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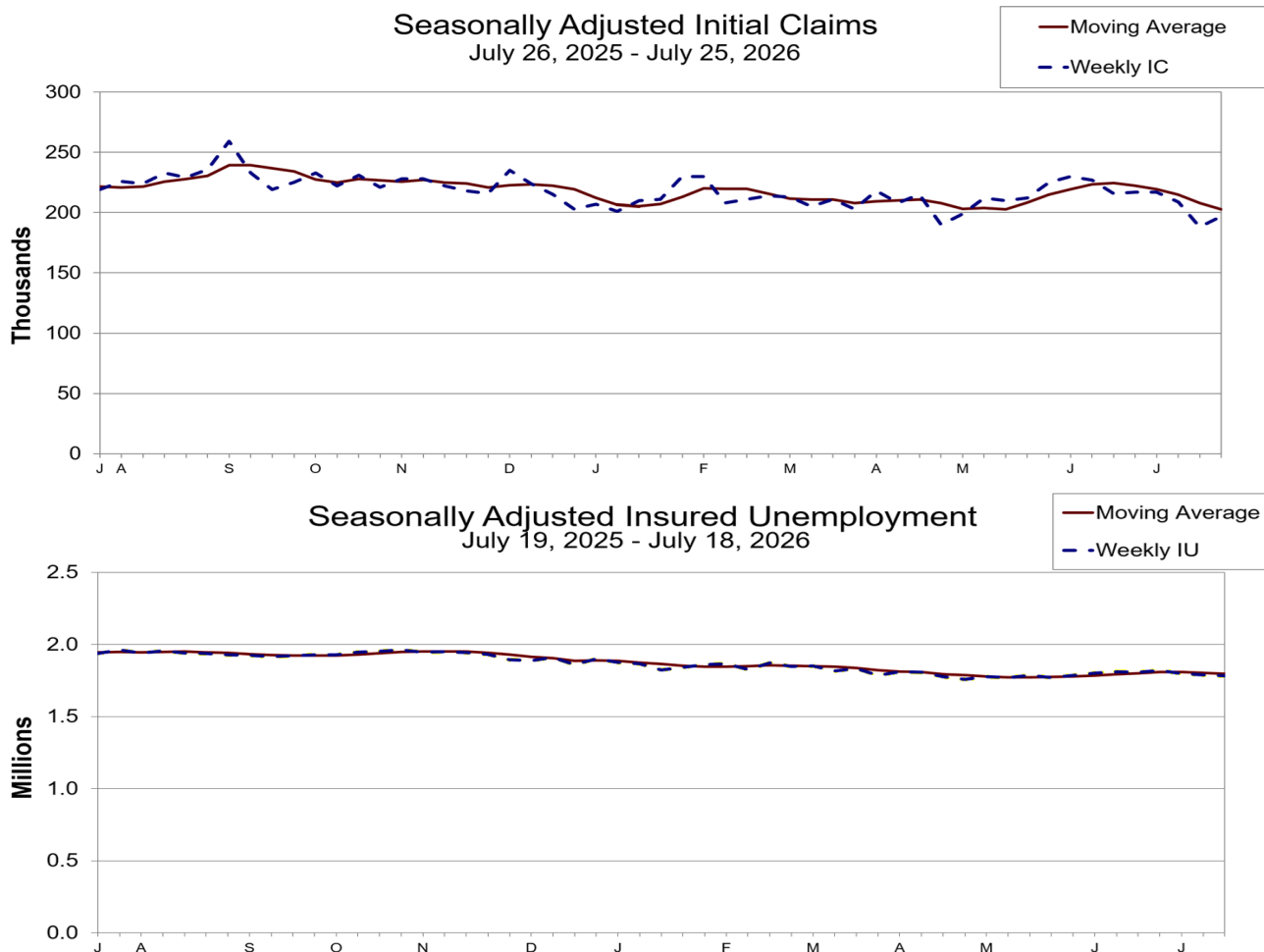
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8:30 A.M. (Eastern) Thursday, July 30, 2026

UNEMPLOYMENT INSURANCE WEEKLY CLAIMS

SEASONALLY ADJUSTED DATA

In the week ending July 25, the advance figure for seasonally adjusted **initial claims** was 197,000, an increase of 9,000 from the previous week's revised level. The previous week's level was revised up by 1,000 from 187,000 to 188,000. The 4-week moving average was 202,750, a decrease of 5,000 from the previous week's revised average. The previous week's average was revised up by 250 from 207,500 to 207,750.

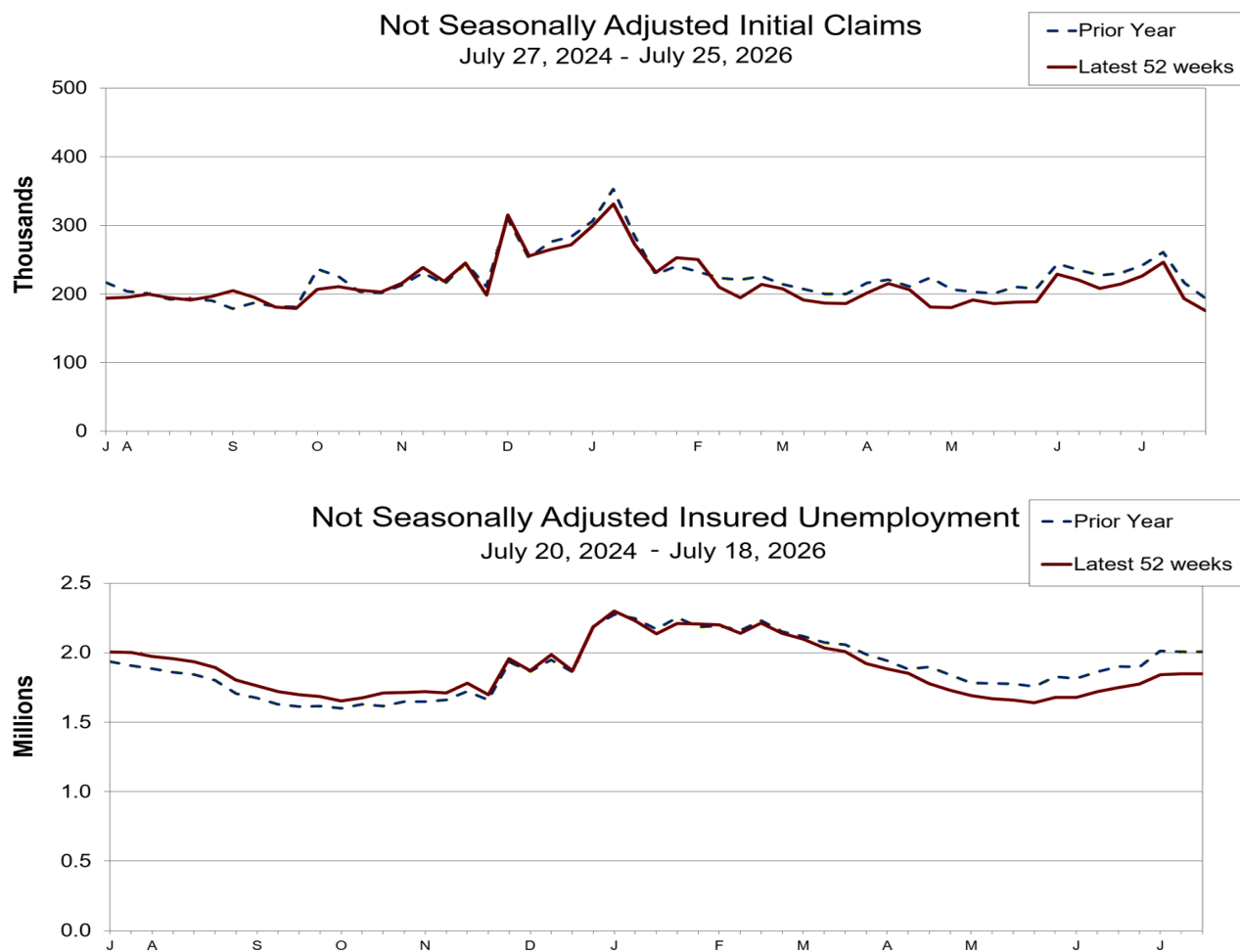
The advance seasonally adjusted **insured unemployment rate** was 1.2 percent for the week ending July 18, unchanged from the previous week's unrevised rate. The advance number for seasonally adjusted **insured unemployment** during the week ending July 18 was 1,782,000, a decrease of 7,000 from the previous week's revised level. The previous week's level was revised down by 7,000 from 1,796,000 to 1,789,000. The 4-week moving average was 1,797,500, a decrease of 6,000 from the previous week's revised average. The previous week's average was revised down by 1,750 from 1,805,250 to 1,803,500.



UNADJUSTED DATA

The advance number of actual initial claims under state programs, unadjusted, totaled 175,573 in the week ending July 25, a decrease of 17,803 (or -9.2 percent) from the previous week. The seasonal factors had expected a decrease of 25,633 (or -13.3 percent) from the previous week. There were 193,790 initial claims in the comparable week in 2025.

The advance unadjusted insured unemployment rate was 1.2 percent during the week ending July 18, unchanged from the prior week. The advance unadjusted level of insured unemployment in state programs totaled 1,848,068, an increase of 1,867 (or 0.1 percent) from the preceding week. The seasonal factors had expected an increase of 8,945 (or 0.5 percent) from the previous week. A year earlier the rate was 1.3 percent and the volume was 2,005,922.



The total number of continued weeks claimed for benefits in all programs for the week ending July 11 was 1,872,139, an increase of 7,485 from the previous week. There were 2,037,427 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 July 11.

Initial claims for UI benefits filed by former Federal civilian employees totaled 418 in the week ending July 18, a decrease of 52 from the prior week. There were 412 initial claims filed by newly discharged veterans, an increase of 28 from the preceding week.

There were 6,507 continued weeks claimed filed by former Federal civilian employees the week ending July 11, a decrease of 23 from the previous week. Newly discharged veterans claiming benefits totaled 4,730, an increase of 194 from the prior week.

The highest insured unemployment rates in the week ending July 11 were in New Jersey (2.7), Puerto Rico (2.6), Rhode Island (2.3), Massachusetts (2.2), Minnesota (2.1), Oregon (2.0), Washington (2.0), California (1.9), Connecticut (1.7), Nevada (1.7), New York (1.7), and Pennsylvania (1.7).

The largest increases in initial claims for the week ending July 18 were in Louisiana (+346), Delaware (+162), Vermont (+75), West Virginia (+12), and Wyoming (+1), while the largest decreases were in New York (-17,156), Michigan (-4,974), California (-4,242), Texas (-2,354), and Pennsylvania (-2,266).

UNEMPLOYMENT INSURANCE DATA FOR REGULAR STATE PROGRAMS

WEEK ENDING	July 25	July 18	Change	July 11	Prior Year ¹
Initial Claims (SA)	197,000	188,000	+9,000	209,000	219,000
Initial Claims (NSA)	175,573	193,376	-17,803	246,015	193,790
4-Wk Moving Average (SA)	202,750	207,750	-5,000	214,750	221,500

WEEK ENDING	July 18	July 11	Change	July 4	Prior Year ¹
Insured Unemployment (SA)	1,782,000	1,789,000	-7,000	1,798,000	1,936,000
Insured Unemployment (NSA)	1,848,068	1,846,201	+1,867	1,839,692	2,005,922
4-Wk Moving Average (SA)	1,797,500	1,803,500	-6,000	1,809,250	1,944,500
Insured Unemployment Rate (SA) ²	1.2%	1.2%	0.0	1.2%	1.3%
Insured Unemployment Rate (NSA) ²	1.2%	1.2%	0.0	1.2%	1.3%

INITIAL CLAIMS FILED IN FEDERAL PROGRAMS (UNADJUSTED)

WEEK ENDING	July 18	July 11	Change	Prior Year ¹
Federal Employees (UCFE)	418	470	-52	722
Newly Discharged Veterans (UCX)	412	384	+28	371

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

WEEK ENDING	July 11	July 4	Change	Prior Year ¹
Regular State	1,841,316	1,834,723	+6,593	1,999,709
Federal Employees	6,507	6,530	-23	7,407
Newly Discharged Veterans	4,730	4,536	+194	4,592
Extended Benefits ³	21	13	+8	81
State Additional Benefits ⁴	3,081	3,142	-61	2,664
STC / Workshare ⁵	16,484	15,710	+774	22,974
TOTAL	1,872,139	1,864,654	+7,485	2,037,427

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 153,732,307 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 July 25			Insured Unemployment For Week Ended July 18		
	Advance	Prior Wk	Change	Advance	Prior Wk	Change
Alabama	1,537	2,079	-542	7,868	9,302	-1,434
Alaska	504	403	101	3,202	3,224	-22
Arizona	2,872	3,177	-305	22,943	25,263	-2,320
Arkansas	1,248	1,508	-260	5,808	6,431	-623
California	38,087	39,163	-1,076	349,888	342,747	7,141
Colorado	2,800	2,916	-116	32,238	30,969	1,269
Connecticut	2,766	2,951	-185	29,321	28,286	1,035
Delaware	470	510	-40	5,742	5,144	598
District of Columbia	638	686	-48	7,830	7,723	107
Florida	5,806	6,281	-475	32,322	32,363	-41
Georgia	4,102	5,269	-1,167	25,627	27,652	-2,025
Hawaii	1,010	933	77	6,203	6,260	-57
Idaho	586	616	-30	4,715	5,508	-793
Illinois	7,065	7,318	-253	97,506	94,405	3,101
Indiana	2,027	3,349	-1,322	18,737	20,998	-2,261
Iowa	1,374	1,285	89	8,106	8,582	-476
Kansas	961	1,333	-372	8,427	7,598	829
Kentucky	1,595	2,162	-567	10,713	10,230	483
Louisiana	1,377	1,642	-265	6,973	7,938	-965
Maine	411	361	50	5,004	5,177	-173
Maryland	1,899	2,237	-338	25,338	25,151	187
Massachusetts	4,361	5,037	-676	75,927	76,951	-1,024
Michigan	4,892	7,564	-2,672	54,998	53,093	1,905
Minnesota	3,523	3,827	-304	61,578	61,187	391
Mississippi	849	1,058	-209	8,202	8,907	-705
Missouri	2,423	2,884	-461	20,032	22,823	-2,791
Montana	315	432	-117	4,429	4,564	-135
Nebraska	511	531	-20	5,964	6,159	-195
Nevada	2,572	2,573	-1	26,766	26,798	-32
New Hampshire	270	391	-121	3,693	4,388	-695
New Jersey	7,887	9,369	-1,482	112,569	112,222	347
New Mexico	849	892	-43	10,318	10,128	190
New York	13,002	14,735	-1,733	167,685	168,427	-742
North Carolina	2,940	3,146	-206	19,025	20,097	-1,072
North Dakota	240	273	-33	2,623	2,411	212
Ohio	5,007	4,432	575	41,014	43,856	-2,842
Oklahoma	1,110	1,232	-122	11,400	11,721	-321
Oregon	4,808	4,835	-27	41,691	39,957	1,734
Pennsylvania	8,458	9,721	-1,263	99,616	101,093	-1,477
Puerto Rico *	1,288	1,818	-530	22,217	23,592	-1,375
Rhode Island	751	833	-82	11,259	11,378	-119
South Carolina	1,688	2,522	-834	17,615	18,420	-805
South Dakota	182	161	21	1,313	1,279	34
Tennessee	2,621	2,770	-149	18,996	19,825	-829
Texas	14,046	14,077	-31	156,872	153,187	3,685
Utah	1,116	1,139	-23	10,857	11,014	-157
Vermont	637	310	327	2,815	2,563	252
Virgin Islands	38	34	4	328	314	14
Virginia	2,321	2,420	-99	22,200	20,278	1,922
Washington	4,611	4,652	-41	72,184	69,118	3,066
West Virginia	605	702	-97	6,700	6,411	289
Wisconsin	2,340	2,592	-252	21,015	21,478	-463
Wyoming	177	235	-58	1,656	1,611	45
US Total	175,573	193,376	-17,803	1,848,068	1,846,201	1,867

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.

*Denotes OUI estimate.

Seasonally Adjusted US Weekly UI Claims (in thousands)

Week Ending	Change from			Change from			IUR
	Initial Claims	Prior Week	4-Week Average	Insured Unemployment	Prior Week	4-Week Average	
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	1,832	16	1,836.50	1.2
March 28, 2026	203	-8	208.00	1,787	-45	1,821.50	1.2
April 4, 2026	218	15	209.25	1,809	22	1,811.00	1.2
April 11, 2026	208	-10	210.00	1,808	-1	1,809.00	1.2
April 18, 2026	215	7	211.00	1,776	-32	1,795.00	1.2
April 25, 2026	190	-25	207.75	1,758	-18	1,787.75	1.1
May 2, 2026	199	9	203.00	1,776	18	1,779.50	1.2
May 9, 2026	212	13	204.00	1,771	-5	1,770.25	1.2
May 16, 2026	210	-2	202.75	1,785	14	1,772.50	1.2
May 23, 2026	212	2	208.25	1,771	-14	1,775.75	1.2
May 30, 2026	225	13	214.75	1,786	15	1,778.25	1.2
June 6, 2026	230	5	219.25	1,800	14	1,785.50	1.2
June 13, 2026	227	-3	223.50	1,812	12	1,792.25	1.2
June 20, 2026	216	-11	224.50	1,806	-6	1,801.00	1.2
June 27, 2026	217	1	222.50	1,821	15	1,809.75	1.2
July 4, 2026	217	0	219.25	1,798	-23	1,809.25	1.2
July 11, 2026	209	-8	214.75	1,789	-9	1,803.50	1.2
July 18, 2026	188	-21	207.75	1,782	-7	1,797.50	1.2
July 25, 2026	197	9	202.75				

INITIAL CLAIMS FILED DURING WEEK ENDED JULY 18						INSURED UNEMPLOYMENT FOR WEEK ENDED JULY 11						
STATE NAME	STATE	CHANGE FROM		UCFE ¹	UCX ¹	STATE	(%) ²	CHANGE FROM		UCFE ¹	UCX ¹	TOTAL INSURED UNEMPLOYMENT
		LAST WEEK	YEAR AGO					LAST WEEK	YEAR AGO			
Alabama	2,079	-444	-242	4	6	9,302	0.5	-3	-1,552	25	28	9,355
Alaska	403	-20	-64	0	0	3,224	1.0	26	-283	25	3	3,252
Arizona	3,177	-233	-545	10	9	25,263	0.8	680	-8,051	137	31	25,431
Arkansas	1,508	-2	71	1	3	6,431	0.5	288	-2,715	4	6	6,441
California	39,163	-4,242	-2,599	81	83	342,747	1.9	4,553	-43,091	818	1,238	344,803
Colorado	2,916	-385	201	1	21	30,969	1.1	190	-394	124	202	31,295
Connecticut	2,951	-591	-53	2	1	28,286	1.7	-569	-1,593	58	27	28,371
Delaware	510	162	251	5	1	5,144	1.1	-326	-901	11	4	5,159
District of Columbia	686	-146	-194	22	3	7,723	1.4	62	-4,040	567	4	8,294
Florida	6,281	-1,053	-50	20	23	32,363	0.3	-5,260	-4,863	93	63	32,519
Georgia	5,269	-395	-1,511	21	14	27,652	0.6	-37	-3,846	184	94	27,930
Hawaii	933	-256	-8	1	12	6,260	1.0	117	274	38	51	6,349
Idaho	616	-199	-246	0	1	5,508	0.6	98	-355	12	8	5,528
Illinois	7,318	-1,655	-3,444	9	7	94,405	1.6	1,223	-11,713	321	130	94,856
Indiana	3,349	-777	85	4	3	20,998	0.7	1,821	-814	27	22	21,047
Iowa	1,285	-316	-797	0	2	8,582	0.6	-881	-701	14	3	8,599
Kansas	1,333	-351	-7	2	2	7,598	0.5	-268	-1,284	25	30	7,653
Kentucky	2,162	-107	-5,706	1	2	10,230	0.5	278	-344	66	52	10,348
Louisiana	1,642	346	-185	2	1	7,938	0.4	92	-4,144	36	9	7,983
Maine	361	-95	-79	0	0	5,177	0.8	-164	-567	12	8	5,197
Maryland	2,237	-348	-95	30	6	25,151	1.0	59	-4,424	343	59	25,553
Massachusetts	5,037	-958	410	2	4	76,951	2.2	-87	399	204	104	77,259
Michigan	7,564	-4,974	910	1	3	53,093	1.2	4,614	-4,239	82	36	53,211
Minnesota	3,827	-1,242	-56	2	4	61,187	2.1	-2,356	-2,560	59	55	61,301
Mississippi	1,058	-257	163	2	1	8,907	0.8	7	-241	46	7	8,960
Missouri	2,884	-636	50	3	3	22,823	0.8	1,435	226	52	11	22,886
Montana	432	-16	50	6	0	4,564	0.9	-211	-6	33	8	4,605
Nebraska	531	-142	-157	1	1	6,159	0.6	-236	-179	17	1	6,177
Nevada	2,573	-479	-448	0	1	26,798	1.7	-52	2,216	45	66	26,909
New Hampshire	391	-98	-86	1	0	4,388	0.6	-60	-163	3	1	4,392
New Jersey	9,369	-1,808	0	19	22	112,222	2.7	2,579	-3,922	219	213	112,654
New Mexico	892	-34	78	6	6	10,128	1.2	-82	-796	117	22	10,267
New York	14,735	-17,156	-650	12	12	168,427	1.7	-2,166	2,707	360	241	169,028
North Carolina	3,146	-227	-184	2	4	20,097	0.4	92	-2,571	71	83	20,251
North Dakota	273	-121	-133	8	0	2,411	0.6	137	-1,424	161	2	2,574
Ohio	4,432	-1,321	-795	5	8	43,856	0.8	-678	-8,285	64	64	43,984
Oklahoma	1,232	-232	-247	4	7	11,721	0.7	-140	-181	41	31	11,793
Oregon	4,835	-870	265	3	1	39,957	2.0	-241	2,644	122	52	40,131
Pennsylvania	9,721	-2,266	-607	12	10	101,093	1.7	137	-10,781	316	103	101,512
Puerto Rico	1,818	-730	-50	3	1	23,592	2.6	-101	-1,372	243	53	23,888
Rhode Island	833	-179	-82	2	1	11,378	2.3	31	-1,421	31	11	11,420
South Carolina	2,522	-1,596	4	5	3	18,420	0.8	-370	311	53	31	18,504
South Dakota	161	-20	19	19	0	1,279	0.3	-60	-39	126	2	1,407
Tennessee	2,770	-1,746	-189	1	3	19,825	0.6	217	-1,270	38	34	19,897
Texas	14,077	-2,354	-4,561	52	90	153,187	1.1	2,537	-24,235	556	911	154,654
Utah	1,139	-199	-257	9	3	11,014	0.6	-107	-983	57	25	11,096
Vermont	310	75	90	1	0	2,563	0.9	-100	9	9	3	2,575
Virgin Islands	34	-15	10	0	0	314	0.9	44	72	6	2	322
Virginia	2,420	-455	-180	14	4	20,278	0.5	157	-1,030	174	105	20,557
Washington	4,652	-1,069	-373	3	19	69,118	2.0	-442	-4,529	188	363	69,669
West Virginia	702	12	-111	0	1	6,411	0.9	-105	-1,089	31	7	6,449
Wisconsin	2,592	-420	-287	3	0	21,478	0.7	112	-2,157	35	11	21,524
Wyoming	235	1	-26	1	0	1,611	0.6	25	-121	8	0	1,619
Totals	193,376	-52,639	-22,647	418	412	1,846,201	1.2	6,509	-160,411	6,507	4,730	1,857,438

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 JULY 18, 2026

STATES WITH AN INCREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
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None

STATES WITH A DECREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
NY	-17,156	Fewer layoffs in transportation and warehousing, health care and social assistance, and educational services industries.
MI	-1,309	Fewer layoffs in manufacturing industry.
CA	-4,974	No comment.
TX	-2,354	No comment.
PA	-2,266	Fewer layoffs in accommodation and food services, transportation and warehousing, and administrative and support and waste management and remediation services industries.
NJ	-1,808	No comment.
TN	-1,746	No comment.
IL	-1,655	Fewer layoffs in transportation and warehousing, wholesale trade, retail trade, and construction industries.
SC	-1,596	No comment.
OH	-1,321	No comment.
MN	-1,242	No comment.
WA	-1,069	No comment.
FL	-1,053	Fewer layoffs in agriculture, forestry, fishing and hunting; construction; wholesale trade; retail trade; and manufacturing industries.

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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