



News Release

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8:30 A.M. (Eastern) Thursday, March 19, 2026

REVISION TO SEASONAL ADJUSTMENT FACTORS

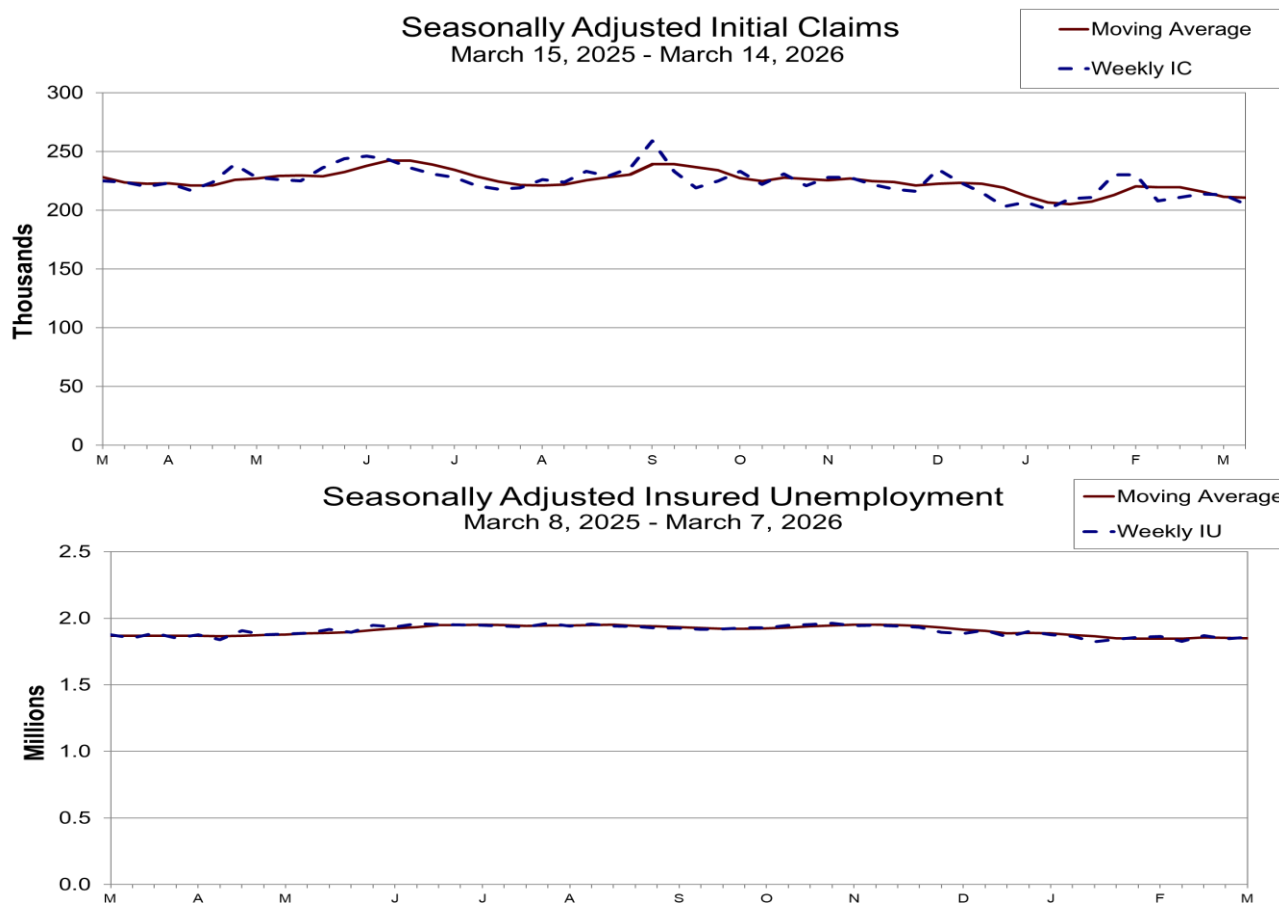
Note: This week's release reflects the annual revision to the weekly unemployment claims seasonal adjustment factors. The seasonal adjustment factors used for the UI Weekly Claims data from 2021 forward, along with the resulting seasonally adjusted values for initial claims and continuing claims, have been revised. For more information regarding the seasonal adjustment methodology, please see the additional information at the end of this news release.

UNEMPLOYMENT INSURANCE WEEKLY CLAIMS

SEASONALLY ADJUSTED DATA

In the week ending March 14, the advance figure for seasonally adjusted **initial claims** was 205,000, a decrease of 8,000 from the previous week's unrevised level of 213,000. The 4-week moving average was 210,750, a decrease of 750 from the previous week's revised average. The previous week's average was revised down by 500 from 212,000 to 211,500.

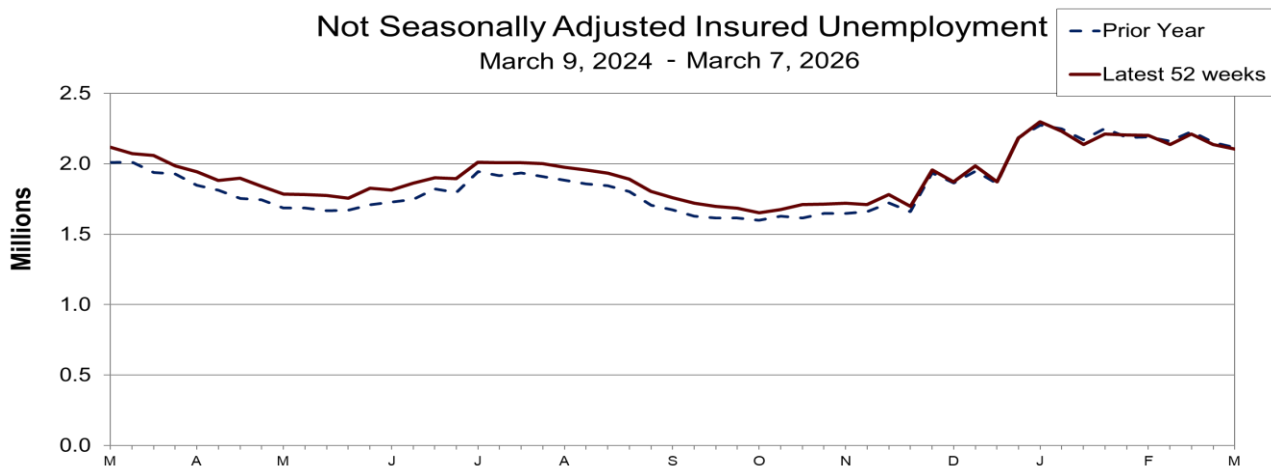
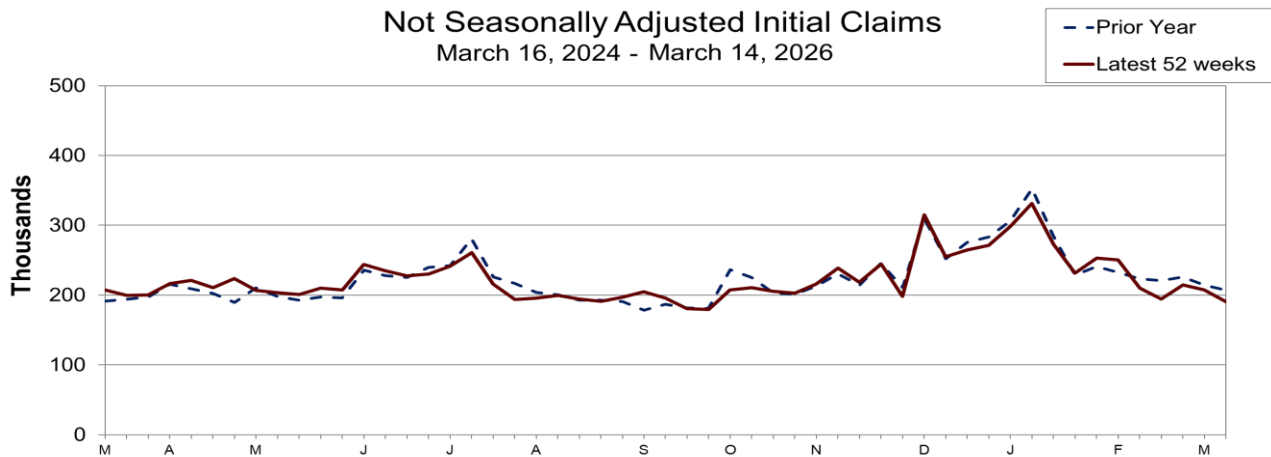
The advance seasonally adjusted **insured unemployment rate** was 1.2 percent for the week ending March 7, unchanged from the previous week's unrevised rate. The advance number for seasonally adjusted **insured unemployment** during the week ending March 7 was 1,857,000, an increase of 10,000 from the previous week's revised level. The previous week's level was revised down by 3,000 from 1,850,000 to 1,847,000. The 4-week moving average was 1,850,500, a decrease of 2,000 from the previous week's revised average. The previous week's average was revised up by 750 from 1,851,750 to 1,852,500.



UNADJUSTED DATA

The advance number of actual initial claims under state programs, unadjusted, totaled 190,370 in the week ending March 14, a decrease of 16,882 (or -8.1 percent) from the previous week. The seasonal factors had expected a decrease of 8,751 (or -4.2 percent) from the previous week. There were 207,398 initial claims in the comparable week in 2025.

The advance unadjusted insured unemployment rate was 1.4 percent during the week ending March 7, unchanged from the prior week. The advance unadjusted level of insured unemployment in state programs totaled 2,102,518, a decrease of 34,911 (or -1.6 percent) from the preceding week. The seasonal factors had expected a decrease of 46,185 (or -2.2 percent) from the previous week. A year earlier the rate was 1.4 percent and the volume was 2,116,538.



The total number of continued weeks claimed for benefits in all programs for the week ending February 28 was 2,173,647, a decrease of 74,895 from the previous week. There were 2,181,196 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 February 28.

Initial claims for UI benefits filed by former Federal civilian employees totaled 643 in the week ending March 7, an increase of 26 from the prior week. There were 456 initial claims filed by newly discharged veterans, an increase of 114 from the preceding week.

There were 11,709 continued weeks claimed filed by former Federal civilian employees the week ending February 28, a decrease of 835 from the previous week. Newly discharged veterans claiming benefits totaled 4,495, a decrease of 205 from the prior week.

The highest insured unemployment rates in the week ending February 28 were in Rhode Island (3.4), New Jersey (3.0), Massachusetts (2.8), Washington (2.5), Minnesota (2.4), California (2.2), Illinois (2.1), Montana (2.1), New York (2.1), Connecticut (2.0), and Oregon (2.0).

The largest increases in initial claims for the week ending March 7 were in Missouri (+3,907), Virginia (+1,670), Pennsylvania (+1,292), California (+911), and Massachusetts (+779), while the largest decreases were in New York (-14,567), Michigan (-2,549), New Jersey (-616), Connecticut (-471), and Vermont (-468).

UNEMPLOYMENT INSURANCE DATA FOR REGULAR STATE PROGRAMS

WEEK ENDING	March 14	March 7	Change	February 28	Prior Year ¹
Initial Claims (SA)	205,000	213,000	-8,000	214,000	225,000
Initial Claims (NSA)	190,370	207,252	-16,882	214,269	207,398
4-Wk Moving Average (SA)	210,750	211,500	-750	215,750	228,000

WEEK ENDING	March 7	February 28	Change	February 21	Prior Year ¹
Insured Unemployment (SA)	1,857,000	1,847,000	+10,000	1,871,000	1,876,000
Insured Unemployment (NSA)	2,102,518	2,137,429	-34,911	2,211,409	2,116,538
4-Wk Moving Average (SA)	1,850,500	1,852,500	-2,000	1,855,500	1,867,750
Insured Unemployment Rate (SA) ²	1.2%	1.2%	0.0	1.2%	1.2%
Insured Unemployment Rate (NSA) ²	1.4%	1.4%	0.0	1.4%	1.4%

INITIAL CLAIMS FILED IN FEDERAL PROGRAMS (UNADJUSTED)

WEEK ENDING	March 7	February 28	Change	Prior Year ¹
Federal Employees (UCFE)	643	617	+26	1,066
Newly Discharged Veterans (UCX)	456	342	+114	472

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

WEEK ENDING	February 28	February 21	Change	Prior Year ¹
Regular State	2,130,142	2,203,570	-73,428	2,143,219
Federal Employees	11,709	12,544	-835	8,929
Newly Discharged Veterans	4,495	4,700	-205	4,272
Extended Benefits ³	66	30	+36	74
State Additional Benefits ⁴	3,656	3,617	+39	2,954
STC / Workshare ⁵	23,579	24,081	-502	21,748
TOTAL	2,173,647	2,248,542	-74,895	2,181,196

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 14			Insured Unemployment For Week Ended March 7		
	Advance	Prior Wk	Change	Advance	Prior Wk	Change
Alabama	1,523	1,697	-174	7,274	8,297	-1,023
Alaska	557	499	58	4,991	5,208	-217
Arizona	2,350	2,572	-222	15,815	17,741	-1,926
Arkansas	1,330	1,616	-286	3,752	4,894	-1,142
California	38,648	42,670	-4,022	396,209	403,125	-6,916
Colorado	2,846	3,135	-289	37,494	35,267	2,227
Connecticut	3,107	3,417	-310	33,270	33,818	-548
Delaware	254	344	-90	6,581	6,526	55
District of Columbia	613	770	-157	8,727	7,902	825
Florida	5,278	5,641	-363	25,218	29,320	-4,102
Georgia	4,277	4,509	-232	24,910	26,418	-1,508
Hawaii	1,041	1,056	-15	5,692	5,513	179
Idaho	830	939	-109	9,006	10,377	-1,371
Illinois	6,989	7,700	-711	125,198	123,694	1,504
Indiana	2,637	2,586	51	24,035	24,518	-483
Iowa	1,763	1,536	227	17,181	18,829	-1,648
Kansas	1,035	1,291	-256	9,229	8,682	547
Kentucky	5,056	1,746	3,310	13,489	13,374	115
Louisiana	1,099	1,240	-141	5,038	6,356	-1,318
Maine	577	622	-45	9,748	9,488	260
Maryland	1,699	2,497	-798	26,349	26,743	-394
Massachusetts	4,716	5,492	-776	97,139	101,595	-4,456
Michigan	4,678	5,671	-993	84,218	81,664	2,554
Minnesota	3,696	3,957	-261	71,771	70,899	872
Mississippi	975	814	161	5,425	6,011	-586
Missouri	2,920	6,244	-3,324	22,329	21,090	1,239
Montana	488	582	-94	10,061	10,349	-288
Nebraska	952	607	345	7,395	7,940	-545
Nevada	2,304	2,597	-293	26,706	27,024	-318
New Hampshire	348	537	-189	3,767	5,389	-1,622
New Jersey	8,021	9,859	-1,838	120,748	124,578	-3,830
New Mexico	808	778	30	11,114	10,698	416
New York	14,018	16,771	-2,753	202,852	207,183	-4,331
North Carolina	2,913	3,316	-403	18,690	19,748	-1,058
North Dakota	343	338	5	6,497	6,242	255
Ohio	5,887	5,628	259	59,898	60,327	-429
Oklahoma	2,065	902	1,163	9,599	10,498	-899
Oregon	4,948	4,684	264	40,698	39,030	1,668
Pennsylvania	9,409	11,098	-1,689	108,370	112,760	-4,390
Puerto Rico	908	1,063	-155	14,753	16,546	-1,793
Rhode Island	986	1,164	-178	14,836	16,452	-1,616
South Carolina	1,678	1,840	-162	14,261	14,990	-729
South Dakota	170	168	2	2,990	3,034	-44
Tennessee	3,441	2,869	572	16,892	17,788	-896
Texas	15,500	15,617	-117	146,244	149,415	-3,171
Utah	1,362	1,686	-324	14,930	15,388	-458
Vermont	457	322	135	4,078	4,345	-267
Virgin Islands	15	17	-2	238	222	16
Virginia	2,638	4,198	-1,560	23,372	20,437	2,935
Washington	5,742	5,742	0	91,170	87,647	3,523
West Virginia	548	656	-108	8,806	8,445	361
Wisconsin	3,596	3,561	35	30,509	30,805	-296
Wyoming	331	391	-60	2,956	2,800	156
US Total	190,370	207,252	-16,882	2,102,518	2,137,429	-34,911

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 Prior Week	4-Week Average	Insured Unemployment	Change from Prior Week	4-Week Average	IUR
March 8, 2025	222	-2	227.50	1,876	19	1,867.75	1.2
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	1,857	10	1,850.50	1.2
March 14, 2026	205	-8	210.75				

STATE NAME	INITIAL CLAIMS FILED DURING WEEK ENDED MARCH 7					INSURED UNEMPLOYMENT FOR WEEK ENDED FEBRUARY 28						
	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	1,697	6	-176	13	9	8,297	0.4	-296	-351	58	18	8,373
Alaska	499	28	-149	1	1	5,208	1.6	-80	-183	84	6	5,298
Arizona	2,572	228	-1,022	2	3	17,741	0.6	257	-4,816	63	25	17,829
Arkansas	1,616	-9	412	3	0	4,894	0.4	-159	-2,632	22	4	4,920
California	42,670	911	-3,672	132	90	403,125	2.2	-13,637	-23,067	1,784	1,171	406,080
Colorado	3,135	316	-27	5	19	35,267	1.2	-2,026	1,430	293	193	35,753
Connecticut	3,417	-471	492	1	1	33,818	2.0	-1,616	1,371	50	31	33,899
Delaware	344	52	147	1	4	6,526	1.4	-423	486	31	6	6,563
District of Columbia	770	-54	-766	39	1	7,902	1.4	-126	-2,760	1,047	6	8,955
Florida	5,641	557	-281	20	16	29,320	0.3	-129	-3,490	177	66	29,563
Georgia	4,509	356	-406	47	21	26,418	0.6	-403	-3,238	300	90	26,808
Hawaii	1,056	106	119	2	6	5,513	0.9	-67	173	59	51	5,623
Idaho	939	40	-255	1	3	10,377	1.2	-458	-800	155	10	10,542
Illinois	7,700	374	-2,313	9	4	123,694	2.1	-5,608	-13,423	384	119	124,197
Indiana	2,586	72	-192	4	5	24,518	0.8	-599	-3,219	50	12	24,580
Iowa	1,536	12	-20	6	5	18,829	1.2	-460	-4,024	21	8	18,858
Kansas	1,291	4	77	0	0	8,682	0.6	-362	-2,098	31	21	8,734
Kentucky	1,746	-217	-343	2	1	13,374	0.7	-4,157	-135	37	73	13,484
Louisiana	1,240	-18	-179	2	6	6,356	0.3	-253	-4,804	43	8	6,407
Maine	622	129	68	2	1	9,488	1.5	-94	411	43	2	9,533
Maryland	2,497	295	-522	56	11	26,743	1.0	117	682	695	61	27,499
Massachusetts	5,492	779	7	2	0	101,595	2.8	-2,764	14,687	362	44	102,001
Michigan	5,671	-2,549	-865	3	7	81,664	1.9	-9,636	3,370	151	27	81,842
Minnesota	3,957	168	31	3	3	70,899	2.4	297	-868	130	67	71,096
Mississippi	814	-6	-79	9	2	6,011	0.5	-324	-464	54	5	6,070
Missouri	6,244	3,907	3,620	0	2	21,090	0.7	-1,344	-1,826	99	13	21,202
Montana	582	-18	-40	5	1	10,349	2.1	-506	-463	321	10	10,680
Nebraska	607	9	-2	1	1	7,940	0.8	-218	9	19	2	7,961
Nevada	2,597	157	19	1	5	27,024	1.8	-1,051	1,295	143	64	27,231
New Hampshire	537	-435	43	1	0	5,389	0.8	565	743	6	0	5,395
New Jersey	9,859	-616	807	40	16	124,578	3.0	3,303	4,219	350	215	125,143
New Mexico	778	-8	-152	2	5	10,698	1.3	-263	29	118	30	10,846
New York	16,771	-14,567	1,833	20	21	207,183	2.1	-16,147	23,492	620	222	208,025
North Carolina	3,316	265	-474	4	0	19,748	0.4	-504	-6,529	105	71	19,924
North Dakota	338	-40	72	1	0	6,242	1.5	-198	288	18	4	6,264
Ohio	5,628	707	-255	11	14	60,327	1.1	-1,924	-6,272	136	56	60,519
Oklahoma	902	-206	-365	1	0	10,498	0.6	-17	600	46	31	10,575
Oregon	4,684	115	449	16	6	39,030	2.0	-716	5,325	580	79	39,689
Pennsylvania	11,098	1,292	318	23	14	112,760	1.9	-1,575	-2,181	505	109	113,374
Puerto Rico	1,063	35	43	9	1	16,546	1.8	218	1,262	332	69	16,947
Rhode Island	1,164	115	286	0	0	16,452	3.4	249	2,198	39	15	16,506
South Carolina	1,840	-132	-221	3	7	14,990	0.7	-575	629	42	42	15,074
South Dakota	168	-39	-21	2	0	3,034	0.7	-93	5	17	4	3,055
Tennessee	2,869	266	27	4	6	17,788	0.6	-681	900	51	40	17,879
Texas	15,617	-45	-2,168	60	94	149,415	1.1	-6,514	7,751	630	779	150,824
Utah	1,686	273	129	14	8	15,388	0.9	-590	318	264	20	15,672
Vermont	322	-468	-73	0	0	4,345	1.4	447	398	2	0	4,347
Virgin Islands	17	7	-18	1	0	222	0.6	-2	-48	4	0	226
Virginia	4,198	1,670	162	33	5	20,437	0.5	-123	2,756	290	69	20,796
Washington	5,742	-197	-379	16	27	87,647	2.5	-1,229	5,225	690	404	88,741
West Virginia	656	-27	-177	0	1	8,445	1.2	-231	-897	60	13	8,518
Wisconsin	3,561	-208	-341	6	3	30,805	1.1	-1,163	-3,939	54	7	30,866
Wyoming	391	62	37	4	0	2,800	1.0	-92	-15	44	3	2,847
Totals	207,252	-7,017	-6,755	643	456	2,137,429	1.4	-73,980	-12,490	11,709	4,495	2,153,633

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 7, 2026

STATES WITH AN INCREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
MO	+3,907	Layoffs in manufacturing industry.
VA	+1,670	Layoffs in manufacturing industry.
PA	+1,292	Layoffs in accommodation and food services, administrative and support and waste management and remediation services, and in professional, scientific, and technical services industries.

STATES WITH A DECREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
NY	-14,567	Fewer layoffs in transportation and warehousing, accommodation and food services, and in health care and social assistance industries.
MI	-2,549	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](#).

[2021_2026_seasonal_factors.txt](#)

[2021_2026_seasonal_factors.xlsx](#)

[Weekly Claims Archives](#)

[Weekly Claims Data](#)

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