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MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
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KENYA METEOROLOGICAL DEPARTMENT

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Biometeorology (Climate/Weather - Health) Services

WEEKLY BIOMETEOROLOGICAL BULLETIN
(16TH – 22ND JUNE 2026)

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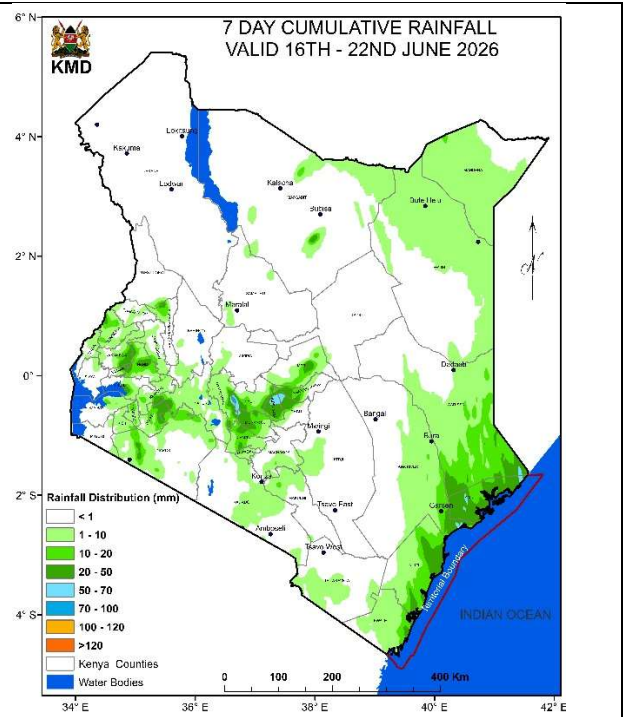
SUMMARY

Rainfall is expected over **parts of the highlands west and East of the Rift Valley, Northeastern** while the Coastal region is expected to receive showers on most days during the forecast period with potential outbreaks of **vector-borne diseases** due to stagnant waters. **Strong South-Easterly Winds above 25 knots (12.9m/s) are expected across Isiolo, Marsabit, Turkana (Lodwar), Garissa, Wajir and Mandera Counties with potential health risks.**

1.0 FORECAST FOR 16TH – 22ND JUNE 2026 AND THE IMPACTS ON HEALTH

1.1 RAINFALL FORECAST

Rainfall is expected to reduce further in intensity and spatial distribution in most parts of the country. **Parts of Northeastern, the Highlands West and East of the Rift Valley** are expected to receive occasional rain during the forecast period. The **Coastal Region** is expected to receive **Showers over several places** with a **chance** of Cumulative rainfall above **50mm** expected over counties like **Lamu and Mombasa**.



1.1.1 Impacts on Health

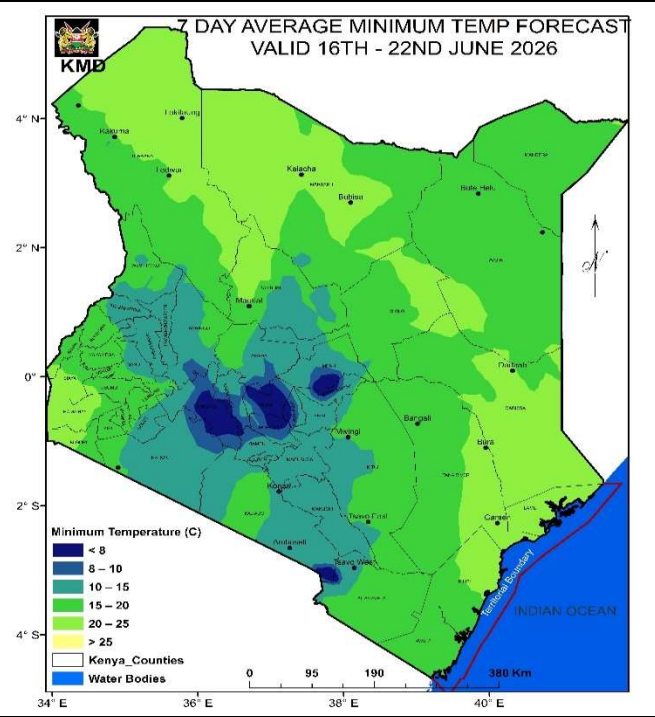
- **Low risk of flooding** in low-lying areas and along riverbanks in the counties expected to receive rainfall during the forecast period.
- **Moderate risk of vector-borne diseases** due to reduced mosquito breeding in stagnant waters potentially leading to moderate transmission of **malaria (in Lake 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).**
- **Low risk of waterborne diseases** such as **cholera, diarrhea and typhoid** due to reduced contamination of water sources.
- **Low Risk of Anthrax** outbreak in counties such as **Vihiga, Siaya, Kakamega, Nairobi, Bomet, Meru and Murang'a** which are prone to Anthrax.
- Less disruption of access to essential health services expected due to heavy rains at the Coast.
- **Low risk** of drowning and loss/destruction of properties in the **flood-prone** areas.

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 **Central Rift valley, Highlands west and East of the Rift Valley including Nairobi, Nyandarua, Nyeri, Kajiado, Kericho, Uasin Gishu (Eldoret), Transzoia (Kitale), Narok, Elgeyo Marakwet and Laikipia**. With temperatures $\leq 10^{\circ}\text{C}$ expected over some parts of **Nyandarua (Nyahururu) County** during the forecast period. However, other parts of the country will experience below-to-near normal minimum temperatures.



1.2.1 Impacts on Health

Hazard/ Risk

High

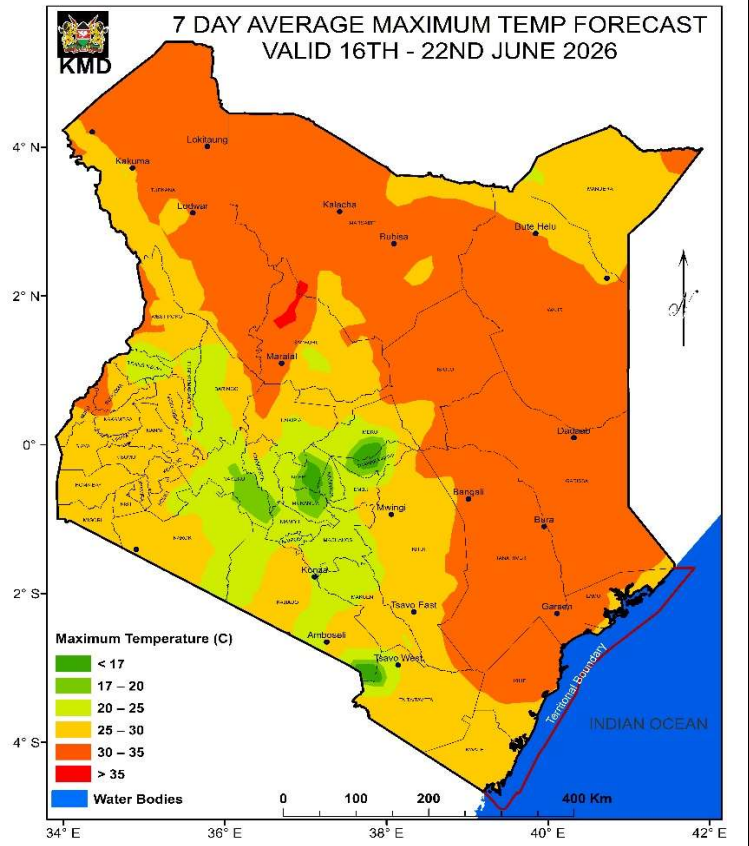
- High risk of **Respiratory illnesses** including **common cold, pneumonia, flu, bronchitis, influenza and asthma** in the counties mentioned above.
- High risk of **cardiovascular complications**, particularly among children, the elderly and individuals with chronic illnesses.
- Children, the elderly, 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 normal. Parts of the **Northwestern** with **temperatures exceeding 35°C** expected over parts of **Turkana (Lodwar) County** during the forecast period.



1.2.1 Impacts on Health

Hazard/ Risk	Moderate
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- 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 North-Easterly and North -Westerly Winds exceeding 25knots (12.9m/s) are expected to prevail in several parts of Counties like **Marsabit, Mandera, Wajir, Turkana (Lodwar) and Garissa.**

1.3.1 Impacts on Health

Hazard/ Risk	High
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- High risk of increased respiratory illnesses.
- High risk of Asthma due to dust carried by strong winds.
- Increased eye sensitivity among older people.
- High risk of property destruction and disruption of health care in some areas.

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.
- Stay away from weak buildings and trees that can be destroyed by strong winds.

2.0 REVIEW OF PREVIOUS WEEK (8TH – 14TH JUNE 2026)

2.1 Stations with Cumulative Rainfall above 50mm

In the last one week, rainfall decreased in most parts of the country. All stations recorded cumulative rainfall **not** exceeding 50 mm during the review period.

2.2 Stations with 7 Days Average Minimum Temperatures less than 10°C

Nyahururu station recorded 7-day average minimum temperatures below 10°C during the reporting period, as shown in **Figure 2.1**.

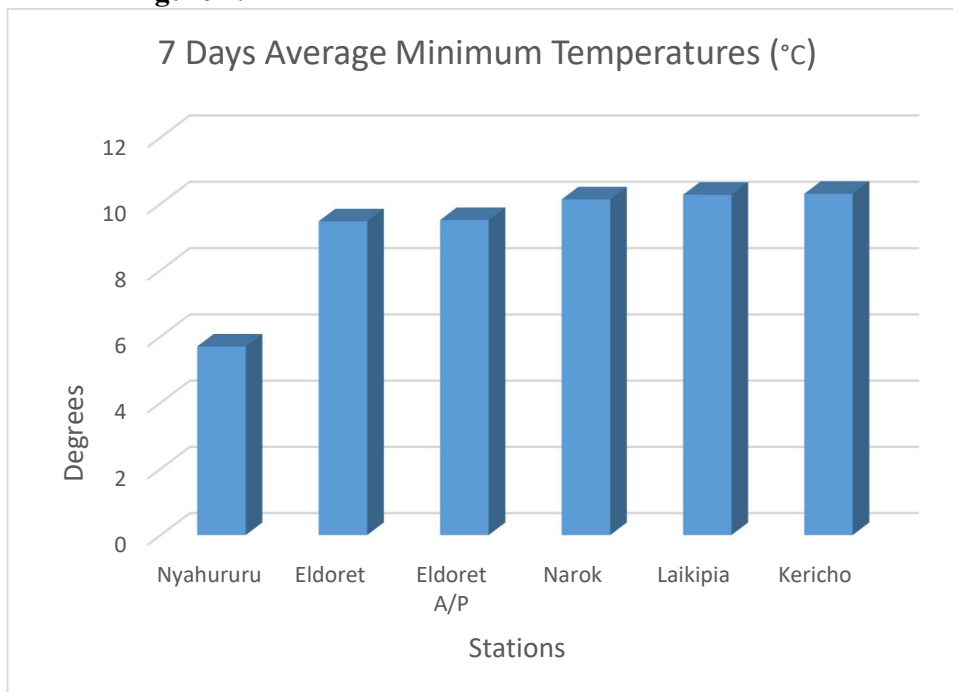


Figure 2.1 Stations with average minimum Temperatures less than 10°C

2.3 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 2.2**.

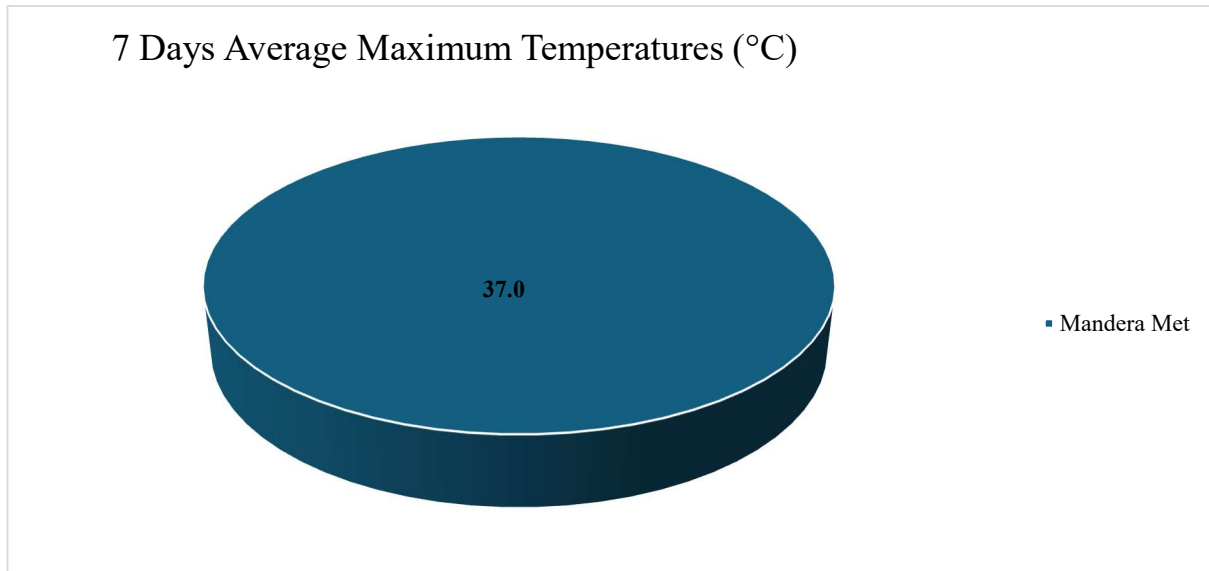


Figure 2.2: Stations with Average Maximum Temperatures exceeding 35°C

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