



**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**  
**(12<sup>TH</sup> – 18<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** and some parts of **Highlands East of the Rift Valley**.

### 1.0 FORECAST FOR 12<sup>TH</sup> – 18<sup>TH</sup> MAY 2026 AND THE IMPACTS ON HEALTH.

#### 1.1 RAINFALL FORECAST

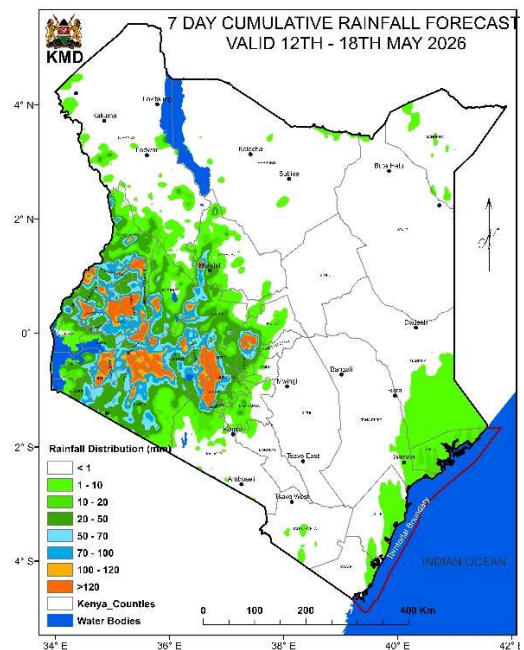
**Showers and Thunderstorms** expected in several places in the **Highlands West of the Rift Valley** with Cumulative rainfall above **50mm** expected in most parts of **Bomet, Kisii, Nyamira, Narok, Migori, Kericho, Nandi, Uasin Ngishu, Kakamega;** parts of **Kisumu, Siaya, Homabay, Vihiga, Busia, Bungoma,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

Few places in **Turkana** County at the border with **Uganda** are also expected to receive cumulative rainfall above 50mm.

Several places in Counties like **Kiambu, Murang'a, Nyeri** and **Nyandarua;** including areas around the border of **Embu, Meru, Nyeri, Kirinyaga** and **Tharaka Nithi** Counties 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 few places.

**Most parts of Northeastern, Southeastern Lowlands** and **Northwestern** are expected to experience daytime **sunny intervals** and nighttime **partly cloudy** conditions during the forecast period.



### 1.1.1 Impacts on Health

Hazard/ Risk

High

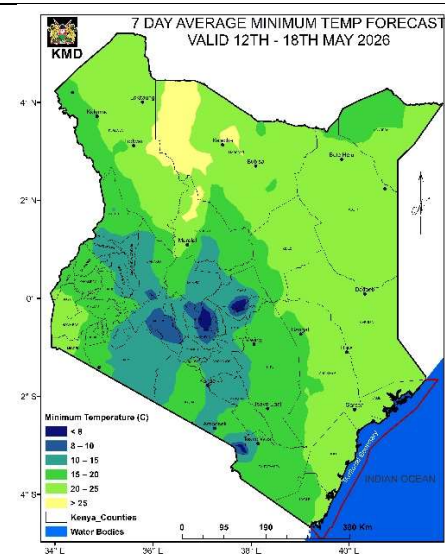
- **High risk of flooding** in low-lying areas and along riverbanks, particularly in **flood-prone** areas of counties expected to receive cumulative rainfall above 50mm.
- **High risk of vector-borne diseases** due to enhanced mosquito breeding due to stagnant water potentially leading to higher transmission 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 **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 drowning and loss/destruction of properties** in the **flood-prone** counties 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

Minimum temperatures are expected to be lower than normal in most parts of the **Highlands west and East of the Rift Valley including Nairobi** with temperatures  $\leq 10^{\circ}\text{C}$  expected over some parts of **Nyandarua (Nyahururu) County** during the forecast period. However, most parts of the country will experience near normal-to-normal minimum temperatures.



### 1.2.1 Impacts on Health

Hazard/ Risk	Moderate
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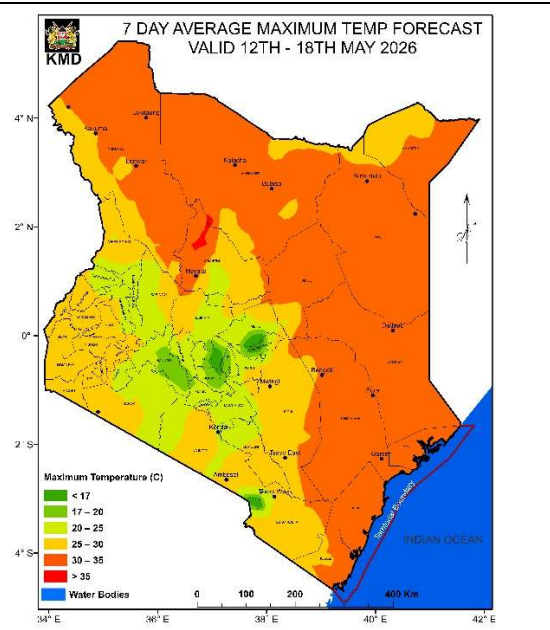
- Moderate risk of **Respiratory illnesses** including **common cold, pneumonia, flu, bronchitis, influenza and asthma in Nyahururu.**
- Moderate risk of **cardiovascular complications**, particularly among children, the elderly and individuals with chronic illnesses.
- Children, the elderly, and individuals with chronic illnesses are at higher risk.

### 1.2.2 Advisory

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

### 1.2 MAXIMUM TEMPERATURES

Maximum temperatures are expected to be above normal in most parts of the **Northeastern** and some parts of the **Southeastern lowlands** with **temperatures exceeding 35°C** expected over some parts of **Mandera, Wajir and Garissa Counties** during the forecast period.



### 1.2.1 Impacts on Health

Hazard/ Risk	Low
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- Low risk of heat related diseases.
- Human and animal dehydration.

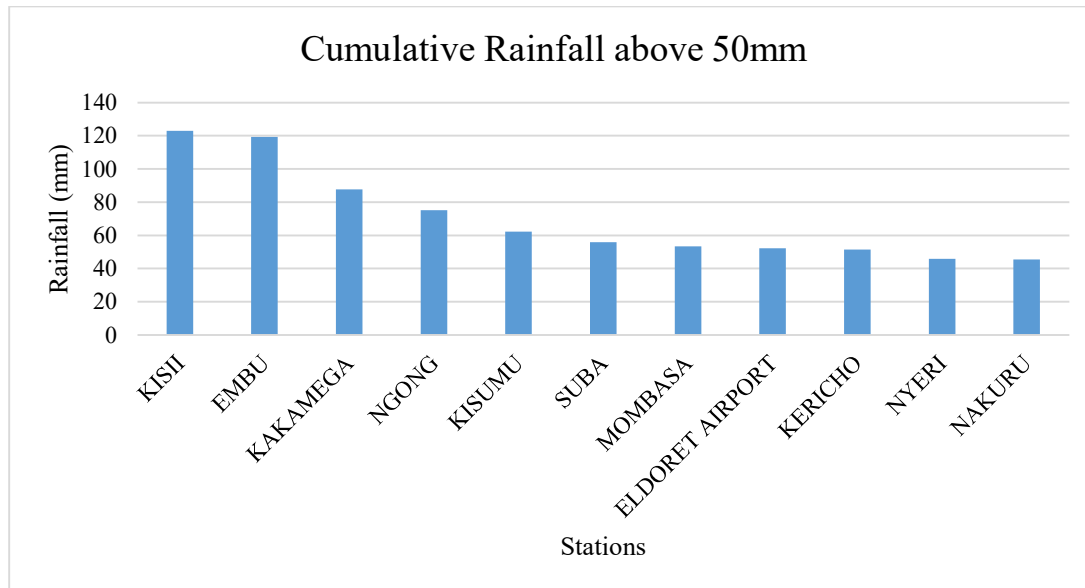
### 1.2.2 Advisory

- Limit outdoor activities during peak heat hours (10 AM - 4 PM).
- Stay hydrated by drinking enough clean water.

## 2.0 REVIEW OF PREVIOUS WEEK (4<sup>TH</sup> – 10<sup>TH</sup> MAY 2026)

### 2.1 Stations with Cumulative Rainfall above 50mm

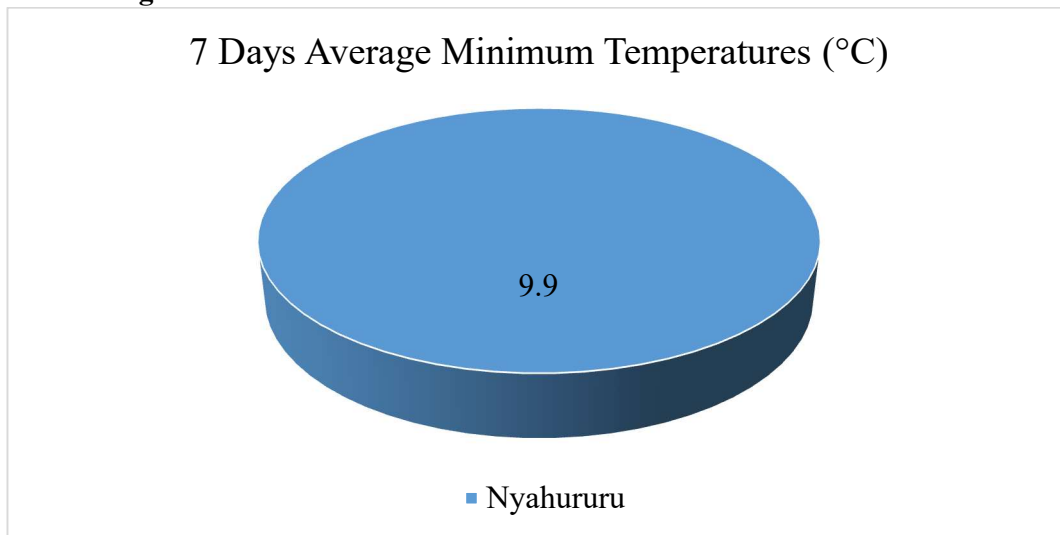
Several stations recorded cumulative rainfall exceeding 50 mm during the review period, as shown in **Figure 2.1**



**Figure 2.1: Stations with Cumulative Rainfall above 50mm**

### 2.2 Stations with 7 Days Average Minimum Temperatures less than 10°C

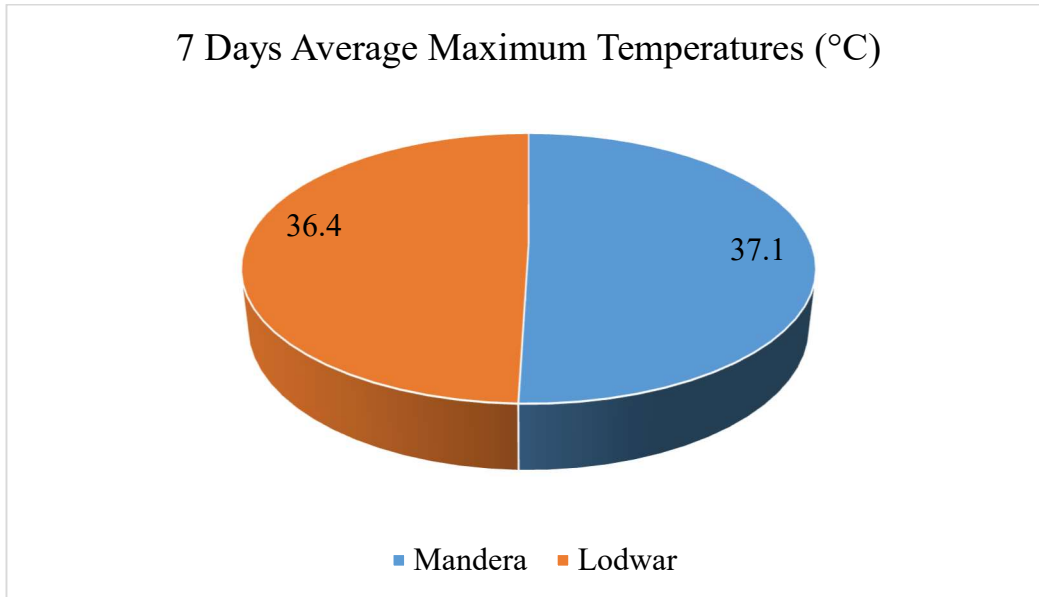
Some stations recorded 7-day average minimum temperatures below 10°C during the reporting period, as shown in **Figure 2.2**.



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

## 2.2 Stations with 7 Days Average Maximum Temperatures exceeding 35°C

Some stations recorded 7-day average maximum temperatures exceeding 35°C during the reporting period, as shown in **Figure 2.3**.



**Figure 2.3: Stations with Average Maximum Temperatures exceeding 35°C**

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

Stay Safe, Stay Informed.

**For:** Ag DIRECTOR OF METEOROLOGICAL SERVICES