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Biometeorology Services

WEEKLY BIOMETEOROLOGICAL BULLETIN
(17TH FEBRUARY 2026 – 23RD FEBRUARY 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 (9TH FEBRUARY 2026 – 15TH 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, Kisumu, Kisii, Kakamega, Kericho, Wilson Airport and Dagoretti stations reported more than 50mm total rainfall from 9th Feb 2026 to 15th Feb 2026.

Table 1:

Station	Cumulative Rainfall (mm)
Kisumu Station	101.3
Kisii Station	84.8
Kakamega Met	73.5
Kericho Met	62.6
Wilson Airport Met	57.1
Dagoretti Met	53.7

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, Voi** and **Mandera** recorded average weekly maximum temperatures exceeding 35°C as shown in Table 2 below.

Table 2:

Station	Average weekly maximum temperature (°C)
Lodwar Met	37.8
Mandera Met	37.5
Garissa Met	37.5
Wajir Met	37.3
Voi Met	35.5

1.3 Low Temperatures

This section lists stations that recorded average temperatures **not** exceeding 10°C in the last **7 days**.

Nyahururu and Eldoret stations recorded average weekly minimum temperatures **not** exceeding 10°C as shown in Table 3 below.

Table 3:

Station	Average weekly minimum temperature(°C)
Nyahururu Met	8.0
Eldoret Met	10.0

1.4 Strong 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 17TH FEBRUARY 2026 – 23RD FEBRUARY 2026

Rainfall

Counties in the Highlands West of the Rift Valley are expected to receive showers and thunderstorms in several places. Cumulative rainfall exceeding **50mm** is expected in Kakamega, Kericho, Nandi Hills, Nyamira, Nakuru (Kabarak), Homabay county (Suba), some parts of Migori, Kisii and Kisumu counties during the forecast period from Tuesday 17th February 2026 to Monday 23rd February 2026. Counties in the Highlands East of the Rift Valley are also expected to receive rainfall in few places like Nairobi where cumulative rainfall for the forecast period is expected to be above **50mm**.

High Temperature

Most parts of the Northern and Eastern half of the country are expected to remain warm and dry. Maximum temperatures exceeding 35°C are expected in some parts of **Mandera, Garissa, Turkana**

(Lodwar), Wajir and Taita Taveta (Voi) counties during the forecast period from Tuesday 17th February 2026 to Monday 23rd February 2026.

Low Temperature

Minimum temperature of less than **10°C** is expected over **Nyandarua (Nyahururu)** county, during the forecast period from Tuesday 17th February 2026 to Monday 23rd February 2026.

Winds

Strong winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit** county during the forecast period from Tuesday 17th February 2026 to Monday 23rd 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: Most areas in the Highlands West of the Rift Valley and Nairobi are expected to receive more than **50mm** cumulative rainfall during the forecast week.

Implications: **Moderate risk of flooding** in low-lying areas and along riverbanks. High likelihood of **waterborne diseases** in most parts of these counties. There is also a high risk of Lightning strikes in these counties.

Recommendations:

- i) Use clean, boiled, or treated water for drinking and cooking.
- ii) Avoid Sheltering under trees when it is raining.
- iii) Use gumboots or avoid walking bare foot in flooded areas.
- iv) Stay informed by checking the updates from the Kenya Meteorological Department regarding rainfall forecasts and advisories.

2. High Temperatures

Forecast: Anticipated temperatures will **exceed 35°C** in Lodwar, Wajir, Garissa, Mandera and Voi, however most parts of the Northern and Eastern half of the country will remain warm and dry.

Implications: High temperatures can lead to heat stress, skin damage and dehydration on humans and animals. These areas 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: Nyahururu in Nyandarua County is expected to experience temperatures **not exceeding 10°C**.

Implications: Increased cases of **respiratory diseases** such as **flu, pneumonia** 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 Marsabit.

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