



MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY

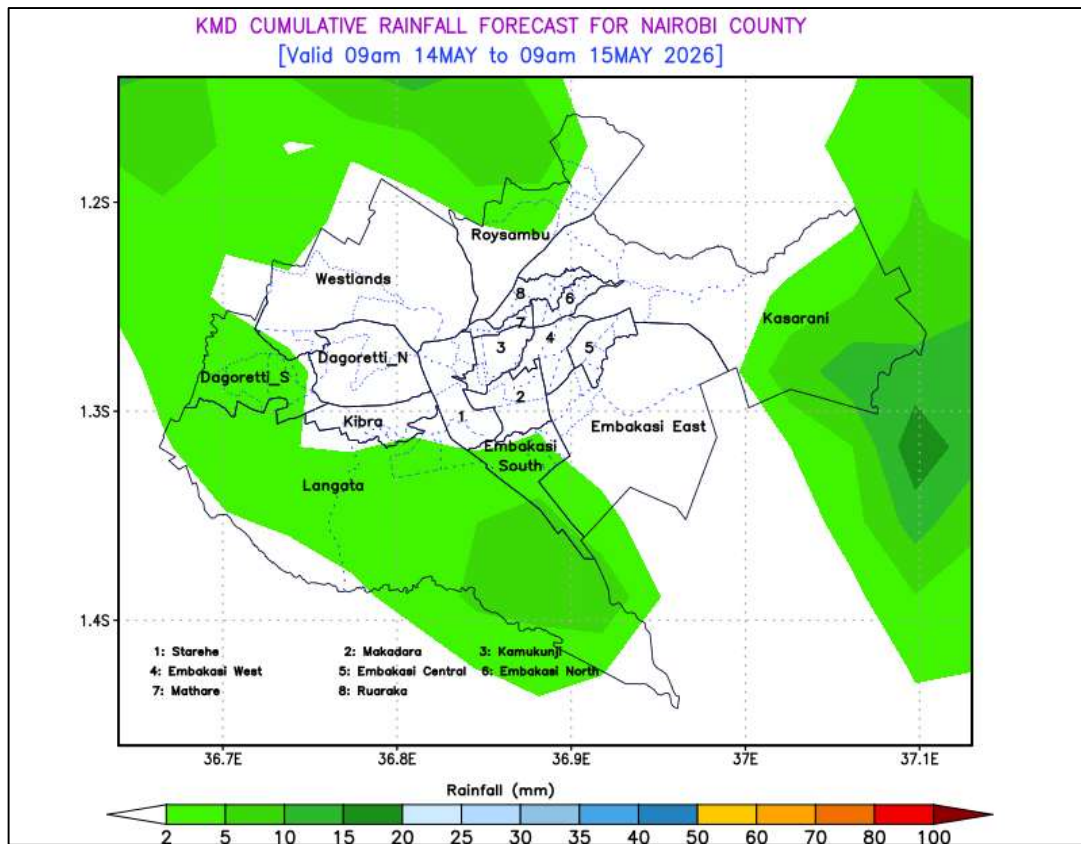
STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE

KENYA METEOROLOGICAL DEPARTMENT

## 24-HOUR FORECAST FOR NAIROBI COUNTY

VALIDITY: 14<sup>TH</sup> TO 15<sup>TH</sup> MAY 2026


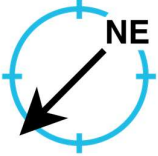








FORECAST ISSUED ON: 14<sup>TH</sup> MAY 2026




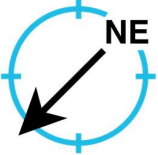








### SUMMARY:

 **The county is likely to experience sunny intervals with a chance of light showers.**

**Table 1: 24-Hour Forecast for Zone 1 (Mathare, Kasarani, Raaka, 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**
Thursday 14 May 2026 Night (6pm – 6am)	 Light wind.		15°C	 Chance of light showers.		No rainfall-related hazards are expected
Friday 15 May 2026 Morning (6am - 12pm)	 Light wind.		22°C	 Cloudy breaking into sunny intervals.		No rainfall-related hazards are expected
Friday 15 May 2026 Afternoon (12pm - 6pm)	 Light wind.		26°C	 Sunny intervals.		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**
Thursday 14 May 2026 Night (6pm – 6am)	 Light wind.		15°C	 Chance of light showers.		No rainfall-related hazards are expected
Friday 15 May 2026 Morning (6am - 12pm)	 Light wind.		20°C	 Cloudy breaking into sunny intervals.		No rainfall-related hazards are expected
Friday 15 May 2026 Afternoon (12pm - 6pm)	 Light wind.		26°C	 Sunny intervals.		No rainfall-related hazards are expected

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

**Colour coding of rainfall-related hazards:**

<b>Green</b>	No rainfall-related hazards are expected.
<b>Amber</b>	Rainfall-related hazards are likely to occur. They may pose a threat to life and damage property. Be prepared.
<b>Red</b>	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.

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

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