



REPUBLIC OF KENYA
MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE
KENYA METEOROLOGICAL DEPARTMENT
Dagoretti Corner, Ngong Road, P. O. Box 30259, 00100 GPO, Nairobi, Kenya
Telephone: 254 (0) 20 3867880-7, Fax: 254 (0) 20 3876955/3877373/3867888,
E-mail: director@meteo.go.ke, info@meteo.go.ke; Website:<http://www.meteo.go.ke>
Biometeorology Services

WEEKLY BIOMETEOROLOGICAL BULLETIN
(3RD FEBRUARY 2026 – 9TH FEBRUARY 2026)

Ref No: MET/7/58/02-2026

Issue Date: 2/02/2026

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 (26TH JANUARY 2026– 1ST FEBRUARY 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 26th Jan 2026 to 1st Feb 2026.

1.2 High Temperatures

This section lists stations that recorded average temperatures exceeding **35°C** in the last **7 days**. Stations such as **Lodwar, Wajir, 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)
Lodwar Met	38.0
Wajir Met	37.7
Garissa Met	37.2
Mandera Met	36.8

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 minimum temperatures **not** exceeding 10°C as shown in Table 2 below.

Table 2:

Station	Average weekly minimum temperature(°C)
Nyahururu Met	6.3
Laikipia Met	9.6

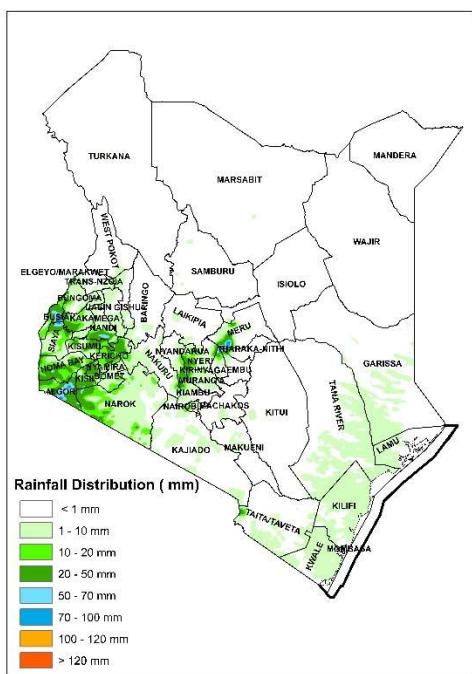
1.4 High Winds

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 3RD FEBRUARY 2026 – 9TH FEBRUARY 2026

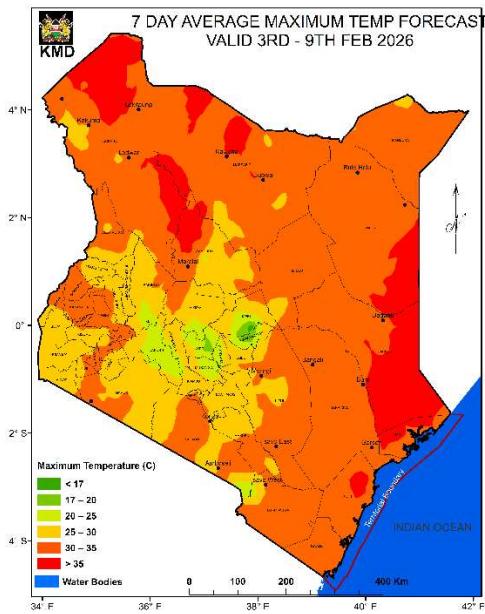
Rainfall

While some counties in the Highlands West of the Rift Valley are expected to receive showers and thunderstorms in few places, Cumulative rainfall exceeding **50mm** is **not** expected in any part of the country during the forecast period from Tuesday 3rd February 2026 to Monday 9th February 2026.



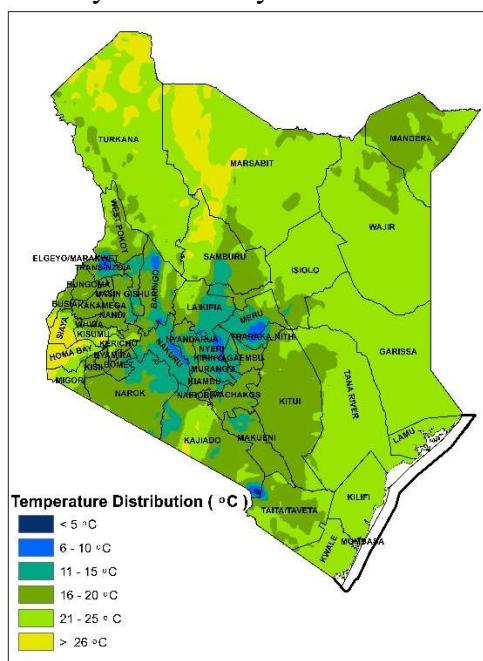
High Temperature

Most parts of the country are expected to be warm and dry. Maximum temperatures exceeding 35°C are expected in some parts of **Mandera, Garissa, Turkana, Wajir and Marsabit** counties during the forecast period from Tuesday 3rd February 2026 to Monday 9th February 2026.



Low Temperature

Minimum temperatures of less than **10°C** are expected over **Nyandarua (Nyahururu), Laikipia, Nakuru and Nyeri** counties, during the forecast period from Tuesday 3rd February 2026 to Monday 9th February 2026.



Winds

Strong winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit, Kajiado (Ngong'), Nairobi (JKIA, Wilson Airport)** and **Mombasa** counties during the forecast period of Tuesday 3rd February 2026 to Monday 9th February 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: No area in the country is expected to receive more than **50 mm** of rainfall during the forecast week.

Implications: **Reduced risk of flooding** in low-lying areas and along riverbanks. Less likelihood of **waterborne diseases** in most parts of the country.

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 the counties recorded above, however most parts of the country will remain warm and dry.

Implications: High temperatures can lead to heat stress, skin damage and dehydration on humans and animals. Most parts of the country are also expected to be dry and dusty, which is posing a risk of a **range of respiratory, infectious and allergic diseases**.

Recommendations: Limit outdoor activities during peak heat hours (**10 AM - 4 PM**). Stay hydrated by drinking plenty of clean water. Dress in light, breathable clothing and seek a shade or air-conditioned space if possible. Put on a mask in dusty environments. Keep the animals hydrated and from heat exposure.

3. Cold Weather Conditions

Forecast: Some parts of the country (Nyahururu, Laikipia, Nyeri and Nakuru) are expected to 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 like Marsabit, parts of Nairobi, Ngong' and parts of Mombasa.

Implications: High winds can lead to dust storms and destruction of properties.

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

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