



REPUBLIC OF KENYA
MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE
KENYA METEOROLOGICAL SERVICE AUTHORITY

Dagoretti Corner, Ngong Road, P. O. Box 30259, 00100 GPO, Nairobi, Kenya
Telephone: 254 (0) 20 3867880-7, **Fax:** 254 (0) 20 3876955/3877373/3867888,
E-mail: director@meteo.go.ke, info@meteo.go.ke; **Website:** <http://www.meteo.go.ke>
Biometeorology (Climate/Weather - Health) Services

WEEKLY BIOMETEOROLOGICAL BULLETIN
(26TH MAY – 1ST JUNE 2026)

Ref No: MET/7/58/05-2026

Issue Date: 25/05/2026

SUMMARY

While most parts of the country will experience reduced rainfall during the forecast period, there is a **high risk of flooding** in the **Southern parts of Garissa County** with potential outbreaks of **vector-borne and waterborne** diseases due to stagnant waters. **Strong South-Easterly Winds above 25 knots (12.9m/s)** are expected across **Isiolo, Marsabit, North of Tana River and Turkana Counties** with potential health risks.

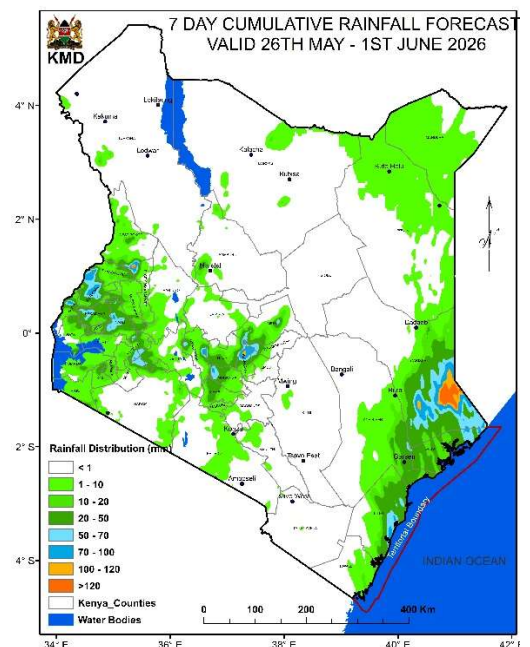
1.0 FORECAST FOR 26TH MAY – 1ST JUNE 2026 AND THE IMPACTS ON HEALTH

1.1 RAINFALL FORECAST

Rainfall is expected to reduce in intensity and spatial distribution in most parts of the country except in the **Southern parts of Garissa County** where Cumulative rainfall is expected to exceed 50mm. Showers and Thunderstorms are expected in **few places** in the **Highlands West of the Rift Valley** with a **Chance of Cumulative rainfall above 50mm** expected in **few parts** of Counties like **Bungoma, Nandi, Kakamega and Southern parts of West Pokot** during the forecast period.

Few places in the **Highlands East of Rift Valley** are expected to receive rainfall during the forecast period with a **chance of Cumulative rainfall exceeding 50mm** in **few places** around **Murang'a and the borders of Embu and Kirinyaga Counties**. **Coastal Region** is expected to receive occasional **showers** in several places like **Mombasa, Kilifi and Lamu**.

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

Moderate

- **High risk of flooding** in low-lying areas and along riverbanks, particularly in **flood-prone areas in the Southern parts of Garissa County.**
- **Moderate risk of vector-borne diseases** due to reduced mosquito breeding in stagnant waters potentially leading to moderate 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 the **Southern parts of Garissa County.**
- **Moderate Risk of Anthrax** outbreak in counties such as **Vihiga, Siaya, Kakamega, Nairobi, Bomet, Meru and Murang'a** which are prone to Anthrax.
- Possible disruption of access to essential health services in some flood prone areas of Garissa.
- **Moderate risk of drowning and loss/destruction of properties in the flood-prone areas in Southern parts of Garissa.**

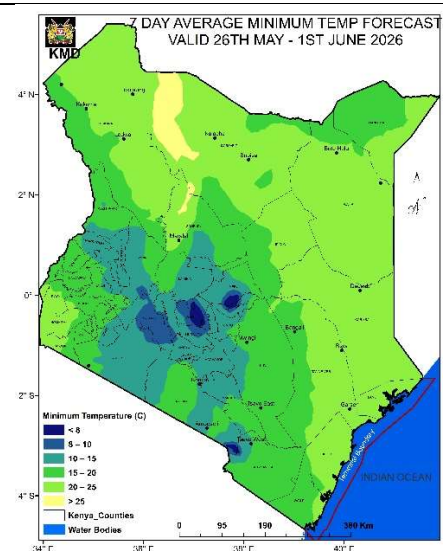
1.1.2 Advisory

- 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.
- Check on daily 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, Nyandarua, Kiambu, Nakuru, Muranga, Kirinyaga, Nyeri, Meru, Tharaka Nithi, Nairobi, Nandi, Kericho, Uasin Gishu, 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
--------------	----------

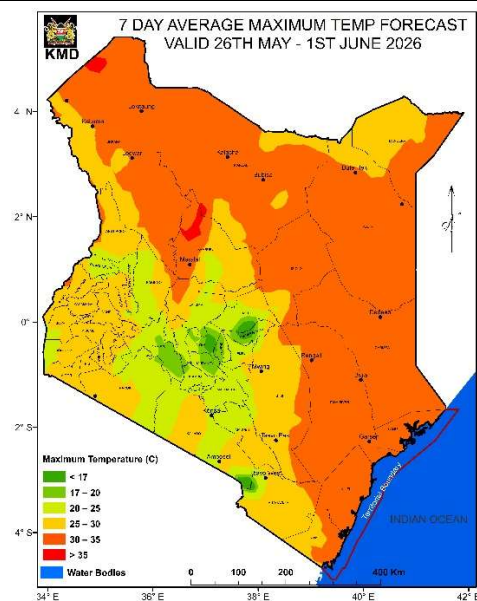
- Moderate risk of **Respiratory illnesses** including **common cold, pneumonia, flu, bronchitis, influenza and asthma** in the counties mentioned above.
- Moderate risk of **cardiovascular complications**, particularly among children, the elderly and individuals with chronic illnesses.
- Children, the 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 and Turkana (Lodwar) Counties** during the forecast period.



1.2.1 Impacts on Health

Hazard/ Risk	Moderate
--------------	----------

- Moderate 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.

1.3 STRONG WINDS



Strong South-Easterly Winds exceeding 25knots (12.9m/s) are expected to prevail in several parts of Counties like **Marsabit, Isiolo, Turkana, North of Tana River and North of Garissa**

1.3.1 Impacts on Health

Hazard/ Risk	Moderate
--------------	----------

- Moderate risk of increased respiratory illnesses.
- Dust carried by strong winds may trigger asthma.
- Increased eye sensitivity among older people.

1.3.2 Advisory

- Limit outdoor exposure during peak wind hours.
- Avoid inhaling dust by wearing a mask when needed.
- Protect the eyes from exposure to strong winds.

2.0 REVIEW OF PREVIOUS WEEK (18TH – 24TH MAY 2026)

2.1 Stations with Cumulative Rainfall above 50mm

In the last one week, rainfall decreased in most parts of the country. Few stations recorded cumulative rainfall exceeding 50 mm during the review period, as shown in **Figure 2.1**

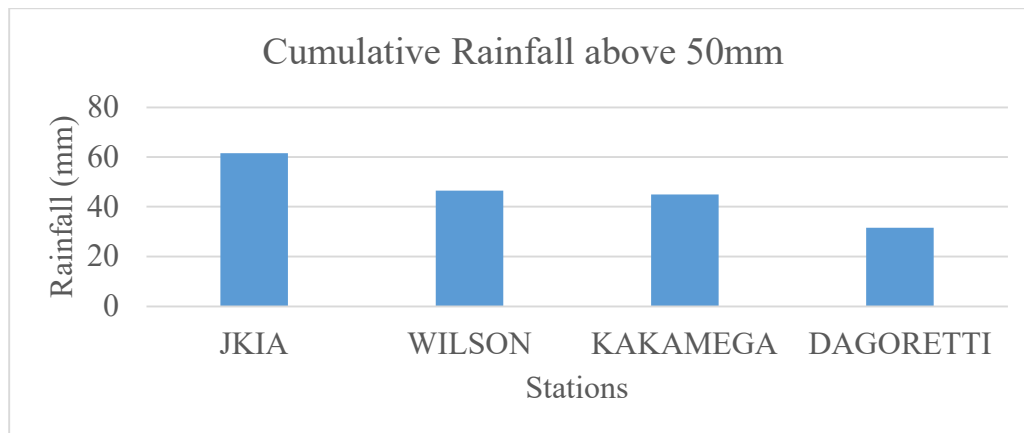


Figure 2.1: Stations with Cumulative Rainfall above 50mm

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**.

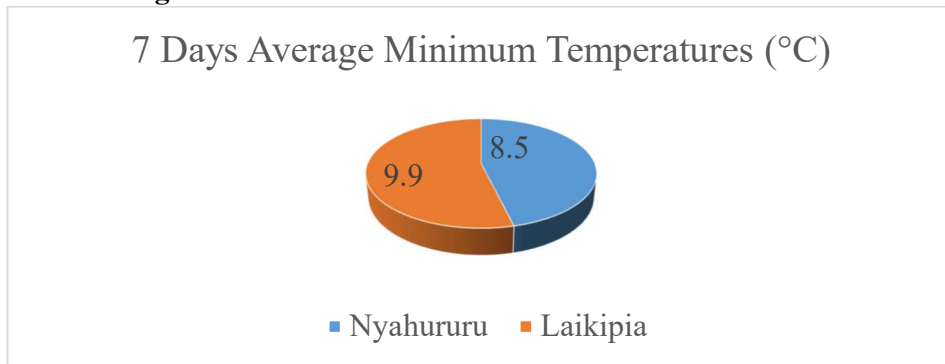


Figure 2.2: Stations with average minimum Temperatures less than 10°C

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**.

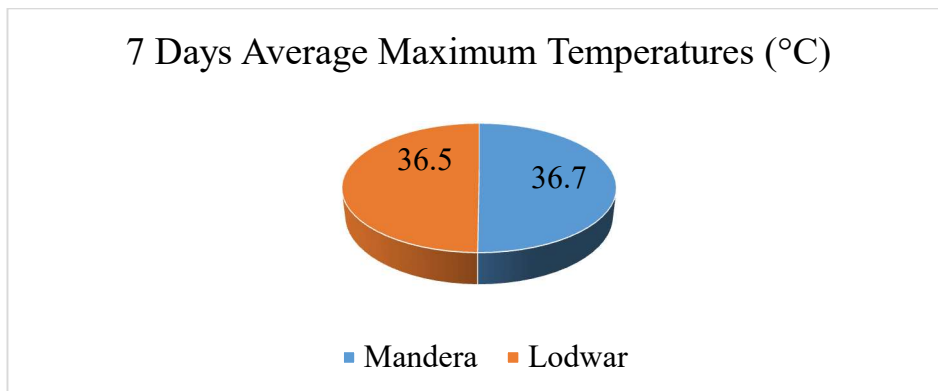


Figure 2.3: Stations with Average Maximum Temperatures exceeding 35°C

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

Check on daily weather updates and keep safe.

For: Ag DIRECTOR OF METEOROLOGICAL SERVICES