



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
(17TH MARCH 2026 – 23RD MARCH 2026)

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

Issue Date: 16/03/2026

SUMMARY.

There is a moderate risk of **flooding** over a **few parts** of the **Highlands West** of the Rift Valley, **few areas** of the **Highlands East** of the Rift Valley, **South Coast** and some few parts of the **Southeastern Lowlands** which may be accompanied by outbreaks of **vector-borne** and **waterborne** diseases due to stagnant water. .

1.0 FORECAST FOR 17TH MARCH 2026 – 23RD MARCH 2026 AND IMPACTS ON HEALTH

Few 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 as indicated in **Figure 1**. Some Counties in the Highlands West of the Rift Valley are expected to receive showers and thunderstorms in few places during the week. Cumulative rainfall exceeding **50mm** is expected in some parts like **Kisii, Narok, Bomet, Nyamira, Migori, Nandi, Vihiga, Siaya, Bungoma, and Kisumu** counties during the forecast period. In the South-Eastern Lowlands of the country, rainfall is expected in few places with cumulative rainfall **above 50mm** expected in some parts of **Makueni County**. In the Coastal Region, some parts of **Kwale, Kilifi and Mombasa Counties** are expected to receive rainfall above **50mm** during the period.

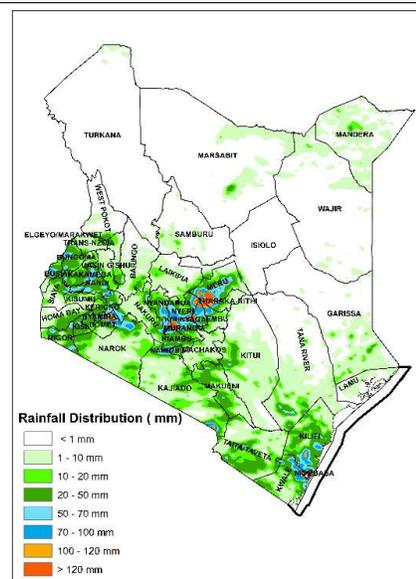


Figure 1: *Forecasted Seven-Day Total Rainfall for 17th to 23rd March 2026*

1.1.1 Impacts on Health

Hazard/ Risk	Moderate
--------------	----------

- Moderate risk of **flooding** in low-lying areas and along riverbanks, particularly in **flood-prone** counties such as **Nairobi, Makueni, Kisii, Nyamira, Migori, Murang'a, Bomet, Vihiga, Kiambu, and Bungoma**.
- Increased risk of **vector-borne diseases** due to enhanced mosquito breeding due to stagnant water 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)**.
- Moderate 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 like Baringo, the Coast and the Lake Regions**.
- Possible **disruption of access to essential health services flood prone areas**.
- Moderate risk of deaths and loss/destruction of properties in the **flood-prone** areas.
- Moderate 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 temperatures $\leq 10^{\circ}\text{C}$ is expected over some parts of Nyandarua (Nyahururu) county, during the forecast period Tuesday 17 th March 2026 to Monday 23 rd 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)**.
- Moderate 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 (9TH MARCH 2026– 15TH MARCH 2026)

2.1 Stations with Cumulative Rainfall above 50mm

Several stations recorded cumulative rainfall exceeding 50 mm during the review period, as shown in **Figure 2.1**

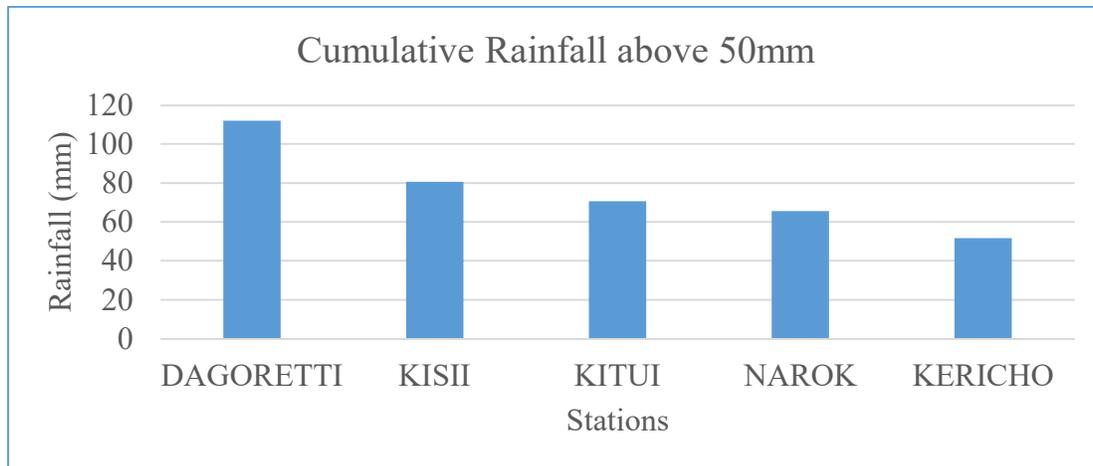


Figure 2.1: Stations with Cumulative Rainfall above 50mm

2.2 Stations with 7 Days average minimum Temperatures less than 10°C

Some stations recorded 7-day average minimum temperatures below 10°C during the reporting period, as shown in **Figure 2.2**.

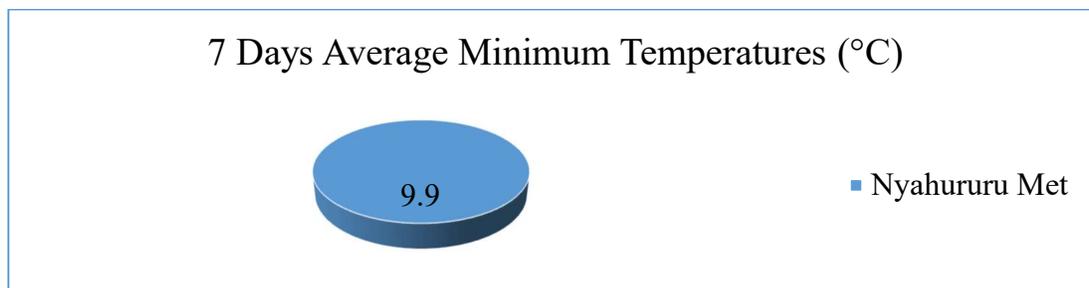


Figure 2.2: Stations with average minimum Temperatures less than 10°C

NB: Residents are encouraged to take proactive measures to safeguard themselves and their communities against the anticipated weather conditions.

Stay Safe, Stay Informed.

For: Ag DIRECTOR OF METEOROLOGICAL SERVICES