



**REPUBLIC OF KENYA**  
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**Biometeorology Services**

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**WEEKLY BIOMETEOROLOGICAL BULLETIN (13<sup>TH</sup> JANUARY 2026 – 19<sup>TH</sup> JANUARY 2026)**

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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 (5<sup>TH</sup> JANUARY 2026– 11<sup>TH</sup> JANUARY 2026)**

#### **1.1 Rainfall**

This section lists stations that recorded more than **50mm** total rainfall in the last **7 days**. From the observed data, no station reported more than 50mm total rainfall from 5<sup>th</sup> Jan 2026 to 11<sup>th</sup> Jan 2026.

#### **1.2 High Temperatures**

This section lists stations that recorded average temperatures exceeding **35°C** in the last **7 days**. Stations such as **Wajir, Lodwar, Garissa and Mandera** recorded average weekly maximum temperatures exceeding **35°C** as shown in Table 1 below.

**Table 1:**

Station	Average weekly maximum temperature (°C)
Wajir Met	37.5
Lodwar Met	36.8
Garissa Met	36.7
Mandera	35.8

### 1.3 Low Temperatures

This section lists stations that recorded average temperatures **not** exceeding 10°C in the last **7 days**. **Nyahururu and Laikipia stations** recorded average weekly temperatures **not** exceeding 10°C as shown in Table 2 below.

**Table 2:**

Station	Average weekly minimum temperature(°C)
Nyahururu Met	9.3
Laikipia Met	10.0

### 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 13<sup>TH</sup> JANUARY 2026 – 19<sup>TH</sup> JANUARY 2026

### Rainfall

Cumulative rainfall amount exceeding **50mm** is not expected in any county during the forecast period from Tuesday 13<sup>th</sup> January 2026 to Monday 19<sup>th</sup> January 2026.

### High Temperature

Maximum temperatures exceeding **35°C** is to be expected in parts of **Mandera, Garissa, Lodwar Marsabit and Wajir** counties during the forecast period from Tuesday 13<sup>th</sup> January 2026 to Monday 19<sup>th</sup> January 2026.

### Low Temperature

Temperatures of less than **10°C** is expected over **Nyandarua (Nyahururu) and Laikipia (Nanyuki)** counties, during the forecast period from Tuesday 13<sup>th</sup> January 2026 to Monday 19<sup>th</sup> January 2026.

### Winds

Strong winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit, Moyale, Mandera, Kakamega, Eldoret, Murang'a (Kangema), Lodwar, Embu, Kajiado and Machakos** counties during the forecast period of Tuesday 13<sup>th</sup> January 2026 to Monday 19<sup>th</sup> January 2026.

## 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.



*For:* Ag DIRECTOR OF METEOROLOGICAL SERVICES