



REPUBLIC OF KENYA

MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY

STATE DEPARTMENT OF ENVIRONMENT AND CLIMATE CHANGE

KENYA METEOROLOGICAL DEPARTMENT

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Biometeorology Services

WEEKLY BIOMETEOROLOGICAL BULLETIN (16TH DECEMBER 2025–22ND DECEMBER 2025)

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PREAMBLE

Biometeorology is an interdisciplinary science of interactions between atmospheric processes and living organisms - plants, animals and human-beings. The Bio-meteorological Division collects, analyzes and interprets Meteorological and Health data in liaison with partners in the Health Sector for advisory development.

The weather information provided is aimed at guiding residents to identify and recognize the likelihood of occurrence of weather-related health diseases according to the issued advisories and take necessary action.

REVIEW FOR PREVIOUS WEEK (8TH DECEMBER 2025– 14TH DECEMBER 2025)

1.1 Rainfall

This section lists stations that recorded more than **50mm** total rainfall in the last **7 days**. Stations such as **Kitui, Embu, Kisumu** and **Kakamega** recorded total weekly rainfall above **50mm**. This is shown in Table 1 below.

Table 1:

Station	Total weekly rainfall amounts(mm)
Kitui	83.9
Embu	82.1
Kisumu	76.3
Kakamega	72.0

1.2 High Temperatures

This section lists stations that recorded average temperatures exceeding **35°C** in the last **7 days**. Station such as **Mandera** recorded average weekly temperatures exceeding **35°C** as shown in Table 2 below.

Table 2:

Station	Average weekly maximum temperature (°C)
Mandera Met	36.6

1.3 Low Temperatures

This section lists stations that recorded average temperatures **not** exceeding **10°C** in the last **7 days**. Station such as **Nyahururu** recorded lower temperatures. The station recorded an average weekly temperature **not** exceeding 10°C as shown in Table 3 below.

Table 3:

Station	Average weekly minimum temperature(°C)
Nyahururu Met	8.3

1.4 High Winds

This section lists stations that recorded winds with speeds of more than **25 knots (12.9 m/s)** in the last 7 days. This was recorded in **Marsabit** Met station.

2.0 FORECAST FOR 16TH DECEMBER 2025 – 22ND DECEMBER 2025

Rainfall

Rainfall amounts exceeding **50mm** is to be expected over **Kericho, Busia, Kakamega, Migori, Nyamira** and **Kisii** counties during the forecast period of Tuesday 16th December 2025 to Monday 22nd December 2025.

High Temperature

Temperatures exceeding **35°C** is to be expected in parts of **Mandera, Wajir** and **Garissa** counties during the forecast period of Tuesday 16th December 2025 to Monday 22nd December 2025.

Low Temperature

Temperatures of less than **10°C** is expected over **Nyandarua (Nyahururu)** county, during the forecast period of Tuesday 16th December 2025 to Monday 22nd December 2025.

Winds

Winds of more than **25 knots (12.9m/s)** are expected over parts of **Mandera, Kajiado, Narok, Lamu, Eldoret, Nairobi, Taita taveta** and **Wajir** counties during the forecast period of Tuesday 16th December 2025 to Monday 22nd December 2025.

3.0 Meteorological Advisory on Weather-Related Risks

Residents are encouraged to monitor the following weather conditions and their potential impacts:

1. Rainfall

Forecast: Some areas are expected to receive more than **50 mm** of rainfall during the week.

Implications: Increased risk of **flooding** in low-lying areas and along riverbanks. Higher likelihood of **waterborne diseases** due to contaminated water sources.

Recommendations:

- i). Use clean, boiled, or treated water for drinking and cooking.
- ii). Stay informed: Keep up with updates from the Kenya Meteorological Department regarding rainfall forecasts and advisories.

2. High Temperatures

Forecast: Anticipated temperatures may **exceed 35°C** in several counties.

Implications: High temperatures can lead to heat stress and dehydration.

Recommendations: Limit outdoor activities during peak heat hours (**10 AM - 4 PM**). Stay hydrated by drinking plenty of water. Dress in light, breathable clothing and seek shade or air-conditioned spaces when possible.

3. Cold Weather Conditions

Forecast: Some areas may experience temperatures **below 10°C**.

Implications: Increased cases of **respiratory diseases** such as **flu** and **asthma** attacks. Children, the elderly, and individuals with chronic illnesses are at higher risk.

Recommendations: Dress warmly and limit exposure to cold, especially for vulnerable populations.

4. Strong Winds

Forecast: Winds **exceeding 25 knots (12.9 m/s)** are expected in specific areas.

Implications: High winds can lead to dust storms.

Recommendations: Be aware of potential **respiratory** issues due to airborne particles.

Conclusion

Residents are encouraged to take proactive measures to safeguard themselves and their communities against the anticipated weather conditions. For accurate and timely updates, this advisory should be used in conjunction with the daily forecasts issued by the Kenya Meteorological Department.

Stay Safe, Stay Informed.



Paul Oloo

For: Ag DIRECTOR OF METEOROLOGICAL SERVICES