



**REPUBLIC OF KENYA**  
**MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY**  
**STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE**  
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**Biometeorology Services**

**WEEKLY BIOMETEOROLOGICAL BULLETIN**  
**(5<sup>TH</sup> – 11<sup>TH</sup> MAY 2026)**

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## SUMMARY

There is a **high risk of flooding** in several places with potential outbreaks of **vector-borne** and **waterborne** diseases due to stagnant waters in the **Highlands West of the Rift Valley, Rift Valley, Highlands East of the Rift Valley, some parts of Northeastern, Northwestern and the Coast.**

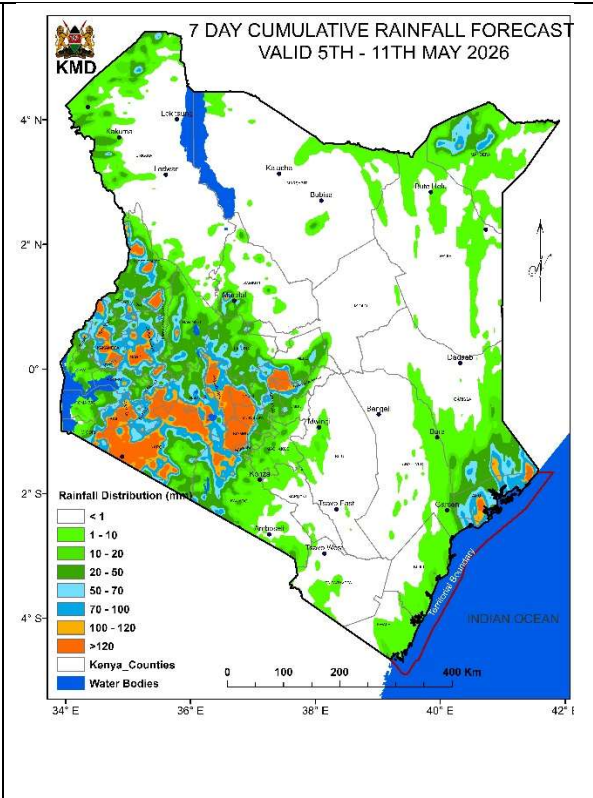
## 1.0 FORECAST FOR 5<sup>TH</sup> – 11<sup>TH</sup> MAY 2026 AND THE IMPACTS ON HEALTH

**Showers and Thunderstorms** expected in several places daily in the **Highlands West of the Rift Valley** with Cumulative rainfall above **50mm** expected in most parts of **Bomet, Kisii, Nyamira, Narok, Migori, Kericho, Nandi, Uasin Ngishu, Kakamega, Kisumu, Siaya, Homabay, Vihiga, Busia, Bungoma, Trans-Nzoia, Elgeyo Marakwet, Baringo, West Pokot, parts of Samburu and Nakuru counties** during the forecast period.

Several places in Counties like **Nairobi, Murang'a, Nyeri, Embu, Kirinyaga, Meru, Nyandarua, Kiambu and Tharaka Nithi** in the **Highlands East of Rift Valley** are expected to receive cumulative rainfall above **50mm** during the forecast period.

**Coastal Region** is expected to receive occasional **showers** in **Several places** with cumulative rainfall above **50mm** expected in **Lamu, Southeast of Tana River, Mombasa and some parts of Kilifi Counties.**

In the **Southeastern Lowlands, several places in Kajiado, and few places in Machakos Counties** are expected to receive cumulative rainfall above **50mm.**



In the Northeastern region, Cumulative rainfall above 50mm is expected in several places in Mandera County, Southern parts of Garissa County and few places in Marsabit County around Moyale.

Few places in Turkana County at the border with Uganda, South Sudan and Ethiopia are also expected to receive cumulative rainfall above 50mm.

### 1.1.1 Impacts on Health

Hazard/ Risk

High

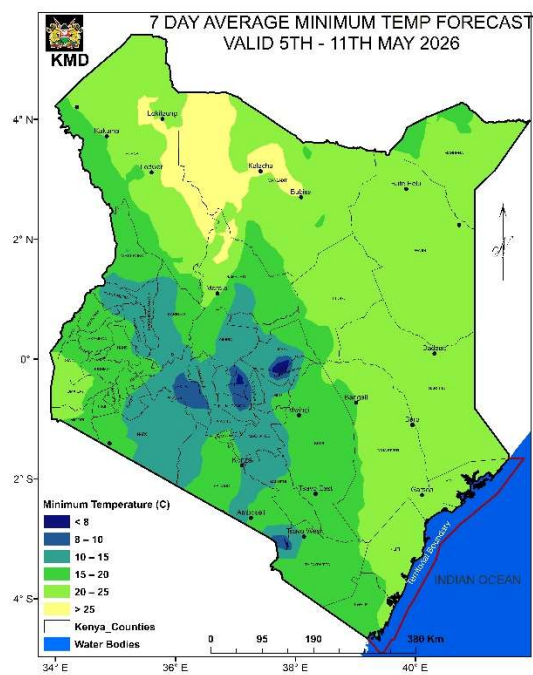
- **High risk of flooding** in low-lying areas and along riverbanks, particularly in **flood-prone** areas of counties expected to receive cumulative rainfall above 50mm.
- **High risk of vector-borne diseases** due to enhanced mosquito breeding due to stagnant water potentially leading to higher transmission of **malaria (in Lake Victoria Region, Western and Rift Valley), Chikungunya (in Mombasa, Kilifi and Kwale), dengue (in Taita Taveta and Tana River) and Rift Valley fever (in Baringo and Marsabit).**
- **High risk of waterborne diseases** such as **cholera, diarrhea and typhoid** due to contamination of water sources, especially in informal settlements in Counties like Nairobi, Narok, Migori, Kisumu and Baringo are expected to receive cumulative rainfall above 50mm.
- **High Risk of Anthrax** outbreak in counties such as **Vihiga, Siaya, Kakamega, Bomet, Meru and Murang'a.**
- Possible **disruption of access to essential health services in some flood prone areas in the mentioned counties.**
- **High risk** of deaths and loss/destruction of properties in the **flood-prone** counties like **Nairobi** and **lightening prone** areas like **Western Kenya** and **Kisii.**

### 1.1.2 Advisory

- Sleep under treated mosquito nets and drain stagnant water to manage Mosquito Larval sources.
- Use clean, boiled, or treated water for drinking and cooking.
- Use gumboots and avoid walking bare foot in areas with stagnant waters.
- Vaccinate Livestock for Anthrax and Rift Valley Fever control.
- Avoid consuming meat from animals that die suddenly, instead purchase only inspected meat from licensed butchers to stay safe from Anthrax.
- Avoid movement in flooded areas and roads.
- Avoid landslide prone areas during the rainy period.
- Do not shelter under a tree when it is raining.
- 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.



### 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.**
- 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.

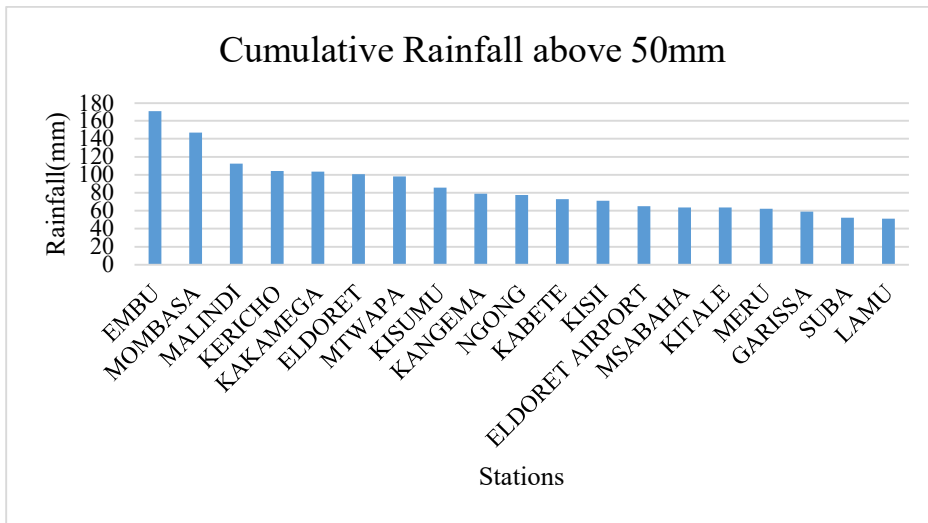
### 1.2.2 Advisory

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

## 2.0 REVIEW FOR PREVIOUS WEEK (27<sup>TH</sup> April – 3<sup>RD</sup> MAY 2026)

### 2.1 Stations with Cumulative Rainfall above 50mm

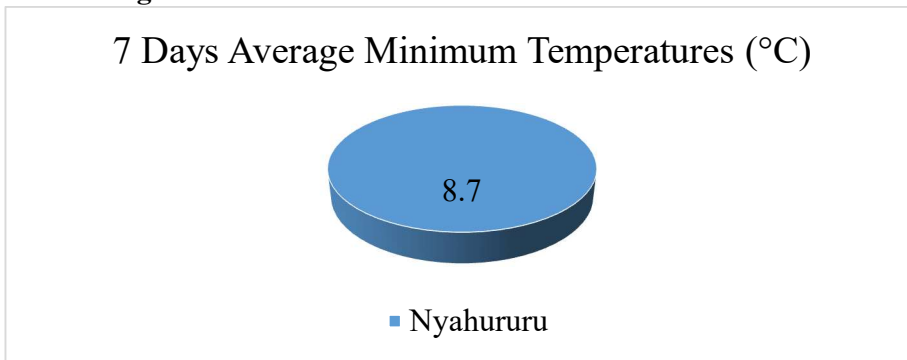
Several stations recorded cumulative rainfall exceeding 50 mm during the review period, as shown in **Figure 2.1**



**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