



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
(7TH APRIL 2026 – 13TH APRIL 2026)

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SUMMARY.

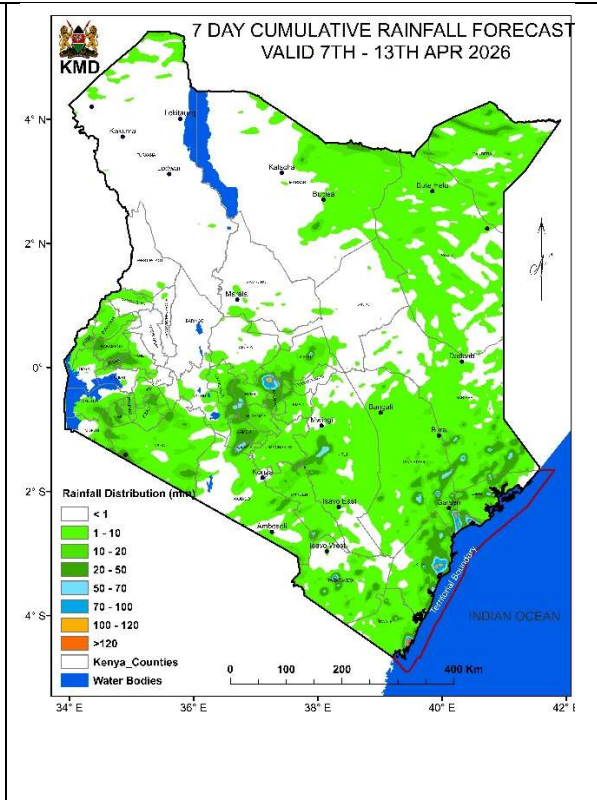
There is a moderate risk of **flooding in few places** in the **Highlands West** of the Rift Valley, around **Moyale** in **Marsabit county** and in **few areas** of the **Highlands East** of the Rift Valley with potential outbreaks of **vector-borne** and **waterborne** diseases due to stagnant waters.

1.0 FORECAST FOR 7TH APRIL 2026 – 13TH APRIL 2026 AND IMPACTS ON HEALTH

Few places in Counties such as **Nairobi, 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, Migori, Homabay, Kericho, Narok, Vihiga, Busia and Kakamega** 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** expected in some few places in **Kitui and Taita Taveta Counties**.

Rainfall is expected in **few places** in **Marsabit and Mandera Counties** with Cumulative rainfall **>50mm** expected **around Moyale** during the forecast period in the Northeastern part of the Country.

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

Moderate

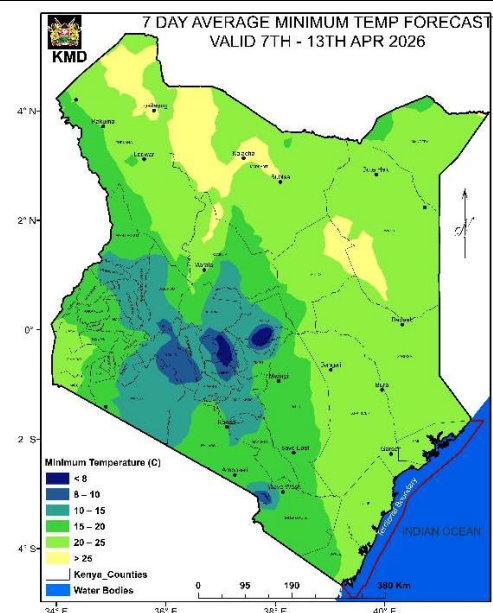
- Moderate risk of **flooding** in low-lying areas and along riverbanks, particularly in **flood-prone** areas of counties such as **Marsabit (Moyale), Nairobi, Migori, Murang'a, Bomet and Vihiga**.
- Increased risk of **vector-borne diseases** due to enhanced mosquito breeding due to stagnant water 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)**.
- Moderate risk of **waterborne diseases** such as **cholera, diarrhea and typhoid** due to contamination of water sources, especially in informal settlements (**in Nairobi and 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**.
- Moderate risk of deaths and loss/destruction of properties in the **flood-prone and lightening prone** areas.
- Moderate 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 (Nyandarua)**, few places in **Nyeri County** and in few places in **Meru County** during the forecast period from Tuesday 7th April 2026 to Monday 13th 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 (30TH MARCH 2026– 5TH APRIL 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**

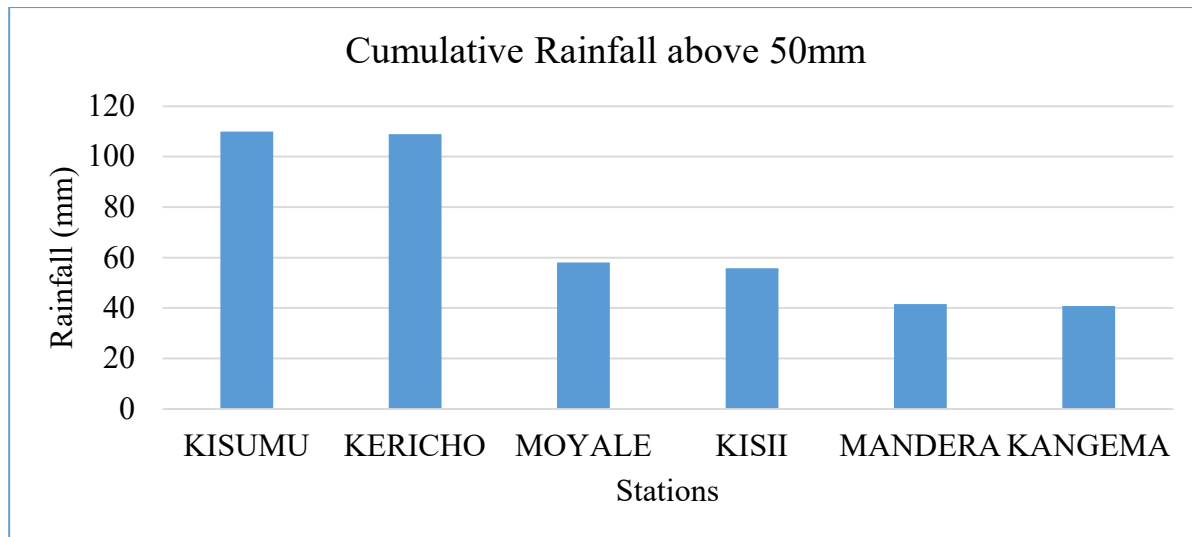


Figure 2.1: Stations with Cumulative Rainfall above 50mm

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**.

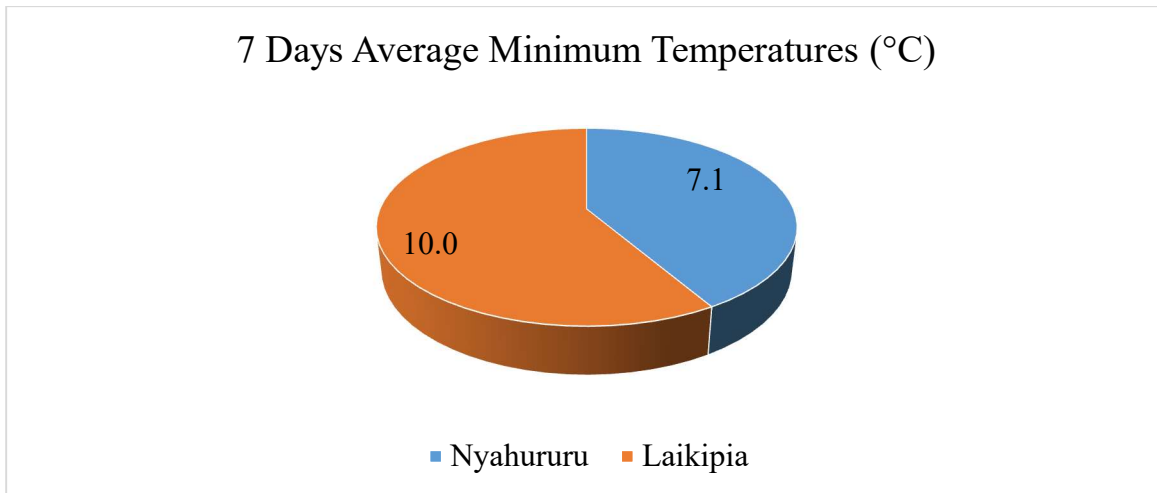


Figure 2.2: Stations with average minimum Temperatures less than 10°C

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