



News Release

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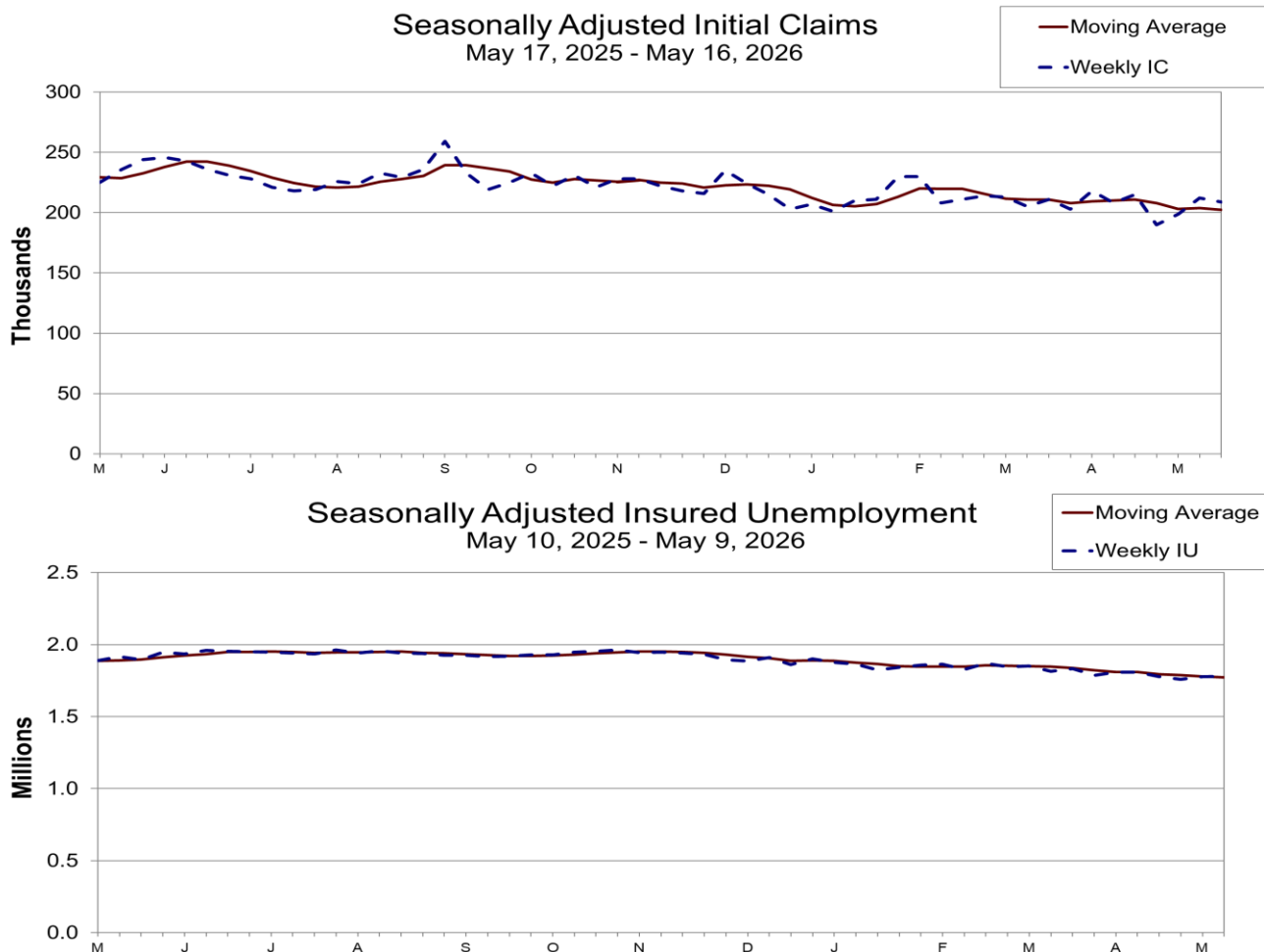
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8:30 A.M. (Eastern) Thursday, May 21, 2026

UNEMPLOYMENT INSURANCE WEEKLY CLAIMS

SEASONALLY ADJUSTED DATA

In the week ending May 16, the advance figure for seasonally adjusted **initial claims** was 209,000, a decrease of 3,000 from the previous week's revised level. The previous week's level was revised up by 1,000 from 211,000 to 212,000. The 4-week moving average was 202,500, a decrease of 1,500 from the previous week's revised average. The previous week's average was revised up by 250 from 203,750 to 204,000.

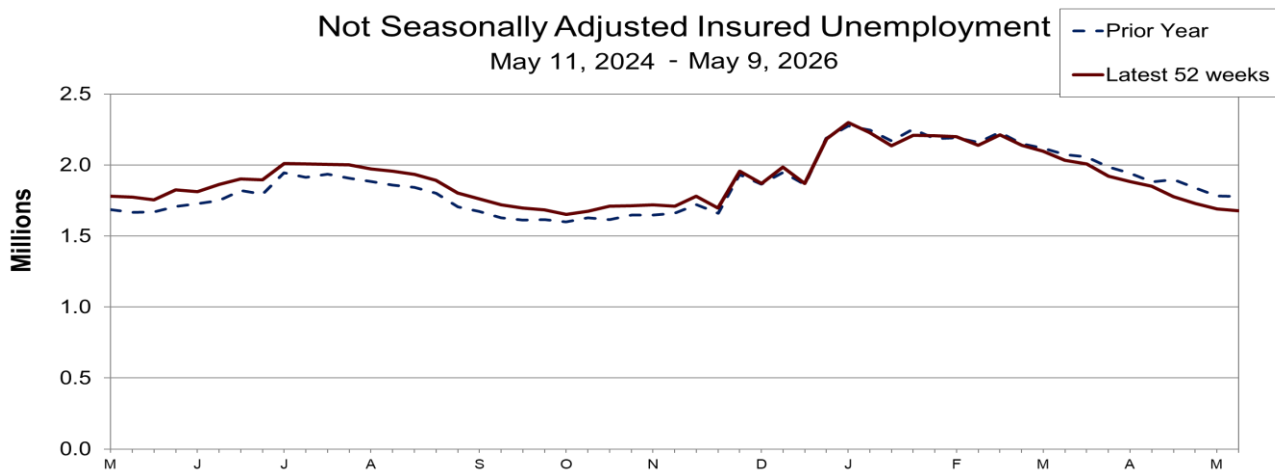
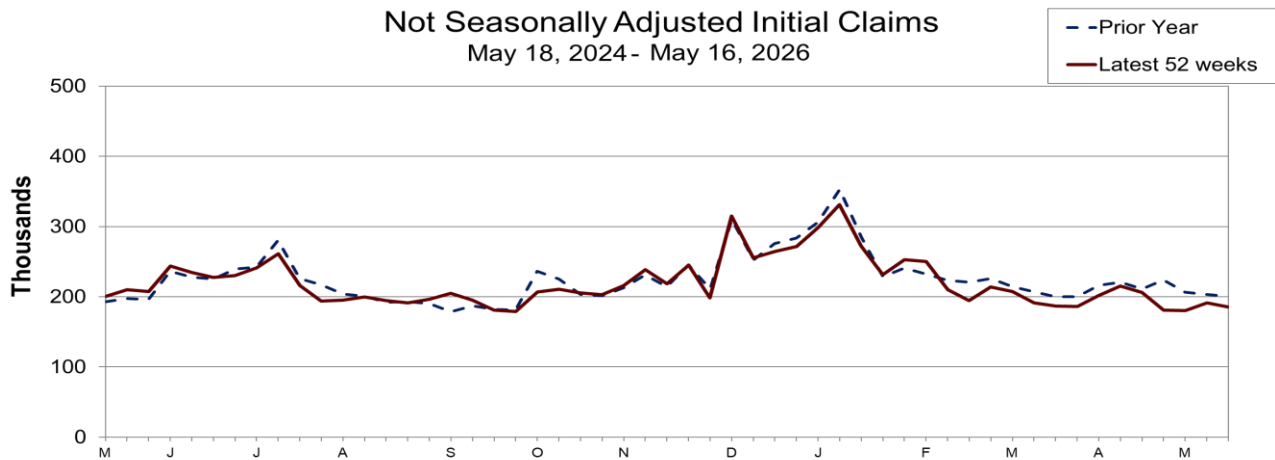
The advance seasonally adjusted **insured unemployment rate** was 1.2 percent for the week ending May 9, unchanged from the previous week's unrevised rate. The advance number for seasonally adjusted **insured unemployment** during the week ending May 9 was 1,782,000, an increase of 6,000 from the previous week's revised level. The previous week's level was revised down by 6,000 from 1,782,000 to 1,776,000. The 4-week moving average was 1,773,000, a decrease of 6,500 from the previous week's revised average. The previous week's average was revised down by 1,500 from 1,781,000 to 1,779,500.



UNADJUSTED DATA

The advance number of actual initial claims under state programs, unadjusted, totaled 185,625 in the week ending May 16, a decrease of 5,826 (or -3.0 percent) from the previous week. The seasonal factors had expected a decrease of 3,385 (or -1.8 percent) from the previous week. There were 200,637 initial claims in the comparable week in 2025.

The advance unadjusted insured unemployment rate was 1.1 percent during the week ending May 9, unchanged from the prior week. The advance unadjusted level of insured unemployment in state programs totaled 1,678,750, a decrease of 10,658 (or -0.6 percent) from the preceding week. The seasonal factors had expected a decrease of 15,988 (or -0.9 percent) from the previous week. A year earlier the rate was 1.2 percent and the volume was 1,779,686.



The total number of continued weeks claimed for benefits in all programs for the week ending May 2 was 1,719,146, a decrease of 38,104 from the previous week. There were 1,810,859 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 May 2.

Initial claims for UI benefits filed by former Federal civilian employees totaled 424 in the week ending May 9, an increase of 32 from the prior week. There were 395 initial claims filed by newly discharged veterans, an increase of 12 from the preceding week.

There were 7,710 continued weeks claimed filed by former Federal civilian employees the week ending May 2, a decrease of 110 from the previous week. Newly discharged veterans claiming benefits totaled 4,412, a decrease of 5 from the prior week.

The highest insured unemployment rates in the week ending May 2 were in New Jersey (2.2), Washington (2.1), California (2.0), Massachusetts (2.0), Rhode Island (1.8), Oregon (1.7), Puerto Rico (1.7), Nevada (1.6), New York (1.6), and Illinois (1.5).

The largest increases in initial claims for the week ending May 9 were in Florida (+2,591), Texas (+2,111), Kentucky (+1,739), Pennsylvania (+1,108), and New York (+1,096), while the largest decreases were in California (-1,232), Michigan (-733), New Hampshire (-527), Rhode Island (-190), and North Dakota (-172).

UNEMPLOYMENT INSURANCE DATA FOR REGULAR STATE PROGRAMS

WEEK ENDING	May 16	May 9	Change	May 2	Prior Year ¹
Initial Claims (SA)	209,000	212,000	-3,000	199,000	225,000
Initial Claims (NSA)	185,625	191,451	-5,826	180,313	200,637
4-Wk Moving Average (SA)	202,500	204,000	-1,500	203,000	229,500

WEEK ENDING	May 9	May 2	Change	April 25	Prior Year ¹
Insured Unemployment (SA)	1,782,000	1,776,000	+6,000	1,758,000	1,889,000
Insured Unemployment (NSA)	1,678,750	1,689,408	-10,658	1,727,781	1,779,686
4-Wk Moving Average (SA)	1,773,000	1,779,500	-6,500	1,787,750	1,888,750
Insured Unemployment Rate (SA) ²	1.2%	1.2%	0.0	1.1%	1.2%
Insured Unemployment Rate (NSA) ²	1.1%	1.1%	0.0	1.1%	1.2%

INITIAL CLAIMS FILED IN FEDERAL PROGRAMS (UNADJUSTED)

WEEK ENDING	May 9	May 2	Change	Prior Year ¹
Federal Employees (UCFE)	424	392	+32	599
Newly Discharged Veterans (UCX)	395	383	+12	372

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

WEEK ENDING	May 2	April 25	Change	Prior Year ¹
Regular State	1,683,541	1,722,164	-38,623	1,776,541
Federal Employees	7,710	7,820	-110	6,473
Newly Discharged Veterans	4,412	4,417	-5	4,380
Extended Benefits ³	34	52	-18	27
State Additional Benefits ⁴	3,644	3,675	-31	3,009
STC / Workshare ⁵	19,805	19,122	+683	20,429
TOTAL	1,719,146	1,757,250	-38,104	1,810,859

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 153,547,535 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 May 16			Insured Unemployment For Week Ended May 9		
	Advance	Prior Wk	Change	Advance	Prior Wk	Change
Alabama	1,809	2,018	-209	7,099	7,265	-166
Alaska	544	450	94	4,247	4,377	-130
Arizona	2,968	3,094	-126	20,334	22,488	-2,154
Arkansas	1,356	1,623	-267	4,603	4,710	-107
California	37,608	38,699	-1,091	358,106	353,913	4,193
Colorado	2,912	3,049	-137	33,177	32,270	907
Connecticut	2,666	2,393	273	21,537	21,011	526
Delaware	224	265	-41	4,820	4,551	269
District of Columbia	746	633	113	7,468	6,667	801
Florida	6,051	8,164	-2,113	26,884	29,576	-2,692
Georgia	3,621	4,432	-811	23,654	25,021	-1,367
Hawaii	1,085	1,029	56	5,944	5,806	138
Idaho	648	717	-69	4,581	5,095	-514
Illinois	7,309	7,657	-348	87,864	90,511	-2,647
Indiana	2,391	2,550	-159	18,963	19,186	-223
Iowa	1,335	1,372	-37	6,912	7,350	-438
Kansas	986	1,103	-117	7,017	6,710	307
Kentucky	2,565	3,158	-593	10,240	13,047	-2,807
Louisiana	1,252	1,490	-238	4,928	6,007	-1,079
Maine	500	492	8	6,216	6,590	-374
Maryland	1,901	2,292	-391	22,029	22,221	-192
Massachusetts	4,884	4,506	378	69,122	71,182	-2,060
Michigan	4,449	5,139	-690	52,157	53,171	-1,014
Minnesota	3,358	3,396	-38	40,272	41,864	-1,592
Mississippi	1,324	1,189	135	5,917	6,076	-159
Missouri	2,651	2,145	506	14,967	14,923	44
Montana	419	439	-20	5,250	5,736	-486
Nebraska	825	595	230	4,891	5,050	-159
Nevada	2,285	2,852	-567	24,973	24,515	458
New Hampshire	287	422	-135	3,057	4,369	-1,312
New Jersey	7,789	8,334	-545	89,432	91,911	-2,479
New Mexico	877	793	84	10,142	9,844	298
New York	13,547	13,741	-194	156,185	155,908	277
North Carolina	3,313	3,537	-224	17,553	18,205	-652
North Dakota	265	231	34	2,258	2,545	-287
Ohio	5,624	4,728	896	39,736	40,705	-969
Oklahoma	1,335	1,202	133	9,896	10,129	-233
Oregon	4,432	4,025	407	35,472	34,000	1,472
Pennsylvania	9,844	9,298	546	75,470	75,101	369
Puerto Rico *	986	1,011	-25	16,223	16,119	104
Rhode Island	815	729	86	8,719	8,997	-278
South Carolina	1,932	2,110	-178	13,594	13,754	-160
South Dakota	213	176	37	1,176	1,330	-154
Tennessee	3,132	3,067	65	15,317	15,074	243
Texas	17,841	17,823	18	139,992	140,103	-111
Utah	1,327	1,471	-144	11,747	11,964	-217
Vermont	344	341	3	2,802	2,743	59
Virgin Islands	23	29	-6	198	164	34
Virginia	2,485	2,559	-74	20,751	18,895	1,856
Washington	5,300	5,432	-132	78,159	74,680	3,479
West Virginia	573	533	40	5,969	5,774	195
Wisconsin	2,425	2,605	-180	18,577	18,145	432
Wyoming	244	313	-69	2,153	2,060	93
US Total	185,625	191,451	-5,826	1,678,750	1,689,408	-10,658

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			Insured Unemployment	Change from		IUR
	Initial Claims	Prior Week	4-Week Average		Prior Week	4-Week Average	
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	1,832	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	1,782	6	1,773.00	1.2
May 16, 2026	209	-3	202.50				

INITIAL CLAIMS FILED DURING WEEK ENDED MAY 9						INSURED UNEMPLOYMENT FOR WEEK ENDED MAY 2						
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	2,018	489	-250	7	8	7,265	0.4	-178	-1,152	43	18	7,326
Alaska	450	-39	-62	1	0	4,377	1.4	-8	-128	41	2	4,420
Arizona	3,094	44	-481	5	8	22,488	0.7	728	-4,597	67	30	22,585
Arkansas	1,623	-8	294	1	0	4,710	0.4	119	-2,417	17	4	4,731
California	38,699	-1,232	-2,115	102	81	353,913	2.0	-3,025	-36,196	1,244	1,087	356,244
Colorado	3,049	-128	-40	2	6	32,270	1.1	-335	1,370	164	179	32,613
Connecticut	2,393	55	-259	2	3	21,011	1.2	-2,554	-1,040	47	19	21,077
Delaware	265	20	-31	0	1	4,551	1.0	-664	-75	18	2	4,571
District of Columbia	633	15	-193	19	1	6,667	1.2	-215	-3,526	674	8	7,349
Florida	8,164	2,591	1,440	18	30	29,576	0.3	-529	-4,001	113	85	29,774
Georgia	4,432	329	-79	24	23	25,021	0.5	-6	-4,078	223	94	25,338
Hawaii	1,029	66	5	1	8	5,806	1.0	148	451	24	53	5,883
Idaho	717	100	-157	3	1	5,095	0.6	-424	-545	26	9	5,130
Illinois	7,657	715	-1,916	11	8	90,511	1.5	-2,723	-7,979	413	120	91,044
Indiana	2,550	326	-14	3	0	19,186	0.6	-194	-1,951	44	22	19,252
Iowa	1,372	-106	-363	3	3	7,350	0.5	-33	-1,236	10	1	7,361
Kansas	1,103	112	-142	1	0	6,710	0.5	-21	-1,911	25	19	6,754
Kentucky	3,158	1,739	1,541	0	0	13,047	0.7	2,425	2,659	34	40	13,121
Louisiana	1,490	209	-123	0	3	6,007	0.3	55	-4,265	35	9	6,051
Maine	492	-56	-215	0	0	6,590	1.0	-718	2	21	7	6,618
Maryland	2,292	236	-448	31	10	22,221	0.9	-169	-1,326	491	54	22,766
Massachusetts	4,506	-45	-2,019	0	0	71,182	2.0	-7,504	7,805	316	85	71,583
Michigan	5,139	-733	-1,284	5	1	53,171	1.2	-4,287	4,003	104	18	53,293
Minnesota	3,396	452	-38	4	3	41,864	1.4	-2,651	-1,427	87	60	42,011
Mississippi	1,189	140	75	3	0	6,076	0.5	-1	-83	52	6	6,134
Missouri	2,145	-41	-313	2	1	14,923	0.5	-811	-1,366	66	5	14,994
Montana	439	-61	-13	5	2	5,736	1.1	-480	66	47	10	5,793
Nebraska	595	83	-389	0	0	5,050	0.5	-170	394	14	4	5,068
Nevada	2,852	331	268	1	0	24,515	1.6	-31	-122	57	72	24,644
New Hampshire	422	-527	13	2	1	4,369	0.6	388	67	5	2	4,376
New Jersey	8,334	353	-898	21	19	91,911	2.2	-1,011	-3,573	257	225	92,393
New Mexico	793	76	-143	2	3	9,844	1.2	-169	-373	50	18	9,912
New York	13,741	1,096	-108	23	17	155,908	1.6	-4,167	5,031	424	239	156,571
North Carolina	3,537	502	-106	5	0	18,205	0.4	38	-4,695	80	74	18,359
North Dakota	231	-172	-43	0	0	2,545	0.6	-135	36	6	4	2,555
Ohio	4,728	323	-799	2	4	40,705	0.7	-965	-8,398	77	57	40,839
Oklahoma	1,202	53	-338	2	10	10,129	0.6	21	-71	37	34	10,200
Oregon	4,025	-167	145	8	0	34,000	1.7	-907	2,724	180	58	34,238
Pennsylvania	9,298	1,108	-1,216	16	8	75,101	1.3	-1,562	-9,060	379	106	75,586
Puerto Rico	1,011	-15	-177	6	4	16,119	1.7	2,422	916	283	87	16,489
Rhode Island	729	-190	-91	2	0	8,997	1.8	-2,175	-273	38	16	9,051
South Carolina	2,110	170	-274	3	5	13,754	0.6	-103	-266	34	33	13,821
South Dakota	176	19	-1	2	0	1,330	0.3	-117	14	15	1	1,346
Tennessee	3,067	220	141	0	5	15,074	0.5	116	85	32	29	15,135
Texas	17,823	2,111	1,103	42	96	140,103	1.0	-2,010	-12,616	645	810	141,558
Utah	1,471	144	-151	7	3	11,964	0.7	-171	-230	80	21	12,065
Vermont	341	-14	-56	0	0	2,743	0.9	-639	-96	1	0	2,744
Virgin Islands	29	15	5	0	0	164	0.5	-26	-62	4	0	168
Virginia	2,559	245	-1,433	8	10	18,895	0.5	-37	751	219	77	19,191
Washington	5,432	264	-105	7	8	74,680	2.1	-1,313	1,810	266	383	75,329
West Virginia	533	-20	-141	1	1	5,774	0.8	13	-372	33	4	5,811
Wisconsin	2,605	-56	-163	10	0	18,145	0.6	-1,075	-2,021	34	10	18,189
Wyoming	313	-3	29	1	0	2,060	0.8	-533	27	14	2	2,076
Totals	191,451	11,138	-12,128	424	395	1,689,408	1.1	-38,373	-93,316	7,710	4,412	1,701,530

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 May 9, 2026

STATES WITH AN INCREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
FL	+2,591	Layoffs in agriculture, forestry, fishing and hunting; construction; wholesale trade; and in retail trade industries.
TX	+2,111	Layoffs in retail trade industry.
KY	+1,739	Layoffs in wholesale trade and manufacturing industry.
PA	+1,108	Layoffs in accommodation and food services, transportation and warehousing, and construction industries.
NY	+1,096	Layoffs in construction, real estate and rental and leasing, and in health care and social assistance industries.

STATES WITH A DECREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
CA	-1,232	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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Release Number: USDL 26-765-NAT

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