



MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY

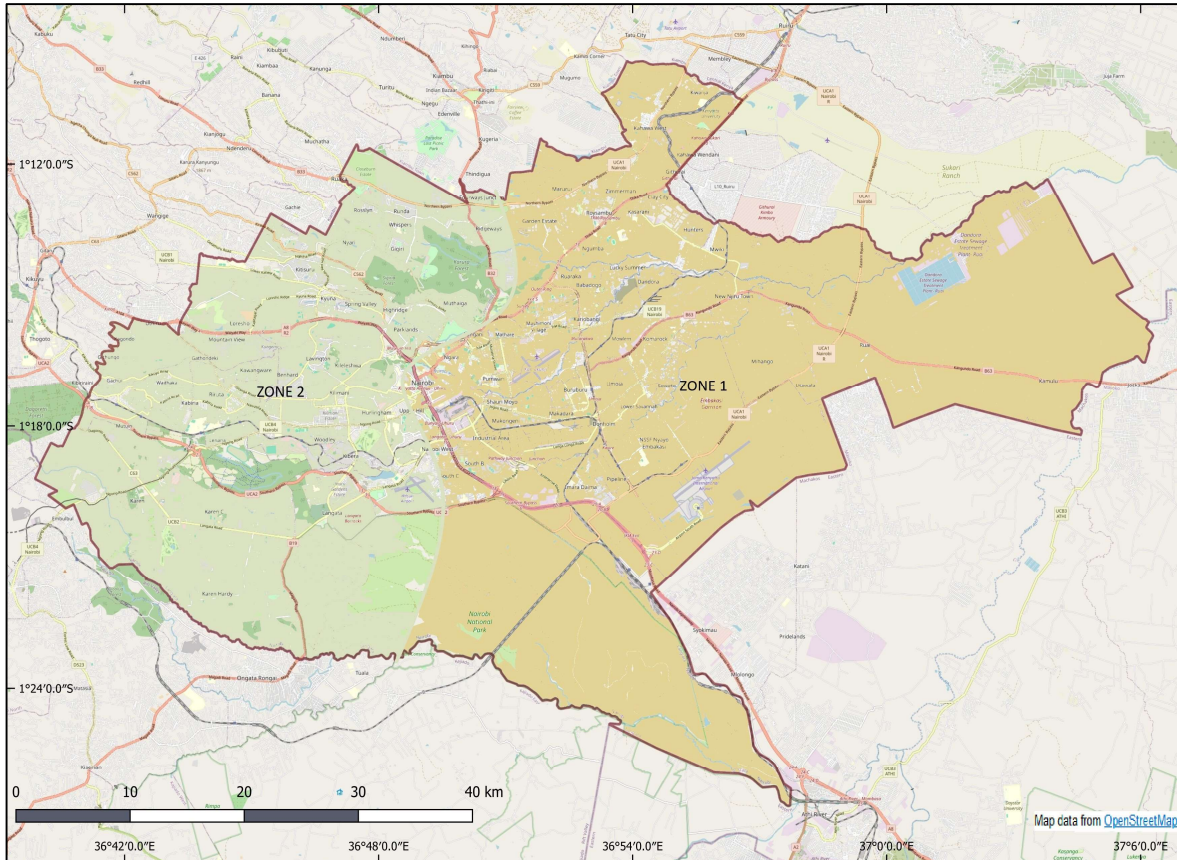
STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE

KENYA METEOROLOGICAL DEPARTMENT

24-HOUR FORECAST FOR NAIROBI COUNTY

VALIDITY: 5TH MAY 2026 TO 6TH MAY 2026

FORECAST ISSUED ON: 5TH MAY 2026



SUMMARY:

 **The county is likely to receive light to moderate rainfall.**

Table 1: 24-Hour Forecast for Zone 1 (Mathare, Kasarani, Ruaraka, Roysambu, Kamukunji, Makadara, Starehe, Embakasi West, Embakasi Central, Embakasi East, Embakasi South, Embakasi North, Lang’ata)


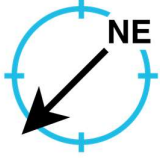






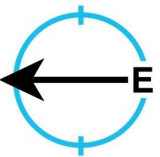


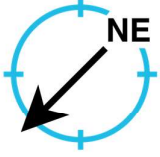






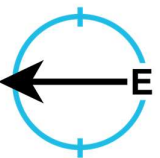


| Date/Time | Wind strength | Wind direction | Apparent Temperature* | Weather | Rainfall Distribution | Rainfall-related Hazards** |
|--|--|---|-----------------------|---|---|--|
| Tuesday 5 May 2026 Night (6pm – 6am) |  Light wind. |  NE | 17°C |  Light showers. |  | No rainfall-related hazards are expected |
| Wednesday 6 May 2026 Morning (6am - 12pm) |  Light wind. |  SE | 22°C |  Cloudy breaking into sunny intervals. | | No rainfall-related hazards are expected |
| Wednesday 6 May 2026 Afternoon (12pm - 6pm) |  Light wind. |  E | 27°C |  Moderate showers. |  | No rainfall-related hazards are expected |




Table 2: 24-Hour Forecast for Zone 2 (Westlands, Dagoretti South, Dagoretti North, Kibra, Lang’ata)

| Date/Time | Wind strength | Wind direction | Apparent Temperature* | Weather | Rainfall Distribution | Rainfall-related Hazards** |
|--|--|---|-----------------------|---|---|--|
| Tuesday 5 May 2026 Night (6pm – 6am) |  Light wind. |  NE | 15°C |  Light showers. |  | No rainfall-related hazards are expected |
| Wednesday 6 May 2026 Morning (6am - 12pm) |  Light wind. |  SE | 21°C |  Cloudy breaking into sunny intervals. | | No rainfall-related hazards are expected |
| Wednesday 6 May 2026 Afternoon (12pm - 6pm) |  Light wind. |  E | 24°C |  Moderate showers. |  | No rainfall-related hazards are expected |

****Rainfall-related hazards include flooding, lightning strikes and strong winds.**

Colour coding of rainfall-related hazards:

| | |
|--------------|---|
| Green | No rainfall-related hazards are expected. |
| Amber | Rainfall-related hazards are likely to occur. They may pose a threat to life and damage property. Be prepared. |
| Red | Dangerous and potentially life threatening weather conditions are expected. Take appropriate action immediately to ensure your safety and the safety of your family and neighbours. |

| | |
|---|---|
| Key for symbols showing spatial rainfall distribution | |
|  | Rain likely to fall in few places (<33%). A small portion of the zone is likely to receive rainfall. |
|  | Rain likely to fall in several places (33-66%). Multiple but not most parts of the zone are likely to receive rainfall. |
|  | Rain likely to fall in most places (> 66%). Rain is expected in nearly all parts of the zone. |

| <i>Term</i> | <i>Rainfall Amount (24 hrs.)</i> | <i>Description</i> |
|-------------|----------------------------------|---------------------------------|
| Light | < 5 mm | Gentle rain, drizzle. |
| Moderate | 5–20 mm | Steady, noticeable rain. |
| Heavy | 21–50 mm | Intense rain, possible thunder. |
| Very Heavy | > 50 mm | Prolonged rain. |

| <i>Term</i> | <i>Probability of Occurrence</i> | <i>Description</i> |
|----------------|----------------------------------|--|
| Possible | 10–30% | There is low confidence. |
| Chance of/ May | 31–50% | There is moderate confidence. |
| Likely | 51–75% | The event is more probable than not. |
| Expected | 76–90% | There is high confidence. |
| Very Likely | 91–99% | There is very high confidence. Almost certain. |
| Certain | 100% | The event is guaranteed to occur. |

| <i>Term</i> | <i>Time Coverage (%)</i> | <i>Meaning</i> |
|------------------------|--------------------------|-----------------------------------|
| Occasional | Less than 25% | Happens rarely or a few times. |
| Intermittent | 25% – 50% | Starts and stops, comes and goes. |
| Frequent | 51% – 75% | Occurs regularly. |
| Very Frequent / Common | More than 75% | Happens almost all the time. |

*Apparent temperature (or Heat Index) is how hot a person feels due to the combined effect of temperature and relative humidity.

Colour coding of apparent temperature:

| Classification | Effects on the body | Actions to take |
|--------------------------------------|--|---|
| Safe <27°C | ✓ Little to no effects. | ✓ No actions required. |
| Caution 27 to 31°C | ✓ Fatigue may occur with prolonged exposure to heat and/or physical activity. | <ul style="list-style-type: none"> ✓ Drink plenty of water. ✓ Don't stay outdoors for too long. ✓ Stay in the shade in the afternoon. ✓ Open windows at night and use fans. |
| Extreme Caution 32 to 40°C | <p>With prolonged exposure to heat and/or physical activity:</p> <ul style="list-style-type: none"> ✓ Painful muscle spasms caused by loss of salts and fluids through heavy sweating (heat cramps) may occur. ✓ The body may become overheated and struggle to cool down due to excessive loss of water and salt (heat exhaustion). ✓ The body's temperature-regulating system may fail and body temperature may rise above 40°C requiring medical attention (heat stroke). ✓ The body's temperature-regulating system may fail and body temperature may rise above 40°C due to direct exposure to the sun requiring medical attention (sun stroke). | <ul style="list-style-type: none"> ✓ Drink plenty of water. ✓ Don't stay outdoors for too long. ✓ Stay in a cool place in the afternoon. ✓ Open windows at night and use fans/air-conditioning. ✓ Carry outdoor activities when it's cool. |
| Danger 41 to 54°C | <ul style="list-style-type: none"> ✓ Painful muscle spasms caused by loss of salts and fluids through heavy sweating (heat cramps) are likely to occur. ✓ The body is likely to become overheated and struggle to cool down due to excessive loss of water and salt (heat exhaustion). ✓ The body's temperature-regulating system is likely to fail and body temperature is likely to rise above 40°C due to direct exposure to the sun requiring medical attention (sun stroke). ✓ The body's temperature-regulating system may fail and body temperature may rise above 40°C requiring medical attention (heat stroke) with prolonged exposure to heat and/or physical activity. | <ul style="list-style-type: none"> ✓ Drink plenty of water. ✓ Stay in a cool place in the afternoon and evening. ✓ Use air-conditioning. ✓ Avoid outdoor activities or carry them out when it's cool. ✓ Avoid prolonged exposure to direct sunshine. |
| Extreme Danger > 54°C | <ul style="list-style-type: none"> ✓ The body's temperature-regulating system is very likely to fail and body temperature may rise above 40°C requiring medical attention (heat stroke) with continued exposure to heat. | <ul style="list-style-type: none"> ✓ Drink plenty of water. ✓ Stay a cool place all day. ✓ Use air-conditioning. ✓ Avoid outdoor activities. ✓ Avoid prolonged exposure to direct sunshine. |

Colour coding of apparent temperature adapted from NOAA-NWS-USA: [HeatRisk v2.5 - Understanding HeatRisk and Heat Index Chart](#)