

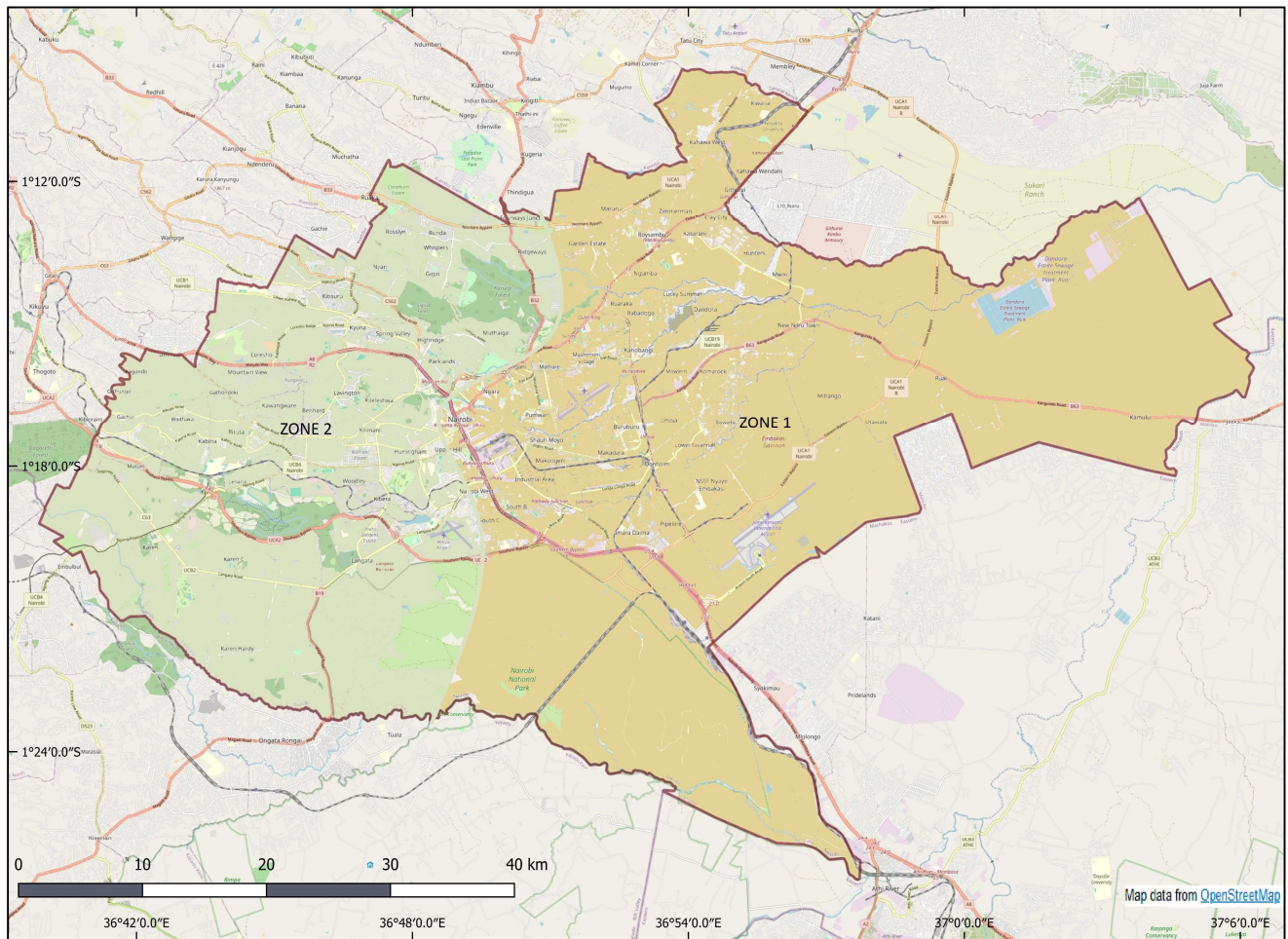


MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY

STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE

KENYA METEOROLOGICAL DEPARTMENT


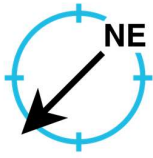


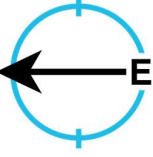


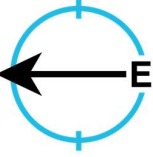

**24-HOUR FORECAST FOR NAIROBI COUNTY**  
**VALIDITY: 24<sup>TH</sup> TO 25<sup>TH</sup> MAY 2026**  
**FORECAST ISSUED ON: 24<sup>TH</sup> MAY 2026**








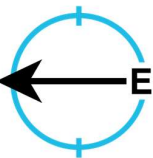


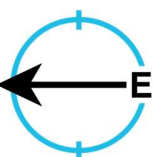

**SUMMARY:**

 **The county is likely to experience mainly sunny intervals.**

**Table 1: 24-Hour Forecast for Zone 1 (Mathare, Kasarani, Ruaka, 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**
Sunday 24 May 2026 Night (6pm – 6am)	 Light wind.		15°C	 Partly cloudy.		No rainfall-related hazards are expected
Monday 25 May 2026 Morning (6am - 12pm)	 Light wind.		24°C	 Cloudy breaking into sunny intervals.		No rainfall-related hazards are expected
Monday 25 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**
Sunday 24 May 2026 Night (6pm – 6am)	 Light wind.		14°C	 Chance of light showers.		No rainfall-related hazards are expected
Monday 25 May 2026 Morning (6am - 12pm)	 Light wind.		23°C	 Cloudy breaking into sunny intervals.		No rainfall-related hazards are expected
Monday 25 May 2026 Afternoon (12pm - 6pm)	 Light wind.		25°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.

**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.

<b>Term</b>	<b>Rainfall Amount (24 hrs.)</b>	<b>Description</b>
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.

<b>Term</b>	<b>Probability of Occurrence</b>	<b>Description</b>
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.

<b>Term</b>	<b>Time Coverage (%)</b>	<b>Meaning</b>
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</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](#)