REPUBLIC OF KENYA

MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE

KENYA METEOROLOGICAL DEPARTMENT

MONTHLY BIOMETEOROLOGY BULLETIN
(Climate/Weather – Health Impacts)
JUNE 2026

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1.0 Background

This bulletin provides informed health risk projections and advisories based on June 2026 weather outlook. It also provides Weather review for May, and a review of weather-related disease outbreaks as reported by the Ministry of Health and the Ministry of Agriculture and Livestock Development (Directorate of Livestock Development). June marks the beginning of the June-July-August season where temperatures are cooler in the Highlands East of the Rift Valey, Nairobi and Parts of Southeast Lowlands which poses high risks on health.

2.0 June 2026 Forecast

2.1 Rainfall Outlook

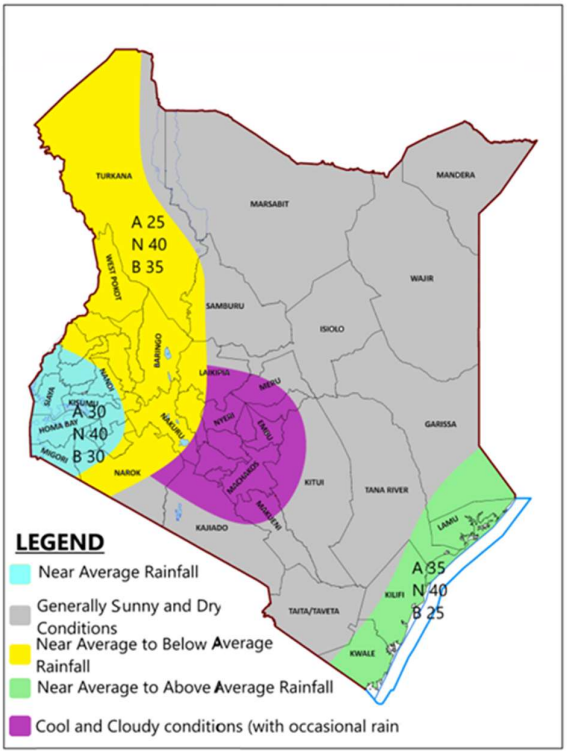

Figure. 1: June 2026 Rainfall Outlook

Rainfall is expected to be depressed throughout the month in most parts of the country except the Coastal Region and Lake Victoria Basin.

Near-Average to Above-Average Rainfall: expected in the Coastal Region.

Near-Average Rainfall: expected in the Lake Victoria Basin.

Near-Average to Below-Average Rainfall: expected in most parts of the Highlands West of the Rift Valley, the Rift Valley and Northwest.

Cool and Cloudy Conditions with Occasional Rains: expected in the Highlands East of the Rift Valley including Nairobi and some parts of Southeastern Lowlands.

Sunny and Dry conditions: expected in most parts of Northeastern and Southeastern Lowlands.

Check for the respective counties and the expected June 2026 rainfall outlook on the map in figure 1.

2.2 Temperature Outlook

June is the start of the cooler temperatures in some parts of the country. Mean temperatures are predicted to be warmer than average throughout the Country, especially in Northeastern. However, cool, and cloudy conditions (with occasional fog) are expected in the Highlands East and West of the Rift Valley as well as some parts of the South-eastern Lowlands, the Rift Valley, and Northeastern Kenya (Marsabit County).

3.0 Health Risk Analysis

Both humans' and animals' health will be at risk in some parts of the country in June. The expected above average rainfall at the Coast and the near average rainfall expected around the Lake Basin is posing a high risk of water-borne diseases, especially in informal areas and vector-borne diseases. Floods may also interfere with the normal operations of some health facilities in flood prone areas. Cold and cloudy conditions in the Highlands East and West of the Rift Valley as well as some parts of the Southeastern Lowlands and the Rift Valley may increase cases of respiratory illnesses such as influenza and pneumonia. In arid and semi-arid regions that are expected to remain dry, dust exposure driven by strong winds may aggravate respiratory problems and eye infections.

Table 1: Health Risk Analysis and Advisory Table

Potential Disease Outbreak/ Destruction/ Loss of lives		Risk level	Region/Area at Risk	Advisory
Vector-Borne Diseases	Malaria		Lake Victoria Basin and Highlands West of Rift Valley	-Eliminate stagnant water. -Promote insecticide – treated nets. -Conduct targeted spaying in high-risk areas.
	Visceral Leishmaniasis		West Pokot. Mandera County	
	Dengue		Coast	
	Chikungunya		Coast	
	Rift Valley Fever		Baringo and Marsabit	
Water-Borne Diseases	Cholera		Lamu, Mandera, Kwale, Mombasa, Siaya, Kisumu and Migori.	-Use clean, boiled, or treated water for drinking and cooking -Avoid walking barefoot in areas with stagnant waters. -Promote handwashing. -Protect water sources from flood contamination.
	Typhoid Fever		Lake Basin, Coast, Rift Valley, and Highlands West of Rift Valley.	
	Diarrhea		Lake Basin and the Coast	
Zoonotic Diseases	Anthrax		Vihiga, Tharaka-Nithi, Kericho, Siaya, Meru, Nairobi, and Murang'a	-Vaccinate livestock. -Avoid consumption of meat from dead animals. -Strengthen veterinary surveillance.
Above normal max temperatures	Heat Stress		Northeastern, Northwestern and some parts of Southeastern Lowlands	-Limit outdoor activities during peak heat hours
Flooding	Disruption of health services, displacements		Lake Basin and the Coast	-Avoid staying, walking, or driving in flooded areas.
Strong Winds and Dust	Respiratory problems and eye infections		Northeastern, Northwestern, and Southeastern Lowlands.	-Limit outdoor exposure -Put on your must when it is dusty
Respiratory illnesses and Cardiovascular complications	Common cold, Pneumonia, Flu, Bronchitis, influenza, and asthma		Several areas in the Highlands East and West of Rift Valley, Nairobi, Rift Valley, and few places in Southeastern Lowlands.	-Dress warmly and limit exposure to cold. -Vaccinate and provide dry, raised animal shelter to prevent pneumonia

Risk levels Key:

	High Risk
	Moderate Risk
	Low Risk

3.1 Some Health Tips

The most impactful weather event in June will be the cold conditions; here are some health tips from WHO.

Figure. 2: WHO Health Tips during cold weather

4.0 Review of May 2026

4.1 Weather Review

4.1.1 May 2026 Rainfall Review

In the month of May, Rainfall was received in several parts of the country. Some parts of the Highlands West and East of the Rift Valley, the Coast and Northeastern Kenya recorded enhanced rainfall. The total rainfall amounts varied across the KMD stations in Kenya. Some stations received relatively high total rainfall, with Kakamega recording the highest amount of 263.5 mm, followed by Kisii with 244.2 mm. Garissa, Makindu and Machakos did not record any amount of rainfall (0mm). Figure 3 compares the total rainfall amounts recorded in May (Blue bars) to May Long Term Means (LTMs) (Red bars). From this figure some parts of the Highlands East of the Rift Valley surpassed their May LTMs.

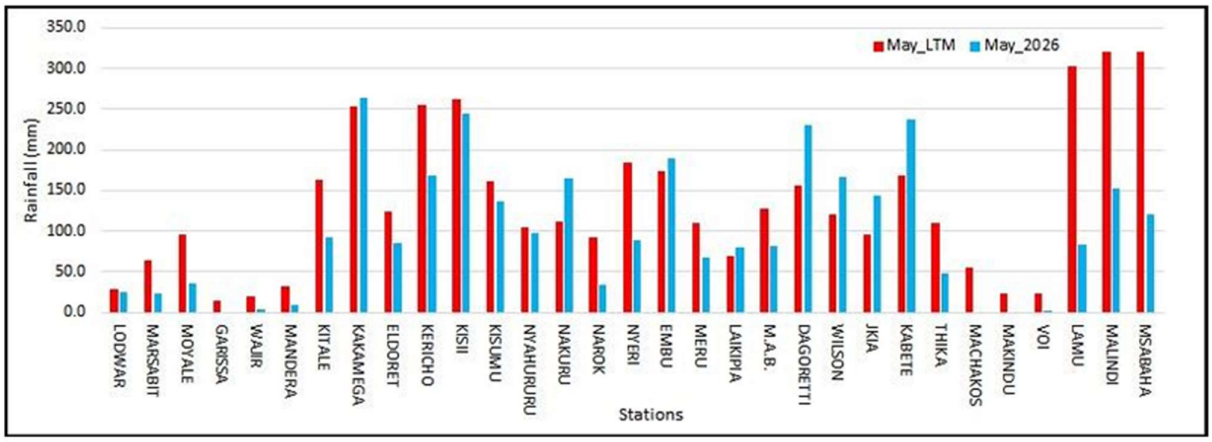

Figure 3: May 2026 Rainfall Totals against May Long Term Means (LTMs)

4.1.2 May 2026 Temperature Review

Several parts of the country recorded warmer than average maximum (daytime) temperatures. Mandera Meteorological Stations recorded the highest daily maximum temperature: 38.0°C on 15th May 2026. Minimum (nighttime) temperatures were warmer than average in most parts of the country with Nyahururu Meteorological Station recording the lowest daily minimum temperature: 5.0°C on 26th May 2026.

N.B: This outlook should be used together with the 24-hour, 5-day, 7-day, and special regular advisories issued by Kenya Meteorological Department. County specific weekly forecasts and monthly outlooks are available from the offices of respective County Directors of Meteorological Services. For medical interventions, consult your nearest health facility or Veterinary Service providers for Animals.

For: Ag DIRECTOR KENYA METEOROLOGICAL DEPARTMENT