



REPUBLIC OF KENYA

MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY

STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE

KENYA METEOROLOGICAL DEPARTMENT

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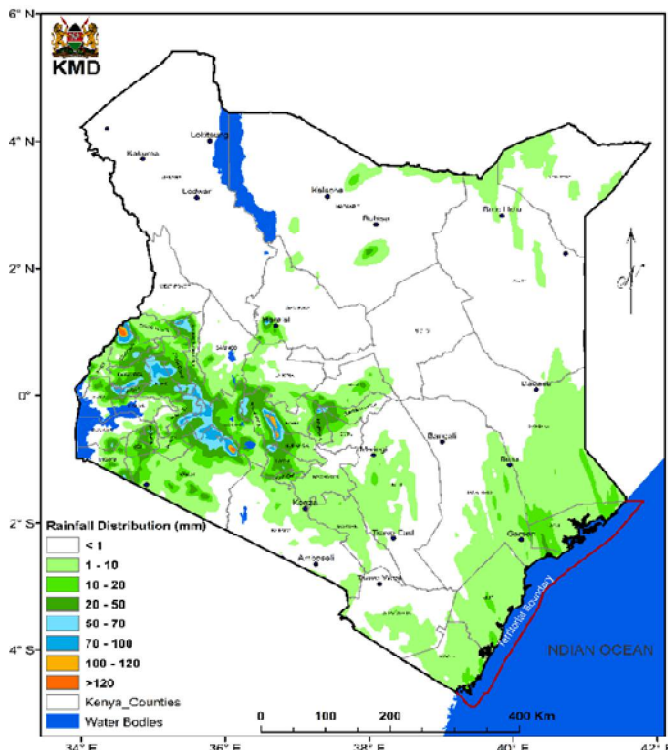
WEEKLY BIOMETEOROLOGICAL BULLETIN FOR 7TH – 13TH JULY 2026

SUMMARY

Cool conditions with cloudy intervals and occasional showers is expected across the country. Low Temperatures especially over parts of the highlands East, West and Central of Rift valley (elevated zones), including Nairobi, increase risks of respiratory illnesses, asthma and other cold-related health complications.

1.0 FORECAST FOR 7TH – 13TH JULY 2026 AND IMPACTS ON HEALTH

1.1 RAINFALL FORECAST



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

Light rain/drizzle and cloudy conditions especially in the morning is expected over the Central Highlands and Nairobi.

Occasional showers are expected over parts of Coastal region over Kwale, Mombasa, Kilifi, Tana River and Lamu Counties (Figure 1).

Figure 1: Forecasted cumulative seven-day rainfall for 7th – 13th 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 waterborne diseases and anthrax outbreaks remain low. The generally reduced rainfall and limited flooding conditions will lead to no disruption of health services with very 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 walking 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

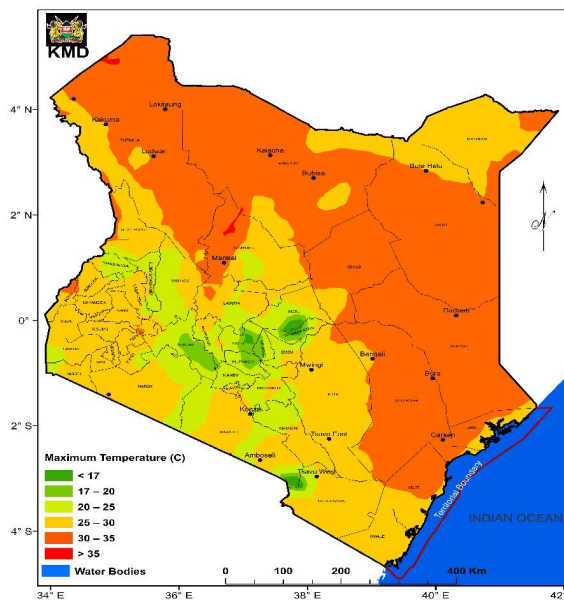


Figure 2: Forecasted average maximum temperature for 6th - 13th July 2026

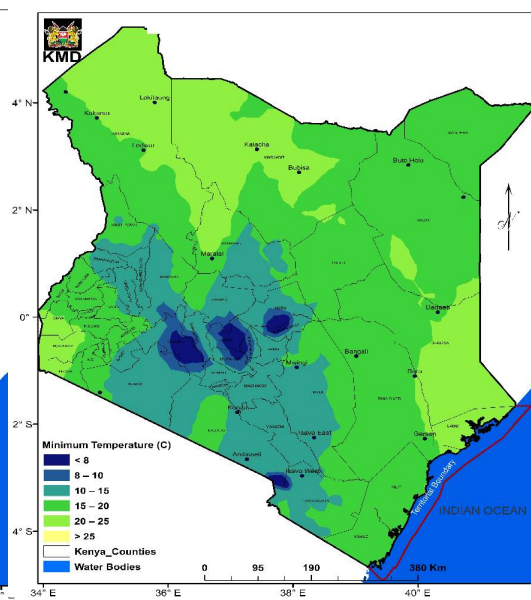


Figure 3: Forecasted average minimum temperature for 6th - 13th July 2026

Maximum temperatures are expected to be close to the maximum temperatures as usually observed during this period. The average maximum temperatures will exceed 30°C over most of Turkana, Marsabit, Wajir, Garissa, Tana River, Kilifi and Lamu Counties during the forecast period as shown in Figure 2 above. Minimum temperatures are expected to be lower than normal in Highlands West of the Rift Valley and Central highlands with temperatures less than 10°C expected over parts of Meru, Tharaka Nithi, Nyeri, Kirinyaga, Nyandarua (Nyahururi) and Nakuru Counties during the forecast period as shown in Figure 3 above.

Impacts on Health and Advisory

A high risk of respiratory illnesses is expected 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. The health advisory is dress warmly and limit exposure to cold, especially for the vulnerable populations.

1.3 STRONG WINDS



Strong southerly to south-easterly winds with speeds exceeding 25 knots (12.9m/s) are expected to prevail over parts of Turkana, Marsabit, Mandera, Wajir, Garissa, Isiolo, Makueni, Kitui, Mombasa, Tana River, Kilifi (Malindi Msabaha, Mtwapa), Lamu and Kwale Counties.

Impacts on Health and Advisory

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. The health advisory is limit outdoor exposure and wear a mask when it is dusty.

2.0 REVIEW FOR PREVIOUS WEEK (29TH JUNE – 5TH JULY 2026)

In the last one week, rainfall decreased in most parts of the country, with most stations recording cumulative rainfall below 50 mm. During the reporting period, Nyahururu station recorded 7-day average minimum temperatures below 10°C, notably (9.3°C). Strong winds of 25 knots and above were observed over parts of the country, particularly at Marsabit, Garissa and Malindi stations, during the reporting period.

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

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For: Ag DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT