



News Release

Connect with DOL at <https://blog.dol.gov>



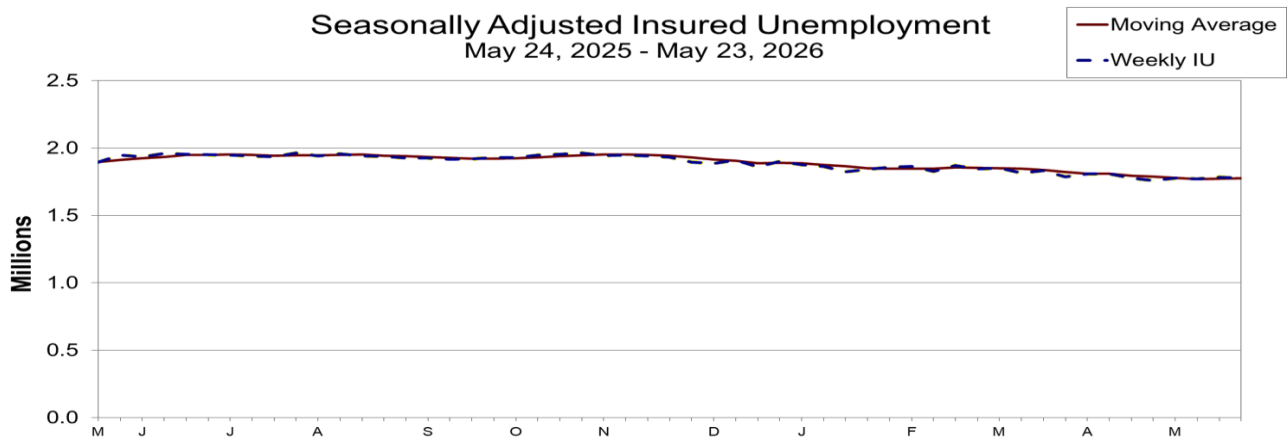
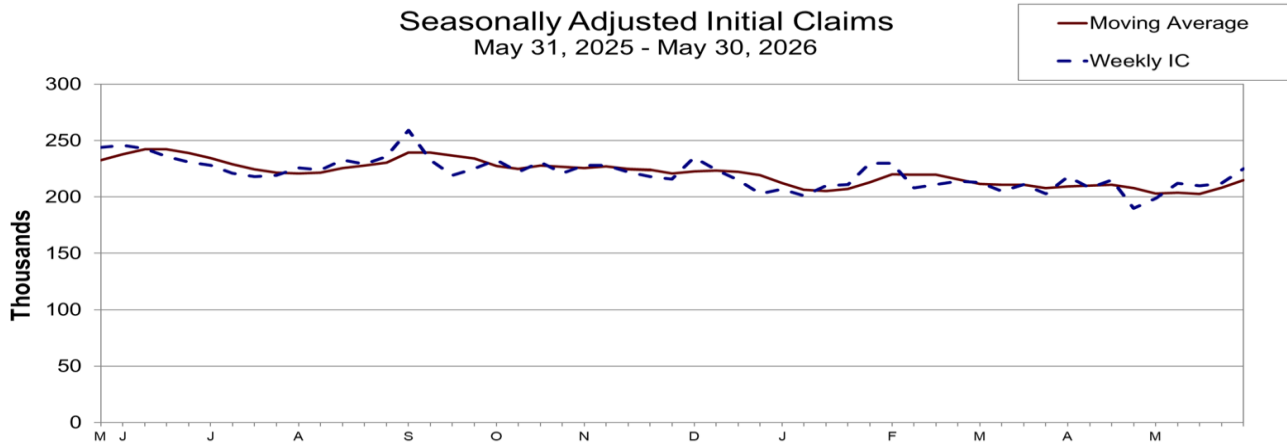
TRANSMISSION OF MATERIALS IN THIS RELEASE IS EMBARGOED UNTIL
8:30 A.M. (Eastern) Thursday, June 04, 2026

UNEMPLOYMENT INSURANCE WEEKLY CLAIMS

SEASONALLY ADJUSTED DATA

In the week ending May 30, the advance figure for seasonally adjusted **initial claims** was 225,000, an increase of 13,000 from the previous week's revised level. The previous week's level was revised down by 3,000 from 215,000 to 212,000. The 4-week moving average was 214,750, an increase of 6,500 from the previous week's revised average. The previous week's average was revised down by 750 from 209,000 to 208,250.

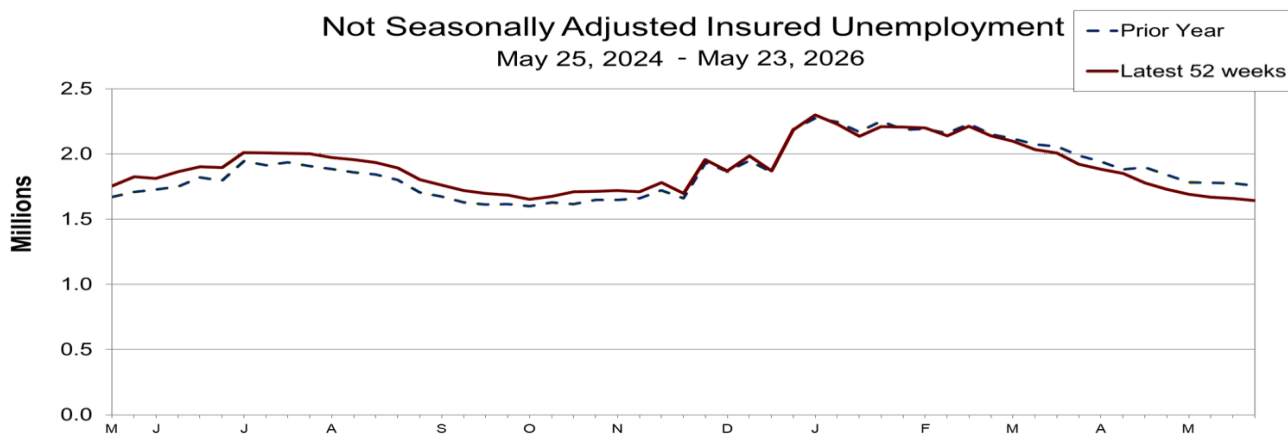
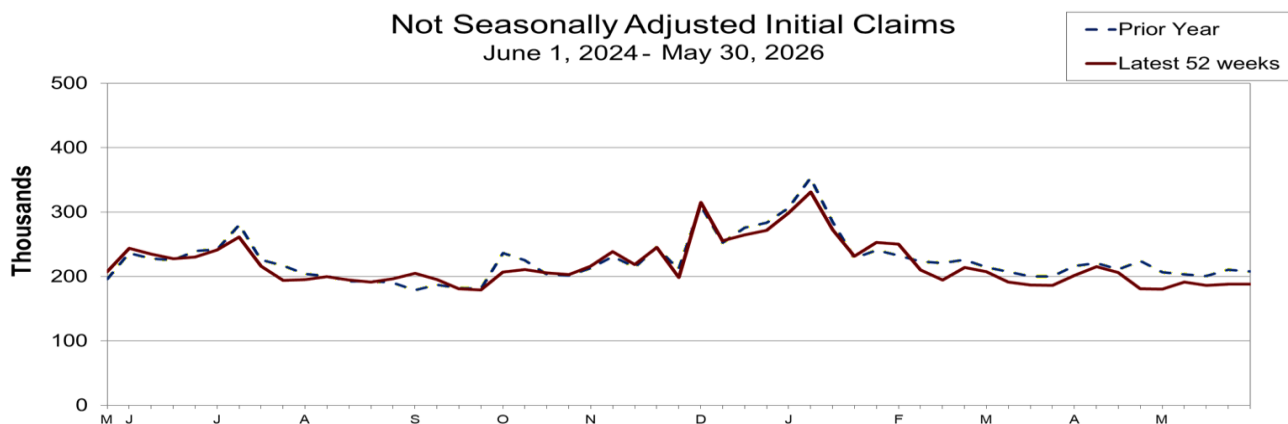
The advance seasonally adjusted **insured unemployment rate** was 1.2 percent for the week ending May 23, unchanged from the previous week's unrevised rate. The advance number for seasonally adjusted **insured unemployment** during the week ending May 23 was 1,777,000, a decrease of 8,000 from the previous week's revised level. The previous week's level was revised down by 1,000 from 1,786,000 to 1,785,000. The 4-week moving average was 1,777,250, an increase of 4,750 from the previous week's revised average. The previous week's average was revised down by 250 from 1,772,750 to 1,772,500.



UNADJUSTED DATA

The advance number of actual initial claims under state programs, unadjusted, totaled 187,978 in the week ending May 30, a decrease of 121 (or -0.1 percent) from the previous week. The seasonal factors had expected a decrease of 10,803 (or -5.7 percent) from the previous week. There were 207,512 initial claims in the comparable week in 2025.

The advance unadjusted insured unemployment rate was 1.1 percent during the week ending May 23, unchanged from the prior week. The advance unadjusted level of insured unemployment in state programs totaled 1,643,308, a decrease of 14,585 (or -0.9 percent) from the preceding week. The seasonal factors had expected a decrease of 7,138 (or -0.4 percent) from the previous week. A year earlier the rate was 1.2 percent and the volume was 1,755,336.



The total number of continued weeks claimed for benefits in all programs for the week ending May 16 was 1,685,805, a decrease of 11,212 from the previous week. There were 1,804,699 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 16.

Initial claims for UI benefits filed by former Federal civilian employees totaled 464 in the week ending May 23, an increase of 37 from the prior week. There were 385 initial claims filed by newly discharged veterans, an increase of 4 from the preceding week.

There were 7,154 continued weeks claimed filed by former Federal civilian employees the week ending May 16, a decrease of 150 from the previous week. Newly discharged veterans claiming benefits totaled 4,493, an increase of 223 from the prior week.

The highest insured unemployment rates in the week ending May 16 were in New Jersey (2.1), Washington (2.1), California (1.9), Massachusetts (1.9), Oregon (1.7), Rhode Island (1.7), Nevada (1.6), New York (1.6), Puerto Rico (1.6), and Illinois (1.5).

The largest increases in initial claims for the week ending May 23 were in Kansas (+1,292), Missouri (+1,246), Illinois (+1,026), Iowa (+874), and Minnesota (+455), while the largest decreases were in Texas (-1,322), California (-1,155), Kentucky (-960), Pennsylvania (-936), and Ohio (-902).

UNEMPLOYMENT INSURANCE DATA FOR REGULAR STATE PROGRAMS

WEEK ENDING	May 30	May 23	Change	May 16	Prior Year¹
Initial Claims (SA)	225,000	212,000	+13,000	210,000	244,000
Initial Claims (NSA)	187,978	188,099	-121	186,338	207,512
4-Wk Moving Average (SA)	214,750	208,250	+6,500	202,750	232,750

WEEK ENDING	May 23	May 16	Change	May 9	Prior Year¹
Insured Unemployment (SA)	1,777,000	1,785,000	-8,000	1,771,000	1,896,000
Insured Unemployment (NSA)	1,643,308	1,657,893	-14,585	1,668,622	1,755,336
4-Wk Moving Average (SA)	1,777,250	1,772,500	+4,750	1,770,250	1,896,500
Insured Unemployment Rate (SA) ²	1.2%	1.2%	0.0	1.2%	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 23	May 16	Change	Prior Year¹
Federal Employees (UCFE)	464	427	+37	523
Newly Discharged Veterans (UCX)	385	381	+4	297

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

WEEK ENDING	May 16	May 9	Change	Prior Year¹
Regular State	1,652,531	1,662,772	-10,241	1,769,448
Federal Employees	7,154	7,304	-150	6,717
Newly Discharged Veterans	4,493	4,270	+223	4,486
Extended Benefits ³	73	33	+40	37
State Additional Benefits ⁴	3,599	3,643	-44	3,041
STC / Workshare ⁵	17,955	18,995	-1,040	20,970
TOTAL	1,685,805	1,697,017	-11,212	1,804,699

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 30			Insured Unemployment For Week Ended May 23		
	Advance	Prior Wk	Change	Advance	Prior Wk	Change
Alabama	1,813	1,851	-38	7,285	7,883	-598
Alaska	565	451	114	4,007	4,198	-191
Arizona	2,825	3,029	-204	21,352	23,680	-2,328
Arkansas	1,274	1,556	-282	4,883	5,382	-499
California	40,076	36,146	3,930	335,473	339,949	-4,476
Colorado	2,900	3,197	-297	32,400	31,923	477
Connecticut	2,231	2,650	-419	22,105	20,708	1,397
Delaware	218	287	-69	4,799	4,510	289
District of Columbia	614	658	-44	7,573	6,953	620
Florida	5,167	5,970	-803	27,347	33,123	-5,776
Georgia	3,693	4,228	-535	23,846	25,618	-1,772
Hawaii	1,000	1,040	-40	6,014	5,774	240
Idaho	833	766	67	4,606	4,879	-273
Illinois	9,524	8,266	1,258	85,576	87,824	-2,248
Indiana	2,180	1,976	204	18,694	18,012	682
Iowa	1,706	2,217	-511	7,824	7,096	728
Kansas	1,535	2,306	-771	9,003	6,676	2,327
Kentucky	1,675	1,604	71	9,813	14,171	-4,358
Louisiana	1,717	1,694	23	5,381	6,290	-909
Maine	394	394	0	5,912	5,812	100
Maryland	1,624	2,429	-805	22,141	21,906	235
Massachusetts	4,266	4,861	-595	67,440	68,835	-1,395
Michigan	3,638	4,147	-509	46,549	49,602	-3,053
Minnesota	5,458	3,757	1,701	37,981	36,410	1,571
Mississippi	1,914	1,511	403	6,819	5,854	965
Missouri	3,613	4,032	-419	16,089	15,602	487
Montana	429	424	5	4,953	5,151	-198
Nebraska	856	920	-64	5,231	5,231	0
Nevada	2,396	2,330	66	24,306	24,480	-174
New Hampshire	246	411	-165	2,932	3,639	-707
New Jersey	7,068	8,272	-1,204	88,223	88,095	128
New Mexico	855	898	-43	9,532	9,642	-110
New York	13,410	13,728	-318	152,209	151,612	597
North Carolina	2,795	3,358	-563	18,218	19,045	-827
North Dakota	366	415	-49	2,425	2,019	406
Ohio	6,024	4,767	1,257	39,458	40,627	-1,169
Oklahoma	2,015	1,811	204	10,233	10,014	219
Oregon	4,410	3,892	518	34,789	33,311	1,478
Pennsylvania	8,844	8,795	49	75,661	75,994	-333
Puerto Rico	1,521	1,347	174	13,918	14,358	-440
Rhode Island	614	694	-80	8,403	8,365	38
South Carolina	2,326	2,116	210	14,090	14,240	-150
South Dakota	223	233	-10	1,178	1,173	5
Tennessee	5,271	3,569	1,702	15,480	14,548	932
Texas	14,408	16,565	-2,157	144,031	147,047	-3,016
Utah	1,090	1,225	-135	11,373	11,627	-254
Vermont	243	356	-113	2,649	2,579	70
Virgin Islands *	22	22	0	165	166	-1
Virginia	2,214	2,686	-472	21,310	19,171	2,139
Washington	4,600	4,934	-334	75,644	72,713	2,931
West Virginia	562	608	-46	6,358	5,633	725
Wisconsin	2,487	2,418	69	17,738	16,934	804
Wyoming	230	282	-52	1,889	1,809	80
US Total	187,978	188,099	-121	1,643,308	1,657,893	-14,585

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	Initial Claims	Change from		Insured Unemployment	Change from		IUR
		Prior Week	4-Week Average		Prior Week	4-Week Average	
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	1,771	-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	1,777	-8	1,777.25	1.2
May 30, 2026	225	13	214.75				

STATE NAME	INITIAL CLAIMS FILED DURING WEEK ENDED MAY 23					INSURED UNEMPLOYMENT FOR WEEK ENDED MAY 16						
	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	1,851	-62	-284	3	6	7,883	0.4	196	-1,174	37	15	7,935
Alaska	451	10	-128	1	1	4,198	1.3	-131	1	29	1	4,228
Arizona	3,029	-25	-780	6	4	23,680	0.7	735	-6,710	85	28	23,793
Arkansas	1,556	102	142	0	0	5,382	0.4	366	-1,735	11	0	5,393
California	36,146	-1,155	-5,023	85	92	339,949	1.9	-13,743	-43,787	941	1,070	341,960
Colorado	3,197	351	146	2	3	31,923	1.1	-359	920	163	181	32,267
Connecticut	2,650	12	-157	3	0	20,708	1.2	202	-1,668	50	23	20,781
Delaware	287	47	-3	2	2	4,510	1.0	50	-103	10	5	4,525
District of Columbia	658	-46	-205	26	2	6,953	1.2	120	-3,351	698	6	7,657
Florida	5,970	-254	-1,184	14	24	33,123	0.3	2,897	-857	120	73	33,316
Georgia	4,228	407	-397	24	13	25,618	0.5	808	-3,454	217	98	25,933
Hawaii	1,040	-7	109	0	6	5,774	0.9	34	328	36	49	5,859
Idaho	766	123	-222	0	0	4,879	0.6	-66	-426	15	9	4,903
Illinois	8,266	1,026	-1,725	8	10	87,824	1.5	757	-8,698	371	124	88,319
Indiana	1,976	-409	-528	1	1	18,012	0.6	-855	-2,632	55	18	18,085
Iowa	2,217	874	133	3	0	7,096	0.5	-93	-1,190	17	1	7,114
Kansas	2,306	1,292	1,001	2	0	6,676	0.5	35	-1,492	25	25	6,726
Kentucky	1,604	-960	-299	2	0	14,171	0.7	3,988	4,334	36	35	14,242
Louisiana	1,694	300	-538	1	3	6,290	0.3	303	-4,111	29	12	6,331
Maine	394	-86	-17	0	0	5,812	0.9	-281	-392	12	5	5,829
Maryland	2,429	136	-284	25	12	21,906	0.8	-106	-2,496	437	57	22,400
Massachusetts	4,861	32	-518	0	0	68,835	1.9	-478	265	332	67	69,234
Michigan	4,147	-332	-4,343	3	4	49,602	1.1	-3,400	2,810	109	27	49,738
Minnesota	3,757	455	-491	2	1	36,410	1.3	-1,355	-1,441	76	59	36,545
Mississippi	1,511	101	28	3	0	5,854	0.5	-418	-535	54	7	5,915
Missouri	4,032	1,246	308	0	0	15,602	0.5	269	-1,351	72	12	15,686
Montana	424	1	-4	1	2	5,151	1.0	-143	-92	33	10	5,194
Nebraska	920	103	-1,231	2	0	5,231	0.5	267	575	11	2	5,244
Nevada	2,330	-62	-282	1	0	24,480	1.6	-362	94	54	66	24,600
New Hampshire	411	43	20	1	0	3,639	0.5	-72	-163	7	1	3,647
New Jersey	8,272	390	-543	22	21	88,095	2.1	-669	-5,283	250	236	88,581
New Mexico	898	13	-44	7	1	9,642	1.1	-183	-544	47	21	9,710
New York	13,728	373	-96	17	20	151,612	1.6	-2,834	3,270	372	241	152,225
North Carolina	3,358	-45	-52	4	1	19,045	0.4	639	-3,537	74	75	19,194
North Dakota	415	167	-444	13	0	2,019	0.5	-36	-249	4	2	2,025
Ohio	4,767	-902	-823	12	7	40,627	0.7	718	-5,872	81	57	40,765
Oklahoma	1,811	430	236	14	11	10,014	0.6	-39	-344	32	30	10,076
Oregon	3,892	-156	117	39	4	33,311	1.7	-431	2,175	133	50	33,494
Pennsylvania	8,795	-936	-1,523	14	9	75,994	1.3	106	-9,549	362	108	76,464
Puerto Rico	1,347	328	-23	2	0	14,358	1.6	-179	-221	269	79	14,706
Rhode Island	694	-121	-477	0	1	8,365	1.7	-197	-864	30	13	8,408
South Carolina	2,116	81	-241	4	5	14,240	0.6	321	-542	42	41	14,323
South Dakota	233	20	3	7	1	1,173	0.3	-9	-50	31	1	1,205
Tennessee	3,569	442	743	5	7	14,548	0.5	-565	-713	31	34	14,613
Texas	16,565	-1,322	276	47	78	147,047	1.1	5,307	-12,696	690	900	148,637
Utah	1,225	-102	-278	6	2	11,627	0.7	-162	-526	68	22	11,717
Vermont	356	6	-15	0	0	2,579	0.9	-62	-101	1	0	2,580
Virgin Islands	22	-2	5	0	0	166	0.5	-22	-80	6	0	172
Virginia	2,686	218	-976	10	7	19,171	0.5	176	-481	201	87	19,459
Washington	4,934	-384	-408	10	20	72,713	2.1	-1,367	-584	223	390	73,326
West Virginia	608	7	-124	2	2	5,633	0.8	78	-604	28	5	5,666
Wisconsin	2,418	-2	-658	7	1	16,934	0.6	-353	-1,684	28	13	16,975
Wyoming	282	-5	40	1	1	1,809	0.7	-131	-7	9	2	1,820
Totals	188,099	1,761	-22,061	464	385	1,657,893	1.1	-10,729	-117,617	7,154	4,493	1,669,540

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 23, 2026

STATES WITH AN INCREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
KS	+1,292	No comment.
MO	+1,246	Layoffs in transportation and warehousing, accommodation and food services, and in health care and social assistance industries.
IL	+1,026	Layoffs in accommodation and food services, construction, and in transportation and warehousing industries.

STATES WITH A DECREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
TX	-1,322	No comment.
CA	-1,155	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](#)

U.S. Department of Labor news materials are accessible at <http://www.dol.gov>. The Department's [Reasonable Accommodation Resource Center](#) converts Departmental information and documents into alternative formats, which include Braille and large print. For alternative format requests, please contact the Department at (202) 693-7828 (voice) or (800) 877-8339 (federal relay).

U.S. Department of Labor
Employment and Training Administration
Washington, D.C. 20210
Release Number: USDL 26-789-NAT

Program Contacts:
Lawrence S. Essien: (202) 693-3087
Media Contact: (202) 693-4676