



REPUBLIC OF KENYA
MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE
KENYA METEOROLOGICAL DEPARTMENT

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Biometeorology Services

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

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SUMMARY: Expected Weather Impacts

Residents are encouraged to monitor the following weather conditions and their potential impacts:

1. Rainfall

- High risk of flooding in low-lying areas and along riverbanks, particularly in flood-prone counties including Kisumu, Homa Bay, Siaya, Migori, Busia, Kisii, Nyamira, Nandi, Kericho, Bomet, Kakamega, Vihiga, Nairobi and Bungoma.
- Increased risk of vector-borne diseases due to enhanced mosquito breeding, potentially leading to higher transmission of malaria (Lake Victoria Region, Western and Rift Valley), dengue (Taita Taveta and Tana River), and Rift Valley fever (Baringo and Marsabit).
- Elevated risk of waterborne diseases such as cholera, diarrheal diseases and typhoid due to contamination of water sources, especially in informal settlements (e.g., Kibera, Mukuru and Mathare in Nairobi), and in parts of the Rift Valley and Lake Regions.
- Possible disruption of access to essential health services, including immunizations and chronic disease management, leading to increased strain on healthcare systems.

2. High Temperatures

- Increased risk of heat-related illnesses such as dehydration, heat exhaustion and heatstroke, particularly among outdoor workers, children, older adults and pregnant women in Wajir, Eastern Garissa and Mandera counties.
- Potential worsening of malnutrition and dehydration due to reduced food and water availability associated with prolonged heat.

3. Cold Weather Conditions

- Higher incidence of respiratory illnesses including common cold, pneumonia, bronchitis, influenza and asthma in Nyahururu (Nyandarua County).
- Increased risk of cardiovascular complications, particularly among children, the elderly and individuals with chronic illnesses.

4. Strong Winds

- Likelihood of dust storms and property damage in Marsabit.
- Increased respiratory health concerns due to airborne dust and particles.

REVIEW FOR PREVIOUS WEEK (23RD FEBRUARY 2026– 1ST MARCH 2026)

1.1 Rainfall

This section lists stations that recorded more than **50mm** total rainfall in the last **7 days**. From the observed data, **Dagoretti, Wilson, Kitui, Nakuru, Makindu, Moi Airbase, Kangema, Eldoret Airport, Machakos, Eldoret Met, Kabette, JKIA, Ngong, Nyahururu, Meru, Thika, Kisii and Kericho stations** reported **more than 50mm** total rainfall from 23rd Feb 2026 to 1st Mar 2026.

Table 1:

Station	Cumulative Rainfall (mm)
Dagoretti Station	171.3
Wilson Station	147.9
Kitui Station	144.5
Nakuru Station	130.4
Makindu Station	114.8
Moi Airbase Met	107.5
Kangema Met	105.9
Eldoret Airport Met	95.6
Machakos Met	88.3
Eldoret Met	85.8
Kabete Met	83.8
JKIA Met	79.8
Ngong Met	69.2
Nyahururu Met	68.1
Meru Met	65.6
Thika Met	64.2
Kisii Met	61.4
Kericho Met	51.6

1.2 High Temperatures

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

Table 2:

Station	Average weekly maximum temperature (°C)
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Mandera Met	37.7
Wajir Met	37.7
Garissa Met	36.0
Lodwar Met	35.9

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:

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

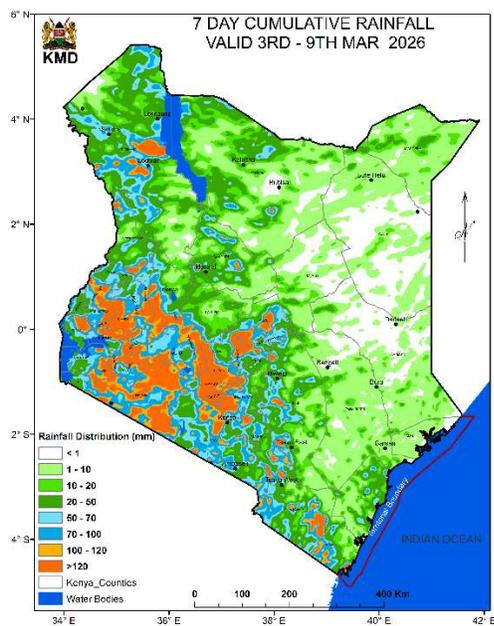
1.4 Strong Winds

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 3RD MARCH 2026 – 9TH MARCH 2026

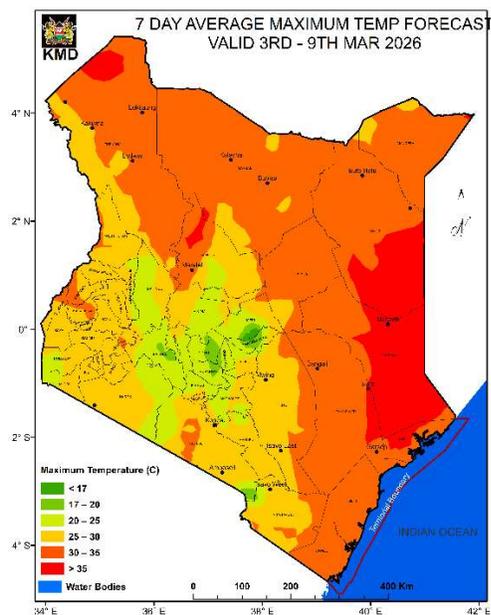
Rainfall

Counties in the Highlands West of the Rift Valley are expected to receive showers and thunderstorms in several places throughout the week. Cumulative rainfall exceeding **50mm** is expected in parts of **Trans-Nzoia Kakamega, Siaya, Bungoma, Baringo, Busia, Kericho, Nandi Hills, Elgeiyo Marakwet, Nyamira, Nakuru, Bomet, Narok, Homabay, Migori, Kisii and Kisumu counties** during the forecast period from Tuesday 3rd March 2026 to Monday 9th March 2026. Several Counties such as **Nairobi, Nyeri, Kiambu, Embu, Kirinyaga, Nyandarua, Meru, Tharaka Nithi 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 parts of counties such **Kitui, Machakos, Kajiado, Makueni, Taita- Taveta and Western parts of Tana River County**. In the Northeastern part of the country, Moyale is expected to receive rainfall above 50mm during the forecast period.



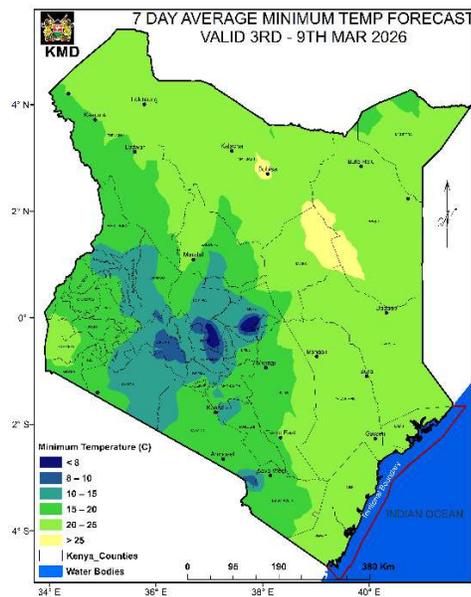
High Temperature

Maximum temperatures are generally expected to drop in the counties that have been recording maximum temperatures above 35°C like Turkana (Lodwar). However, some parts of Wajir, Garissa and Mandera counties are expected to experience maximum temperatures exceeding 35°C on some days during the forecast period from Tuesday 3rd March 2026 to Monday 9th March 2026.



Low Temperature

Minimum temperature of less than 10°C is expected over Nyandarua (Nyahururu) county, during the forecast period Tuesday 3rd March 2026 to Monday 9th 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 3rd March 2026 to Monday 9th March 2026. The rest of the country is expected to experience gentle to moderate winds during the forecast period.

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