



**REPUBLIC OF KENYA**  
**MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY**  
**STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE**  
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**WEEKLY BIOMETEOROLOGICAL BULLETIN**  
**(24<sup>TH</sup> FEBRUARY 2026 – 2<sup>ND</sup> MARCH 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 (16<sup>TH</sup> FEBRUARY 2026– 22<sup>ND</sup> 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, Suba, Kisumu, Kakamega, Kericho, Kitale, Moi Airbase, Narok, Eldoret Airport, JKIA and Dagoretti stations reported more than 50mm total rainfall from 16<sup>th</sup> Feb 2026 to 22<sup>nd</sup> Feb 2026.

**Table 1:**

| <b>Station</b>      | <b>Cumulative Rainfall (mm)</b> |
|---------------------|---------------------------------|
| Suba Station        | 107.7                           |
| Kericho Station     | 98.1                            |
| Kakamega Station    | 96.9                            |
| Nakuru Station      | 74.8                            |
| Kitale Station      | 69.8                            |
| Moi Airbase Met     | 61.1                            |
| Narok Station       | 59.9                            |
| Eldoret Airport Met | 58.7                            |
| JKIA Met            | 57.6                            |
| Dagoretti Met       | 52.1                            |

## 1.2 High Temperatures

This section lists stations that recorded average maximum temperatures exceeding **35°C** in the last **7 days**. Stations such as **Lodwar, Garissa, Wajir** and **Mandera** recorded average weekly maximum temperatures exceeding **35°C** as shown in Table 2 below.

**Table 2:**

| <b>Station</b> | <b>Average weekly maximum temperature (°C)</b> |
|----------------|--|
| Lodwar Met     | 38.1   |
| Garissa Met    | 38.0   |
| Wajir Met      | 37.6   |
| Mandera Met    | 37.1   |

## 1.3 Low Temperatures

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

**Table 3:**

| <b>Station</b> | <b>Average weekly minimum temperature(°C)</b> |
|----------------|---|
| Nyahururu Met  | 9.4   |

## 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 24<sup>TH</sup> FEBRUARY 2026 – 2<sup>ND</sup> MARCH 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 parts of **Trans-Nzoia, Kakamega, Siaya, Bungoma, Busia, Kericho, Nandi Hills, Nyamira, Nakuru, Bomet, Narok, Homabay county (Suba), some parts of Migori, Kisii and Kisumu counties** during the forecast period from Tuesday 24<sup>th</sup> February 2026 to Monday 2<sup>nd</sup> March 2026. Several Counties such as **Nairobi, Nyeri, Kiambu, Embu, Kirinyaga, Meru and Laikipia** in the Highlands East of the Rift Vally are also expected to receive cumulative rainfall **above 50mm** during the forecast period. In the South-Eastern Lowlands of the country, rainfall is expected to continue with cumulative rainfall **above 50mm** expected in some parts of counties such **Kitui, Machakos, Kajiado, Makeni, Taita-Taveta and Southwest of Tana River County**.

## 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 and Wajir** counties during the forecast period from Tuesday 24<sup>th</sup> February 2026 to Monday 2<sup>nd</sup> March 2026.

## Low Temperature

Minimum temperature of less than **10°C** is expected over **Nyandarua (Nyahururu)** county, during the forecast period from Tuesday 24<sup>th</sup> February 2026 to Monday 2<sup>nd</sup> March 2026.

## Strong Winds

Strong winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit** county during the forecast period from Tuesday 24<sup>th</sup> February 2026 to Monday 2<sup>nd</sup> February 2026. The rest of the country is expected to experience gentle to moderate winds during the forecast period.

### 3.0 Meteorological Advisory on Weather-Related Health 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, Highlands East of the Rift Valley and some parts of the Southeastern Lowlands are expected to receive more than **50mm** cumulative rainfall during the forecast period.

**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 especially in the Highlands west of the Rift Valley.

#### 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 Wajir, Garissa and Mandera. 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 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:** Strong 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