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MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
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WEEKLY BIOMETEOROLOGICAL BULLETIN

SUMMARY

We shall continue to experience low temperatures across the country, especially over Mt. Kenya Region, in **the highland East, West** and **Central,** including **Nairobi,** leading to increased risks of **respiratory illnesses, asthma** and other **cold-related health complications**.

1.0 FORECAST FOR 23RD – 29TH JUNE 2026 AND IMPACTS ON HEALTH

1.1 RAINFALL FORECAST

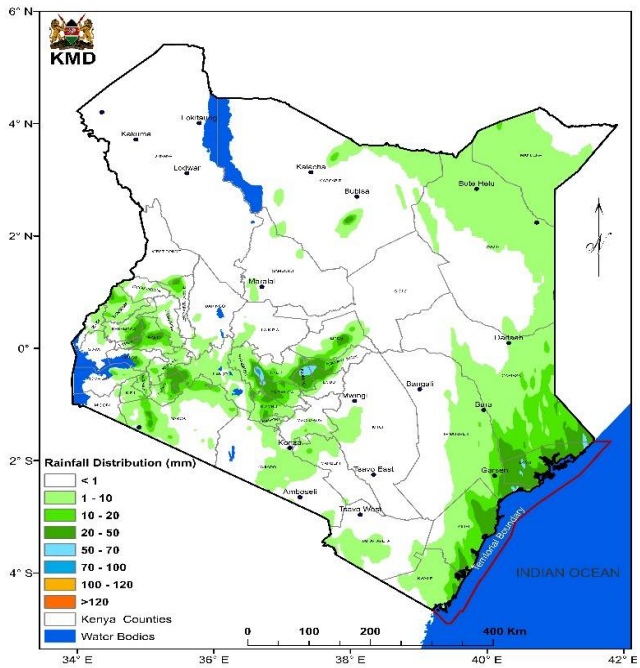

Figure 1: Forecasted Seven-day Rainfall for 23rd to 29th June 2026

Although rainfall is expected to be generally low across most parts of Kenya, **total weekly rainfall amounts exceeding 50 mm** are likely in parts of the **Lake Victoria Basin** (Kisumu) and Highlands **West of the Rift Valley** (Nyamira, Kericho, Nandi, Bomet, Kakamega and Vihiga Counties)

Some sections of the **Coastal region,** particularly Lamu, Tana River and parts of Kilifi Counties, are expected to receive isolated showers as shown in figure 1

Impacts on Health

During the forecast period, low risk of flooding is expected over the Counties likely to receive rainfall, with a **moderate risk** of **vector-borne diseases** such as **malaria, chikungunya and dengue.** There is low risk of **Rift Valley fever** in susceptible regions, while the **risk of waterborne diseases** and **anthrax outbreaks** remain low. The generally reduced rainfall and limited flooding conditions will lead to minimal disruption of **health services** and low risk of **drowning**.

Advisory

To reduce health risks during the rainy period, communities are advised to sleep under **treated mosquito nets** and eliminate **stagnant water,** use **safe drinking water**, wear gumboots and avoid bare feet in wet areas. Vaccinate livestock **against anthrax** and **Rift Valley fever**, avoid consuming meat from animals that die suddenly and instead buy inspected meat from licensed butchers and prevent accidents by avoiding flooded or landslide-prone areas and not sheltering under trees during rainfall.

1.2 TEMPERATURE FORECAST

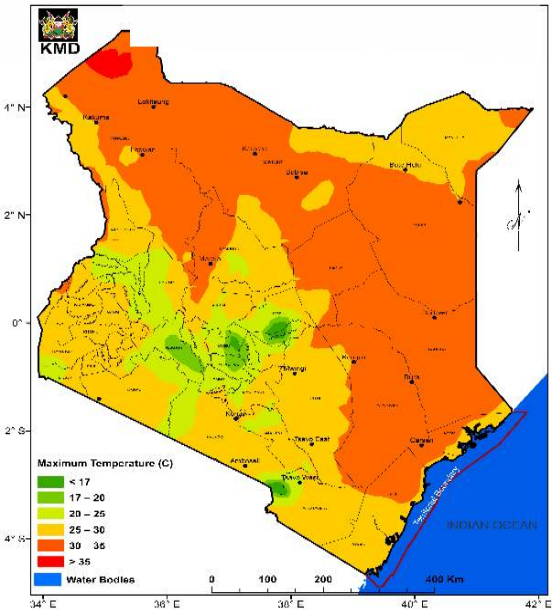

Figure 2: Forecasted Average Maximum Temperature for 23rd to 29th June 2026

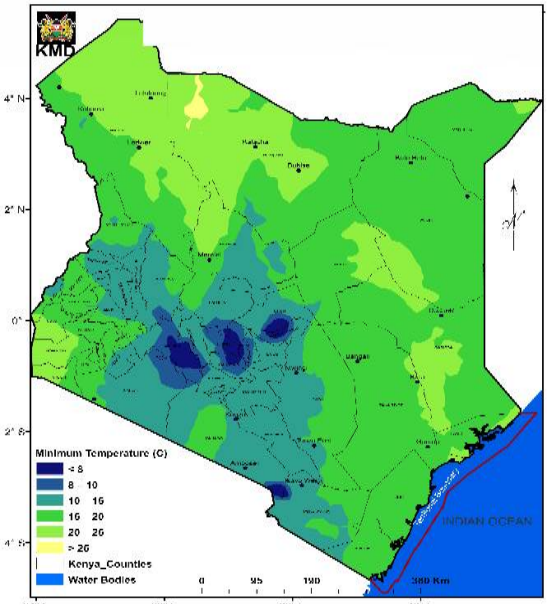

Figure 3: Forecasted Average Minimum Temperature for 23rd to 29th June 2026

Maximum temperatures are expected to be normal. Parts of the Northwestern with temperatures **exceeding 35°C** expected over most parts of Turkana (Lodwar, Lokitaung, Kalokol, Lokichoggio and Kakuma) County during the forecast period as shown in **Figure 2** above. **Minimum temperatures** are expected to be lower than

normal in parts of Highlands West and East and Central highlands with temperatures less than **10°C** expected over some parts of Nyandarua (Nyahururu), Laikipia, Nyeri, Uasin Gishu(Eldoret), Narok, Trans Nzoia (Kitale) and Kericho Counties during the forecast period as shown in **Figure 3** above.

Impacts on Health

A **high risk** of respiratory illnesses is expected in Nyandarua (Nyahururu), Laikipia, Nyeri, Uasin Gishu(Eldoret), Narok, Tranzoia(Kitale), Machakos and Kericho Counties including conditions such as common cold, pneumonia, flu, bronchitis, influenza and asthma. There is also a **high risk** of cardiovascular complications, particularly affecting children, the elderly and individuals with pre-existing chronic illnesses. These vulnerable groups remain at higher risk of severe health impacts during the forecast period.

Advisory

Dress warmly and limit exposure to cold, especially for the vulnerable populations.

1.3 STRONG WINDS

Strong South-easterly Winds exceeding 25 knots (12.9m/s) are expected to prevail over **several parts** of **Marsabit, Mandera, Wajir, Isiolo, Turkana, Kilifi (Malindi Msabaha, Mtwapa), Tana River, Lamu** and **Garissa** Counties.

Impacts on Health

There is a high risk of increased **respiratory illnesses** and **asthma** due to dust carried by strong winds, increased eye sensitivity especially among older people and possible property destruction as well as disruption of health care services in some areas.

Advisory

There is a high risk of increased respiratory illnesses and asthma due to dust carried by strong winds, alongside increased eye sensitivity among older people and possible property damage and disruption of healthcare services in some areas.

2.0 REVIEW FOR PREVIOUS WEEK (15TH – 21ST JUNE 2026)

In the last one week, rainfall decreased in most parts of the country, with only a few stations in the Coastal Region recording cumulative **rainfall above 50 mm,** including Malindi (68.5 mm), Lamu (66.0 mm), and Msabaha (65.2 mm).

During the reporting period, some stations recorded 7-day average minimum temperatures **below 10°C,** notably Nyahururu (6.2°C), Kericho (9.1°C), and Eldoret (9.9°C).

N.B: Persons are encouraged to take proactive measures to safeguard their lives and communities against the anticipated weather conditions.
This Bulletin should be used in conjunction with the daily (24-hour), five-day and weekly forecasts issued by this Department.

***For*: Ag DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT**