



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
(10TH MARCH 2026 – 16TH MARCH 2026)**

Ref No: MET/7/58/03-2026

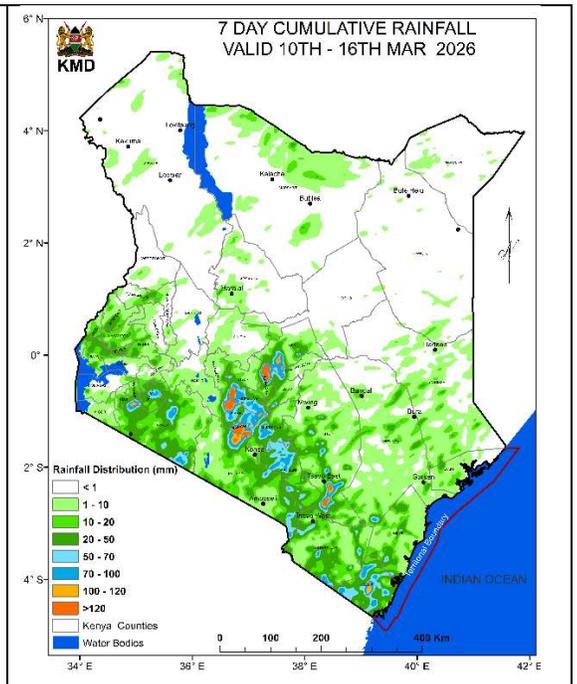
Issue Date: 09/03/2026

SUMMARY .

There is a high risk of **flooding** and outbreaks of **vector-borne** and **waterborne** diseases in a **few parts** of the **Highlands West** of the Rift Valley, **several areas** of the **Highlands East** of the Rift Valley, and parts of the **Southeastern Lowlands**.

1.0 FORECAST FOR 10TH MARCH 2026 – 16TH MARCH 2026 AND IMPACTS ON HEALTH

Some places in Counties such as **Nairobi, Murang'a, Nyeri, Kiambu, Embu, Kirinyaga, Nyandarua, Meru and Tharaka Nithi** in the Highlands East of Rift Valley are expected to receive cumulative rainfall **above 50mm** during the forecast period. Few Counties in the Highlands West of the Rift Valley are expected to receive showers and thunderstorms in few places throughout the week. Cumulative rainfall exceeding **50mm** is expected in some parts of **Narok, Nyamira, Bomet, Siaya, Bungoma, Busia, Kisii and Vihiga counties** during the forecast period from Tuesday 10th March 2026 to Monday 16th March 2026. In the South-Eastern Lowlands of the country, rainfall is expected to continue in several places with cumulative rainfall **above 50mm** expected in some parts of counties such **Kitui, Machakos, Kajiado, Makueni, and Taita- Taveta Counties**. In the Coastal Region, some parts of **Kwale, Kilifi and Mombasa Counties** are expected to receive rainfall above **50mm** during the forecast period.



1.1.1 Impacts on Health

Hazard/ Risk

High

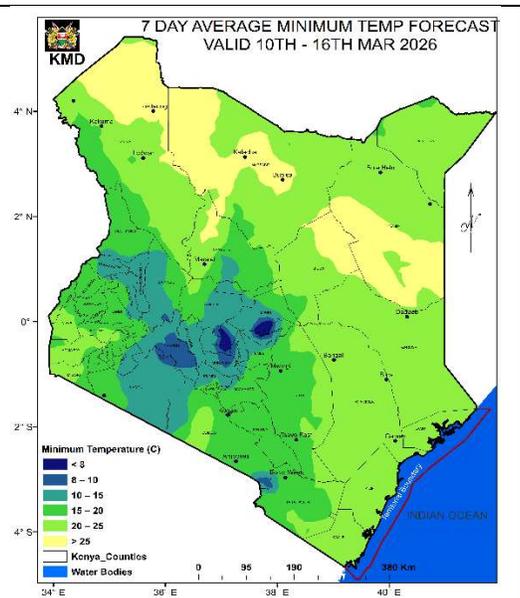
- High risk of **flooding** in low-lying areas and along riverbanks, particularly in **flood-prone** counties such as **Nairobi, Makeni, Machakos, Busia, Kisii, Nyamira, Bomet, Vihiga, Kiambu, and Bungoma**.
- Increased risk of **vector-borne diseases** due to enhanced mosquito breeding, potentially leading to higher transmission of **malaria (in Lake Victoria Region, Western and Rift Valley), dengue (in Taita Taveta and Tana River), and Rift Valley fever (in 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, the Coast and the Lake Regions**.
- Possible **disruption of access to essential health services**.
- High risk of deaths and loss/destruction of properties in the **flood-prone** areas.
- High risk of deaths/destruction of properties in landslides prone counties such as **Murang'a county**.

1.1.2 Advisory

- Use clean, boiled, or treated water for drinking and cooking.
- Use gumboots and avoid walking bare foot in flooded areas.
- Avoid landslide prone areas during the rainy period.
- Sleep under treated mosquito nets and drain stagnant water to manage Mosquito Larval sources.
- Vaccinate Livestock for Rift Valley fever control.
- Avoid movement in flooded areas and roads.
- Stay informed on weather updates from the Kenya Meteorological Department to plan for safety.

1.2 MINIMUM TEMPERATURES NOT EXCEEDING 10°C

Minimum temperature of less than 10°C is expected over some parts of Nyandarua (Nyahururu) county, during the forecast period Tuesday 10th March 2026 to Monday 16th March 2026.



1.2.1 Impacts on Health

Hazard/ Risk

Moderate

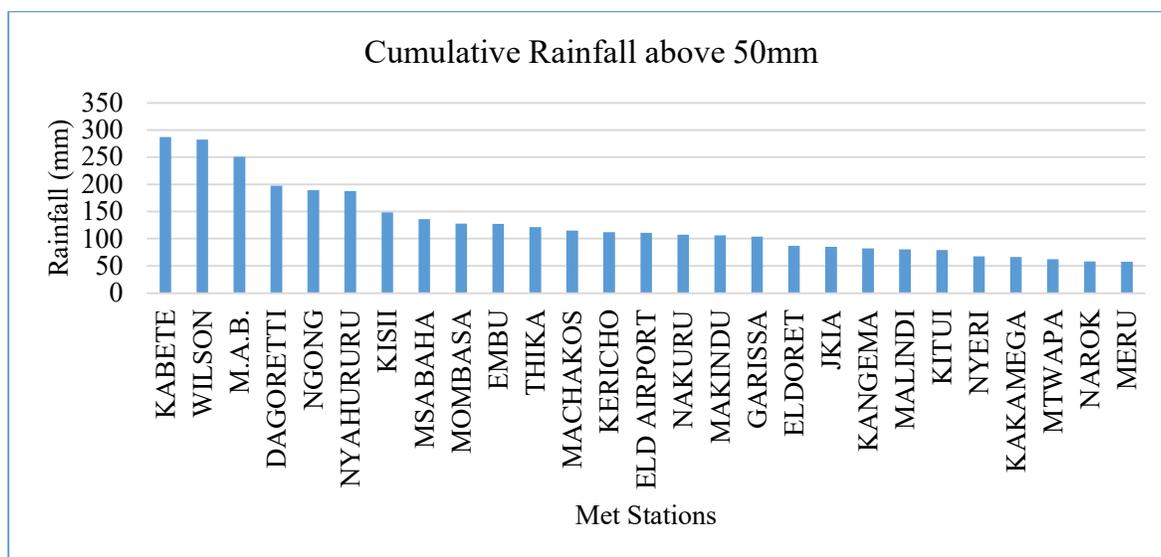
- Moderate risk of **Respiratory illnesses** including **common cold, pneumonia, flu, bronchitis, influenza and asthma in Nyahururu (Nyandarua County)**.
- Increased risk of **cardiovascular complications**, particularly among children, the elderly and individuals with chronic illnesses.
- Children, the elderly, and individuals with chronic illnesses are at higher risk.

1.2.2 Advisory

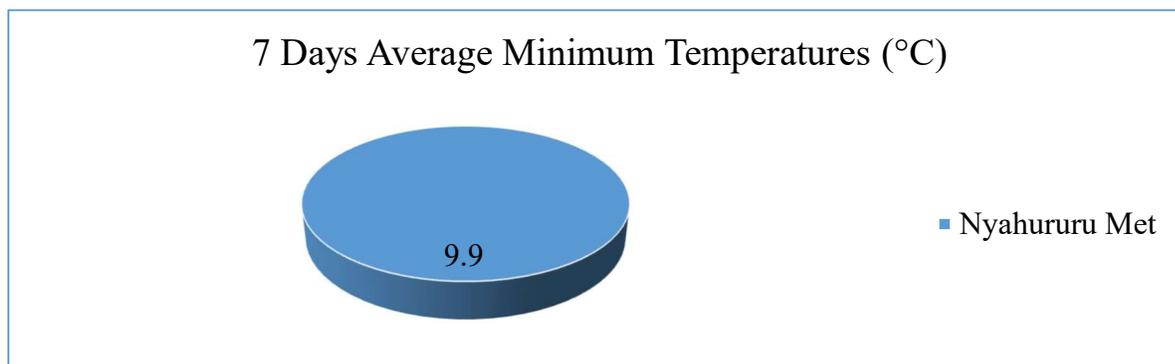
- Dress warmly and limit exposure to cold, especially for the vulnerable populations.

2.0 REVIEW FOR PREVIOUS WEEK (2ND MARCH 2026– 8TH MARCH 2026)

2.1 Stations with Cumulative Rainfall above 50mm



2.2 Stations with 7 Days Average Minimum Temperatures Not Exceeding 10°C



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