



## REPUBLIC OF KENYA

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

#### KENYA METEOROLOGICAL DEPARTMENT

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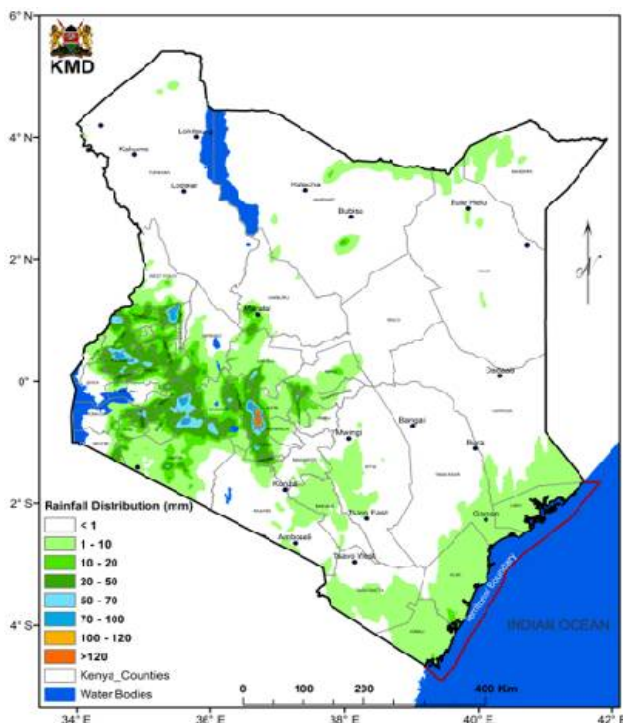
## WEEKLY BIOMETEOROLOGICAL BULLETIN FOR 30<sup>TH</sup> JUNE – 6<sup>TH</sup> JULY 2026

### SUMMARY

Low temperatures will continue to be experienced across the country, especially over the Highlands East and West of Rift Valley and Central Rift valley, Central Highlands including Nairobi, leading to increased risks of respiratory illnesses, asthma and other cold-related health complications.

### 1.0 FORECAST FOR 30<sup>TH</sup> JUNE – 6<sup>TH</sup> JULY 2026 AND IMPACTS ON HEALTH

#### 1.1 RAINFALL FORECAST



Rainfall is expected to generally increase over the western Kenya spreading to parts of Central and Southern Rift Valley and parts of Central Kenya.

Total weekly rainfall amounts exceeding 50 mm are likely to occur in parts of the Highlands West of the Rift Valley (Kisii, Nyamira, Kakamega, Vihiga, Kericho, Nandi, Bomet, Bungoma, Nakuru, Nyandarua, Trans Nzoia and Uasin Gishu Counties)

Some sections of the Coastal region like parts of Kwale, Mombasa, Kilifi, Lamu and Tana River Counties, are expected to receive low rainfall as shown in figure 1

Figure 1: Forecasted cumulative seven-day rainfall for 30<sup>th</sup> June to 6<sup>th</sup> July 2026

## 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 water-borne diseases and anthrax outbreaks remain minimal. The generally light to moderate rainfall with 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

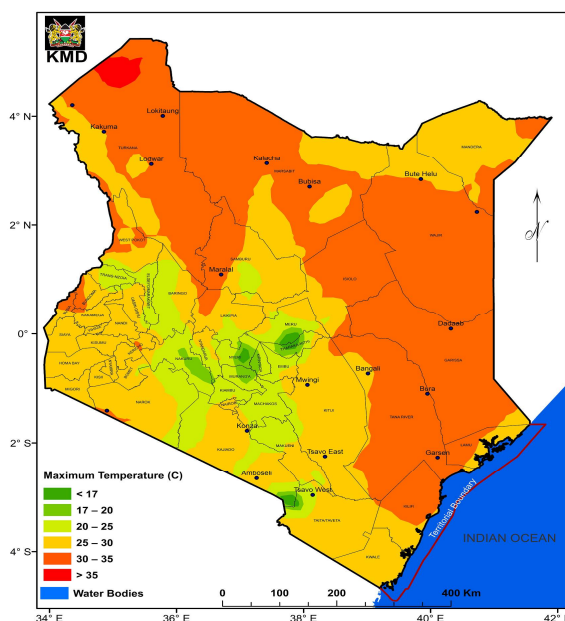


Figure 2: Forecasted average maximum temperature for 30<sup>th</sup> June to 6<sup>th</sup> July 2026

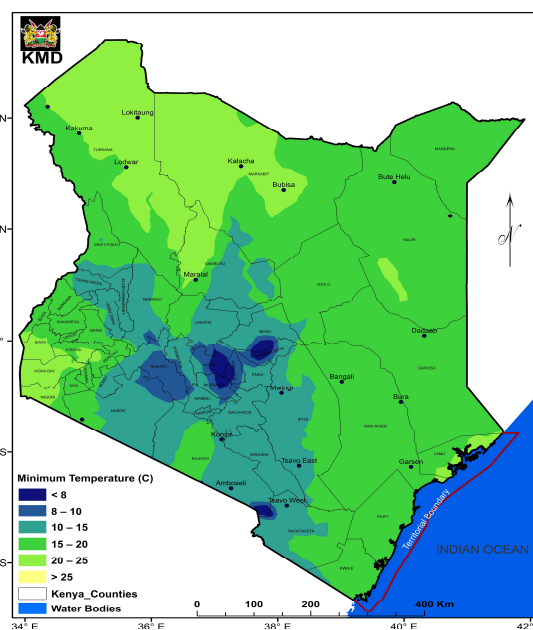


Figure 3: Forecasted average minimum temperature for 30<sup>th</sup> June to 6<sup>th</sup> July 2026

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 West and East Rift Valley 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, Transvaal (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.

## 1.4 STRONG WINDS



Strong South-easterly Winds exceeding 25 knots (12.9m/s) are expected to prevail over several parts of Marsabit, Mandera, Wajir, Isiolo, Mombasa, Turkana, Kilifi (Malindi Msabaha, Mtwapa), 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 (22<sup>ND</sup> – 28<sup>TH</sup> JUNE 2026)

In the last one week, rainfall decreased in most parts of the country, with most stations recording cumulative rainfall below 50mm.

During the reporting period, Nyahururu station recorded 7-day average minimum temperatures below 10°C, notably (7.4 °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.**

A handwritten signature in blue ink, appearing to be 'D. O. O.', located below the advisory text.

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