



**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**

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**WEEKLY BIOMETEOROLOGICAL BULLETIN  
(31<sup>ST</sup> MARCH 2026 – 6<sup>TH</sup> APRIL 2026)**

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

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**SUMMARY.**

There is a high risk of **flooding** around **Moyale** in **Marsabit county**, **few places** in the **Highlands West** of the Rift Valley and **few areas** of the **Highlands East** of the Rift Valley with potential outbreaks of **vector-borne** and **waterborne** diseases due to stagnant waters.

**1.0 FORECAST FOR 31<sup>ST</sup> MARCH 2026 – 6<sup>TH</sup> APRIL 2026 AND IMPACTS ON HEALTH**

**Heavy rainfall** is expected in **Several places** in **Marsabit County** around **Moyale** and **few places** in **Mandera County** along the border with **Ethiopia** with Cumulative rainfall **>50mm** expected during the forecast period in the Northeastern part of the Country.

**Few places** in Counties such as **Murang'a, Nyeri, Embu, Kirinyaga, Meru and Tharaka Nithi** in the **Highlands East of Rift Valley** are expected to receive cumulative rainfall **>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** with Cumulative rainfall exceeding **50mm** expected in some parts of **Kisii, Bomet, Kericho, Kakamega, Nyamira, Migori, Vihiga, and Kisumu counties** during the forecast period. In the **South-Eastern Lowlands** and the **Coastal regions**, **isolated showers of rain** are expected in few places with cumulative rainfall above 50mm **not expected** in any County.

Generally, most parts of the country are expected to experience days with isolated moderate rains to no rainfall 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** areas of counties such as **Marsabit (Moyale), Kisumu, Migori, Murang'a, Bomet and Vihiga**.

- 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), Rift Valley fever (in Baringo and Marsabit) and Chikungunya (in Mombasa, Kilifi and Kwale).**
- High risk of **waterborne diseases** such as **cholera, diarrhea and typhoid** due to contamination of water sources, especially in informal settlements (**in Moyale in Marsabit**), and in parts of the **Rift Valley and the Lake Regions.**
- Possible **disruption of access to essential health services in some flood prone areas.**
- High risk of deaths and loss/destruction of properties in the **flood-prone and lightening prone** areas.
- High risk of deaths/destruction of properties in landslides prone counties such as **Murang'a.**

### 1.1.2 Advisory

- Use clean, boiled, or treated water for drinking and cooking.
- Use gumboots and avoid walking bare foot in areas with stagnant waters.
- 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 are expected to be lower than normal in most parts of the country with temperatures  $\leq 10^{\circ}\text{C}$  expected over some parts of **Nyandarua (Nyahururu)** county, during the forecast period from Tuesday 31<sup>st</sup> March 2026 to Monday 6<sup>th</sup> April 2026.

#### 1.2.1 Impacts on Health

Hazard/ Risk	Moderate
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- 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.

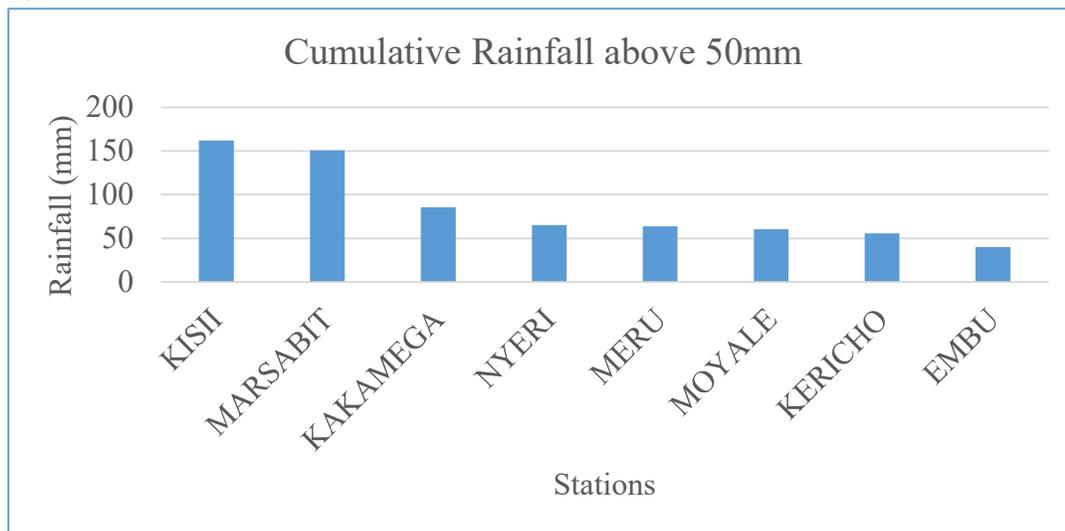
#### 1.2.2 Advisory

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

## 2.0 REVIEW FOR PREVIOUS WEEK (23<sup>RD</sup> MARCH 2026– 29<sup>TH</sup> MARCH 2026)

### 2.1 Stations with Cumulative Rainfall above 50mm

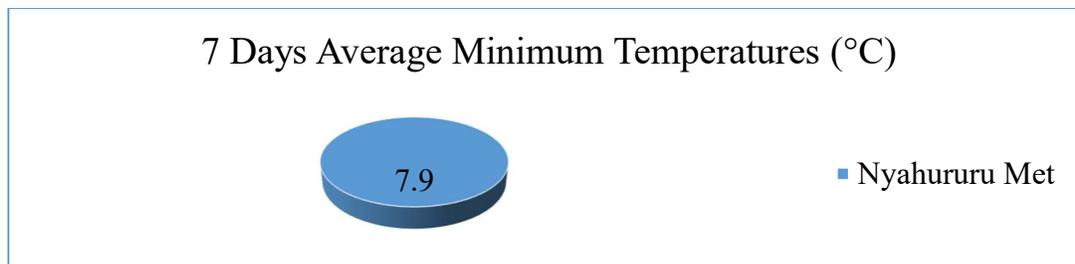
Several stations recorded cumulative rainfall exceeding 50 mm during the review period, as shown in **Figure 2.1**



**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