Virginia	541	573	-32	8,072	8,099	-27
Wisconsin	3,703	3,567	136	29,788	29,525	263
Wyoming	363	352	11	2,900	2,618	282
US Total	185,980	190,982	-5,002	2,037,705	2,095,688	-57,983

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 15, 2025	225	3	228.00	1,852	-24	1,868.50	1.2
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	1,819	-32	1,847.00	1.2
March 21, 2026	210	5	210.50				

STATE NAME	INITIAL CLAIMS FILED DURING WEEK ENDED MARCH 14					INSURED UNEMPLOYMENT FOR WEEK ENDED MARCH 7						TOTAL INSURED UNEMPLOYMENT
	STATE	CHANGE FROM		UCFE ¹	UCX ¹	STATE	(%) ²	CHANGE FROM		UCFE ¹	UCX ¹	
		LAST WEEK	YEAR AGO					LAST WEEK	YEAR AGO			
Alabama	1,594	-103	-214	6	7	7,920	0.4	-377	-755	60	15	7,995
Alaska	519	20	-107	2	0	5,064	1.6	-144	-89	82	5	5,151
Arizona	2,479	-93	-1,258	4	6	17,950	0.6	209	-3,953	65	31	18,046
Arkansas	1,348	-268	160	0	0	4,952	0.4	58	-2,499	19	7	4,978
California	38,273	-4,397	-4,444	115	84	391,847	2.2	-11,278	-29,863	1,851	1,200	394,898
Colorado	2,810	-325	-75	5	8	36,605	1.3	1,338	3,377	313	222	37,140
Connecticut	3,047	-370	121	2	0	31,688	1.9	-2,130	163	46	25	31,759
Delaware	273	-71	52	6	1	6,190	1.3	-336	560	22	3	6,215
District of Columbia	588	-182	-619	40	1	7,739	1.4	-163	-3,408	1,049	6	8,794
Florida	5,450	-191	-234	20	17	29,142	0.3	-178	-3,206	164	71	29,377
Georgia	4,436	-73	78	42	7	26,058	0.5	-360	-3,154	272	89	26,419
Hawaii	1,025	-31	133	2	5	5,466	0.9	-57	158	50	61	5,577
Idaho	830	-109	-320	5	1	9,507	1.1	-870	-833	118	12	9,637
Illinois	6,999	-701	-1,649	9	11	124,106	2.1	412	-9,652	539	118	124,763
Indiana	2,608	22	242	2	5	23,875	0.8	-643	-2,731	62	21	23,958
Iowa	1,736	200	5	3	1	17,681	1.1	-1,148	-4,193	16	8	17,705
Kansas	1,061	-230	-106	0	0	8,551	0.6	-131	-1,519	30	15	8,596
Kentucky	5,051	3,305	3,518	1	0	16,663	0.8	3,289	3,812	73	24	16,760
Louisiana	1,232	-8	-292	3	4	6,260	0.3	-96	-4,831	42	14	6,316
Maine	560	-62	-17	1	2	9,418	1.5	-70	381	39	5	9,462
Maryland	2,113	-384	-549	39	9	26,320	1.0	-423	159	763	59	27,142
Massachusetts	4,651	-841	-203	1	0	97,447	2.7	-4,148	11,999	305	46	97,798
Michigan	4,704	-967	-4,674	8	5	85,901	2.0	4,237	7,020	168	31	86,100
Minnesota	3,688	-269	-419	4	3	67,635	2.3	-3,264	-1,648	104	57	67,796
Mississippi	1,042	228	-1,626	5	2	5,803	0.5	-208	-626	58	9	5,870
Missouri	3,027	-3,217	197	1	1	22,542	0.8	1,452	1,567	92	14	22,648
Montana	503	-79	-40	6	1	9,880	2.0	-469	-489	297	12	10,189
Nebraska	964	357	-40	2	0	7,601	0.8	-339	285	22	1	7,624
Nevada	2,384	-213	-177	2	1	26,491	1.7	-533	603	145	70	26,706
New Hampshire	429	-108	15	2	1	4,751	0.7	-638	552	9	0	4,760
New Jersey	8,114	-1,745	-78	41	19	119,659	2.8	-4,919	3,460	380	240	120,279
New Mexico	796	18	-202	2	2	10,708	1.3	10	-165	123	33	10,864
New York	13,862	-2,909	-572	27	17	200,652	2.1	-6,531	20,723	643	245	201,540
North Carolina	2,998	-318	-397	3	0	19,649	0.4	-99	-6,558	106	74	19,829
North Dakota	304	-34	40	1	0	5,964	1.4	-278	208	14	4	5,982
Ohio	5,899	271	431	6	11	60,310	1.1	-17	-4,141	130	52	60,492
Oklahoma	2,103	1,201	773	4	0	9,736	0.6	-762	-194	46	33	9,815
Oregon	4,584	-100	322	7	2	38,191	1.9	-839	4,569	547	76	38,814
Pennsylvania	9,459	-1,639	-444	17	10	108,663	1.8	-4,097	-2,980	508	115	109,286
Puerto Rico	902	-161	-97	7	4	16,574	1.8	28	1,107	313	77	16,964
Rhode Island	991	-173	98	6	1	14,784	3.0	-1,668	1,043	57	15	14,856
South Carolina	1,784	-56	-102	2	8	14,679	0.6	-311	295	45	46	14,770
South Dakota	170	2	-14	2	0	2,946	0.7	-88	-26	16	2	2,964
Tennessee	3,422	553	816	3	9	16,978	0.5	-810	623	51	37	17,066
Texas	15,590	-27	-3,653	67	73	148,893	1.1	-522	1,369	679	825	150,397
Utah	1,362	-324	-122	12	3	14,997	0.9	-391	98	257	19	15,273
Vermont	461	139	64	0	0	3,863	1.3	-482	63	1	0	3,864
Virgin Islands	16	-1	-8	0	0	232	0.7	10	-22	10	0	242
Virginia	2,662	-1,536	-479	21	7	21,511	0.6	1,074	3,162	296	73	21,880
Washington	5,587	-155	304	9	19	85,404	2.4	-2,243	3,948	632	389	86,425
West Virginia	573	-83	-92	1	1	8,099	1.2	-346	-533	56	14	8,169
Wisconsin	3,567	6	-491	6	4	29,525	1.0	-1,280	-3,979	54	10	29,589
Wyoming	352	-39	29	2	0	2,618	1.0	-182	-107	47	2	2,667
Totals	190,982	-16,270	-16,416	584	373	2,095,688	1.4	-41,751	-20,850	11,886	4,632	2,112,206

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 14, 2026

STATES WITH AN INCREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
KY	+3,305	Layoffs in manufacturing industry.
OK	+1,201	No comment.

STATES WITH A DECREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
CA	-4,397	No comment.
MO	-3,217	Fewer layoffs in manufacturing, information, and in administrative and support and waste management and remediation services industries.
NY	-2,909	Fewer layoffs in construction, transportation and warehousing, and in real estate and rental and leasing industries.
NJ	-1,745	No comment.
PA	-1,639	Fewer layoffs in construction and in transportation and warehousing industries.
VA	-1,536	Fewer layoffs in manufacturing industry.

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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