



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

WEEKLY BIOMETEOROLOGICAL BULLETIN
(19TH – 25TH 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** within Nairobi, Kiambu and Muranga.

1.0 FORECAST FOR 19TH – 25TH MAY 2026 AND THE IMPACTS ON HEALTH

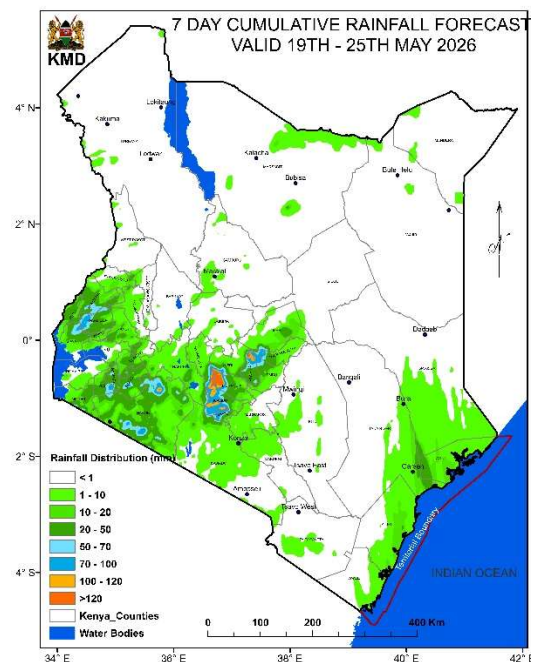
1.1 RAINFALL FORECAST

Showers and Thunderstorms are 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, Kakamega; parts of Kisumu, Siaya, Vihiga, Busia and Bungoma** counties during the forecast period.

Several places in Counties like **Kiambu, Nairobi, 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
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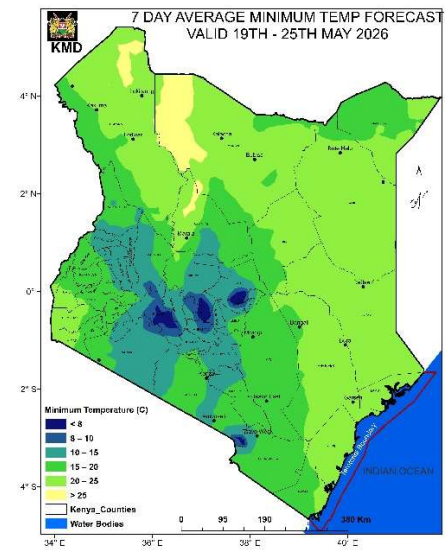
- **High risk of flooding** in low-lying areas and along riverbanks, particularly in **flood-prone** areas of counties expected to receive cumulative rainfall above 50mm like Nairobi, Kiambu and Muranga.
- **High risk of vector-borne diseases** due to enhanced mosquito breeding in stagnant waters potentially 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, Kiambu and Nairobi** that are expected to receive cumulative rainfall above 50mm during the 7 days.
- **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 lightning 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 Nyandarua, Kiambu, Nakuru, Muranga, Kirinyaga, Nyeri, Meru, Tharaka Nithi, Nairobi, Nandi, Kericho, Eldoret, Transzoia, Narok, Elgeiyo Marakwet and Laikipia**. 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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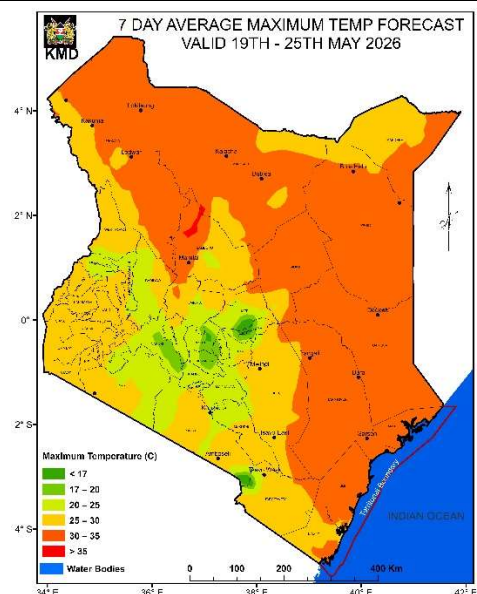
- Moderate risk of **Respiratory illnesses** including **common cold, pneumonia, flu, bronchitis, influenza and asthma**.
- Moderate risk of **cardiovascular complications**, particularly among children, the elderly and individuals with chronic illnesses.
- Children, the elderly, and individuals with 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, Northwestern, the Coast** and some parts of the **Southeastern lowlands** with **temperatures exceeding 35°C** expected over some parts of **Mandera, Turkana (Lodwar), 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 (11TH – 17TH 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**

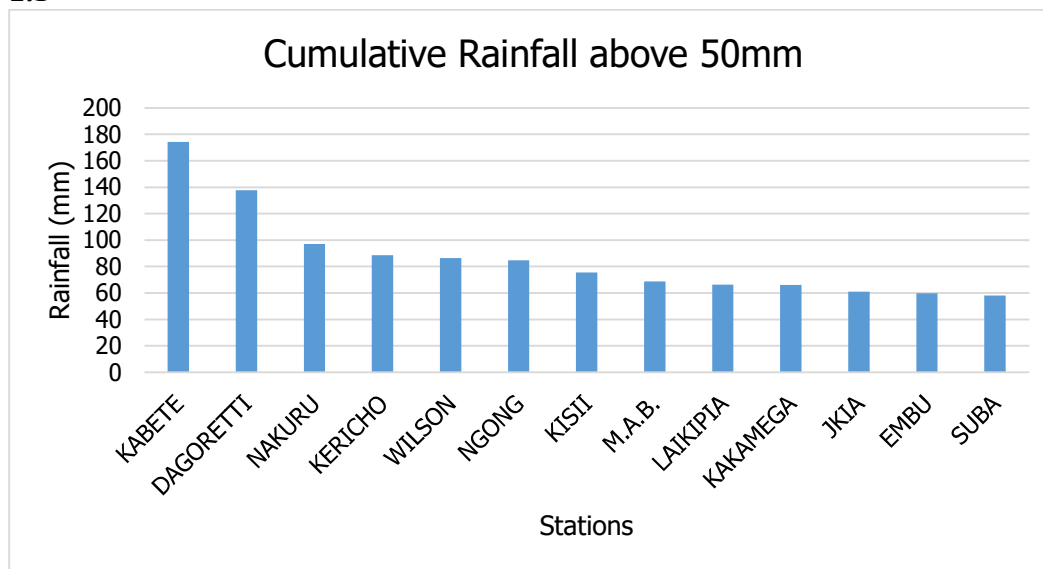


Figure 2.1: Stations with Cumulative Rainfall above 50mm

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**.

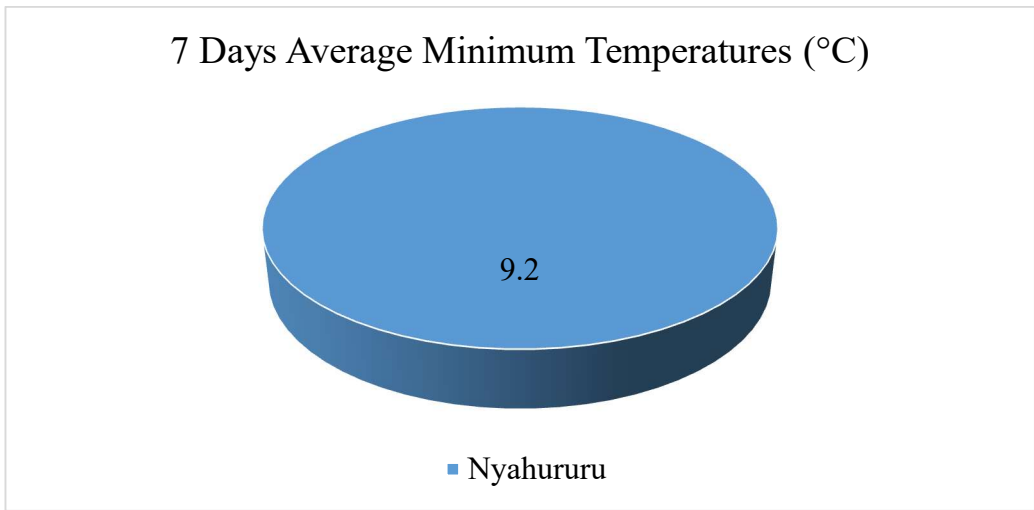


Figure 2.2: Stations with average minimum Temperatures less than 10°C

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**.

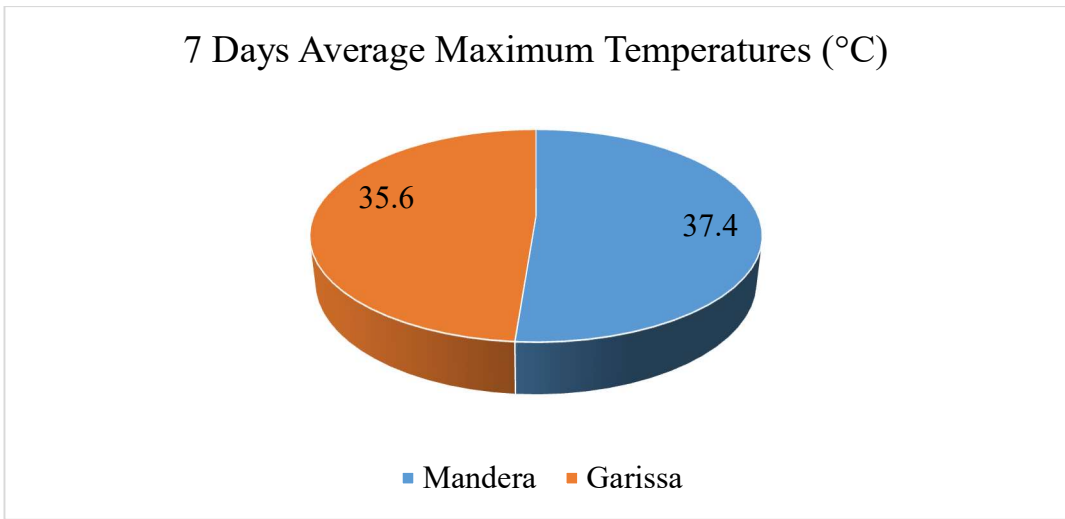


Figure 2.3: Stations with Average Maximum Temperatures exceeding 35°C

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