



MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY

STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE

KENYA METEOROLOGICAL DEPARTMENT

NAIROBI COUNTY MARCH–APRIL–MAY (MAM) 2026 RAINFALL AND TEMPERATURE OUTLOOK

FORECAST ISSUED ON: 24 FEBRUARY 2026

1. Summary of the rainfall Outlook

Nairobi County is expected to experience slightly higher than the long-term average rainfall over the past 30 years during March-April-May season, referred to as the “Long Rain Season”. However, the rainfall may not be evenly distributed. Dry spells may occur, especially in March. Heavy rainfall events, that may lead to flash floods, are possible throughout the season especially during the 3rd week of March and 2nd week of May.

Sub counties in Zone 2 (Dagoretti South, Dagoretti North, Westlands, Kibra and parts of Langata are expected to receive slightly higher than long-term average (normal) rainfall. The rest of the County is expected to receive normal rainfall.

Onset of the rains; The rains are expected to continue from February with isolated cases of rainfall during the first two weeks of March. The spatial and temporal distribution of the rainfall is expected to be fair to good. The peak rainfall is expected during the month of April. The seasonal rains are expected to end during the third to fourth week of May.

Figure 1 below shows the amount of rainfall in millimetres (mm) that is likely to fall in different parts of Nairobi County during the coming rainy season.

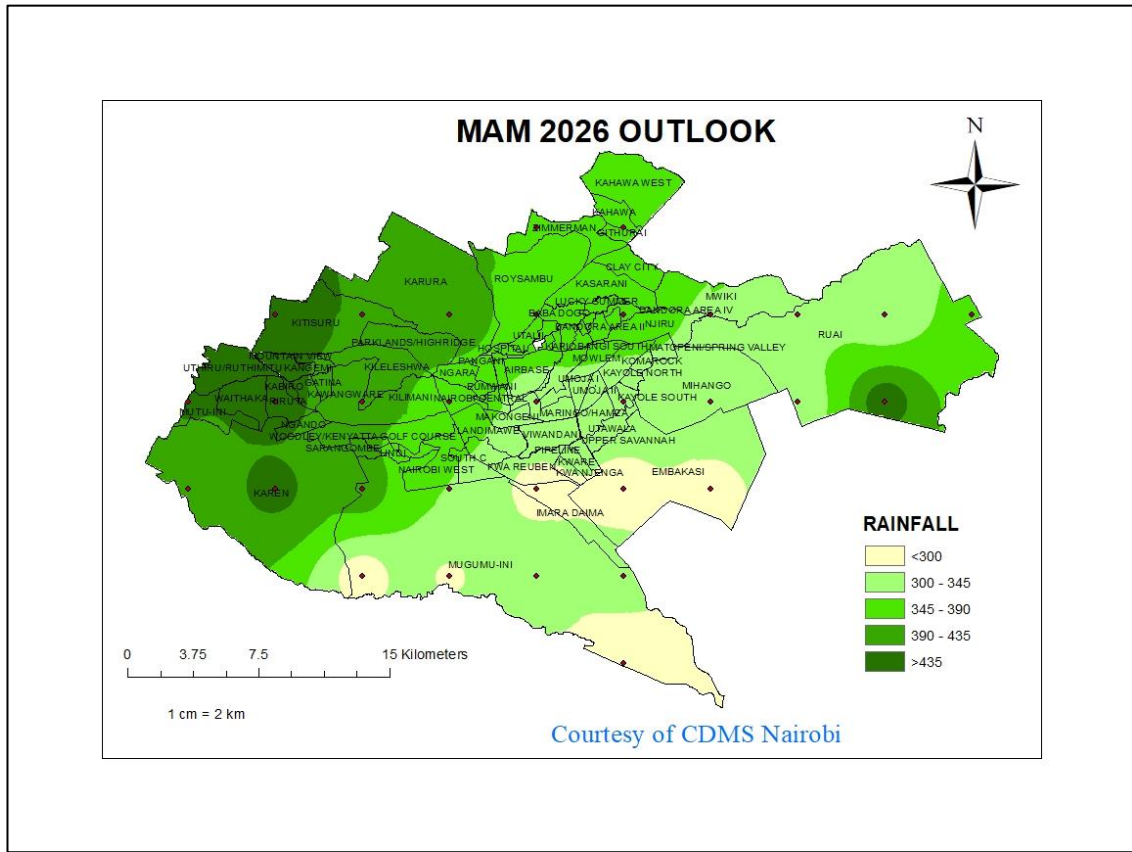


Figure 1: Expected rainfall during MAM 2026 in Nairobi County

Figure 2 below shows the climatological zones (Zone 1 & 2) of the county while **figure 3** shows the normal rainfall during MAM season for the county. (Normal rainfall means the average amount received in March, April and May over the last 30 years.)

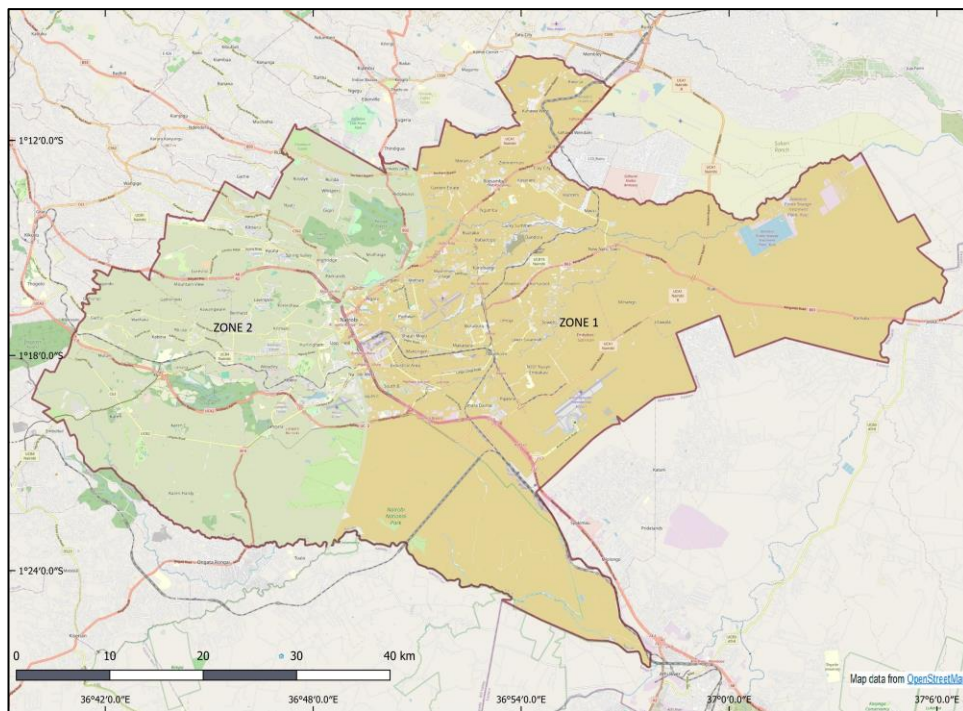


Figure 2: Nairobi County climatological Zones

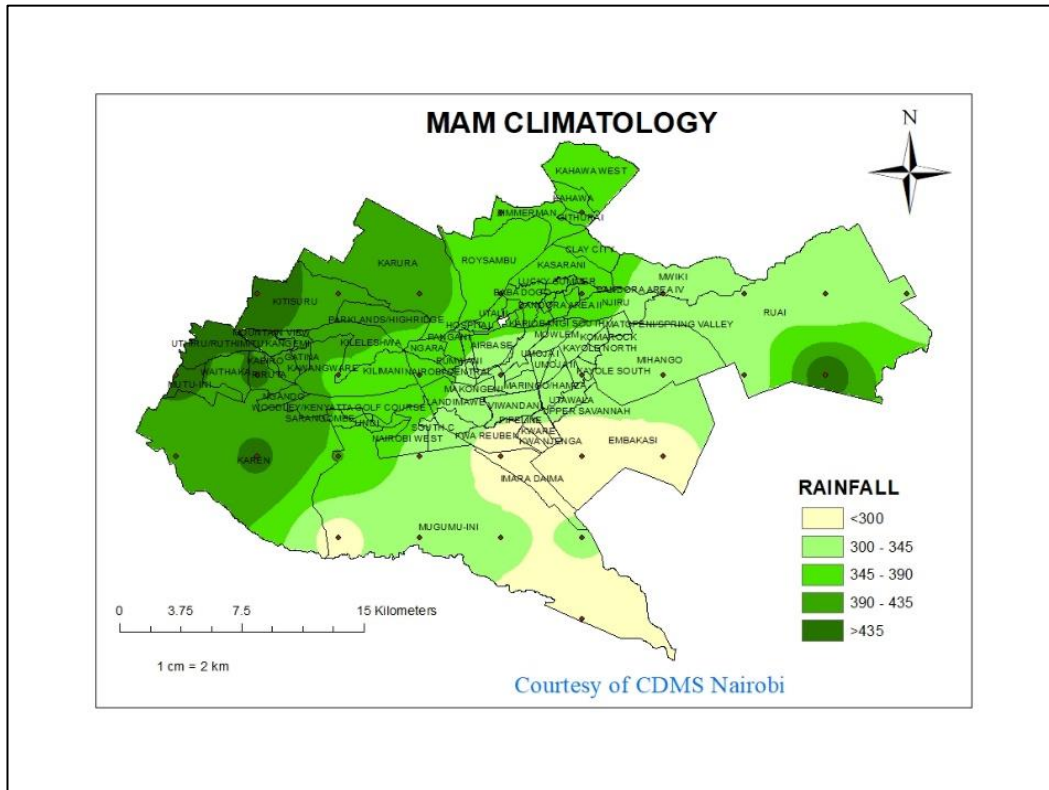


Figure 3: Nairobi County Normal MAM Rainfall

What the Weather Outlook Means to the Community

Rainfall and Associated Hazards

Most parts of Nairobi County are likely to experience **near-normal to above-normal rainfall**.

Positive Impact

- ❖ The rainfall is beneficial in replenishing water reserves such as Ndakaini Dam thus improving water availability.

Negative Impacts

- ❖ Heavy to very heavy rainfall may be recorded in some days; this may result to flash floods and river overflows due to overwhelmed and blocked drainage systems.
- ❖ Informal settlements such as Kibera, Mathare, Mukuru, Baba Dogo and Korogocho are vulnerable with increased risk of displacement because of river overflows.
- ❖ Transport disruptions due to flooded roads, poor visibility and traffic snarl-ups.
- ❖ Poor visibility and delays/diversions at airports.
- ❖ Drastic fare hikes
- ❖ Infrastructure damage (destruction of roads, collapse of buildings, destruction of sewage system and water pipes, disconnection of power supply and communication services)

- ❖ Public health risks from waterborne and vector-borne diseases
- ❖ Interruptions to education and business operations thus impacting the economy

Influence of Tropical Cyclones

Tropical cyclones may form over the Indian Ocean during this rainy season. Depending on their location and movement, these cyclones may either enhance rainfall over Nairobi County or cause dry spells by diverting rainfall away.

The path of cyclones and their probable impact upon the weather in Kenya can only be predicted a few days in advance. Follow up regular daily and weekly forecasts issued by the Department.

Occurrence of Dry Spells

Dry spells are likely to occur during the season. These are periods lasting several days or even weeks without rainfall. They can negatively affect crops, as well as reduce water availability and quality. Therefore, careful water use and timely farm planning are essential to minimize their impact.

Temperature Outlook

Temperatures are expected to be slightly warmer than usual during the MAM 2026 season in Nairobi County. Warmer temperatures may cause discomfort to people and animals.

Advice from the County Meteorological Director

- ❖ Avoid flooded areas and evacuate when instructed
- ❖ Maintain proper drainage around homes
- ❖ Ensure safe drinking water
- ❖ Follow up regular updates issued by the Kenya Meteorological Department.

N.B: This forecast should be used in conjunction with the regular updates (daily, 5-day, weekly and monthly forecasts and advisories) issued by this Department.

Further Information and Contacts

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