



REPUBLIC OF KENYA

MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY

KENYA METEOROLOGICAL DEPARTMENT

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Biometeorological Services Division

WEEKLY BIOMETEOROLOGICAL BULLETIN (4TH MARCH –10TH MARCH 2025)

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PREAMBLE

Biometeorology is an interdisciplinary science of interactions between atmospheric processes and living organisms - plants, animals and human-beings. The Biometeorological Services Division collects, analyzes and interprets Meteorological and Health data in liaison with partners in the Health Sector for advisory development.

The weather information provided is aimed at guiding residents to identify and recognize the likelihood of occurrence of weather-related health diseases according to the issued advisories and take necessary action.

REVIEW FOR PREVIOUS WEEK (24TH FEBRUARY – 2ND MARCH, 2025)

1.1 Rainfall

Throughout the **7 days**, no stations experienced rainfall amounts exceeding **50mm** total rainfall. All stations recorded less than **50mm** total weekly rainfall.

1.2 High Temperatures

This section lists stations that recorded average temperatures exceeding **35°C** in the last **7 days**. Temperatures in some counties including Lodwar, Wajir, Garissa, and Mandera recorded average weekly temperatures exceeding **35°C** as shown in Table 1 below.

Table 1:

Station	Average weekly maximum temperature
Mandera Met	39.6°C
Wajir Met	39.6°C
Lodwar Met	38.9 °C
Garissa Met	38.2°C

1.3 Low Temperatures

This section lists stations that recorded average temperatures below **10°C** in the last **7 days**. Conversely, stations such as Nyandarua (Nyahururu) Narok, Nyeri and Laikipia recorded lower temperatures. These stations recorded an average weekly temperature below 10°C as shown in Table 2 below.

Table 2:

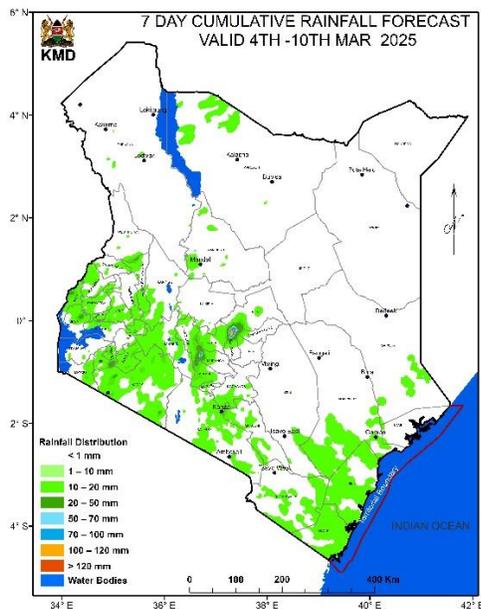
Station	Average weekly minimum temperature.
Nyahururu Met	5.5°C
Narok Met	8.2°C
Nyeri Met	8.5°C
Laikipia Base Met	9.1°C

1.4 High Winds

This section list stations that recorded winds with speeds of more than **25 knots (12.9 metres per sec)** in the last 7 days. This was recorded in Marsabit, and Wajir Met stations.

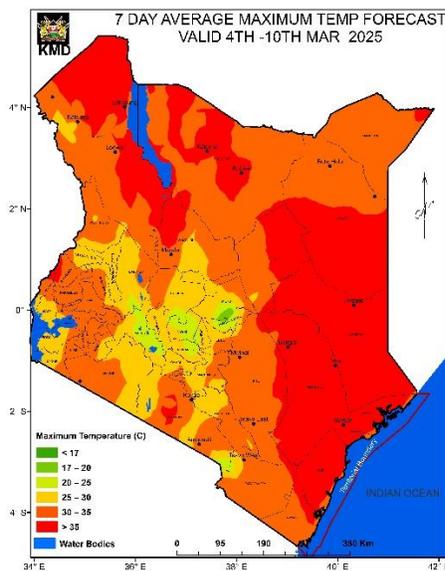
2.0 FORECAST FOR (4TH MARCH– 10TH MARCH 2025)

Rainfall



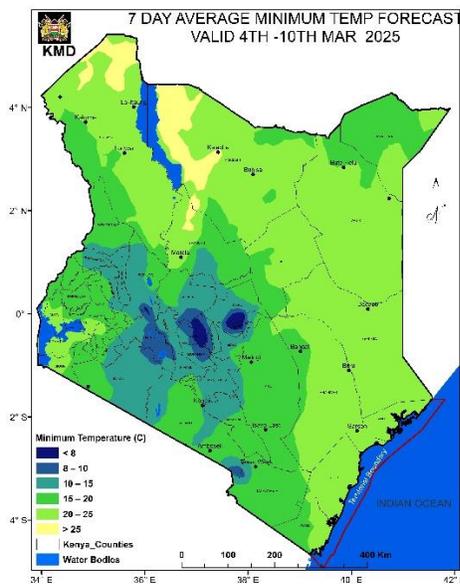
Rainfall amounts exceeding **50mm** is to be expected over some parts of the **Narok, Busia, Siaya, Elgeyo Marakwet, Nyamira, Kisii, Murang'a, Nyandarua and Kiambu** Counties during the forecast period of Tuesday 4th March 2025 to Monday 10th March 2025.

High Temperature



Temperatures exceeding 35°C is to be expected in parts of **Garissa, Wajir, Mandera, Lamu, Kilifi, Tana River, Samburu, Marsabit, and Turkana (Lodwar) Counties** during the forecast period of Tuesday 4th March 2025 to Monday 10th March 2025.

Low Temperature



Temperature of less than 10°C is expected over Counties like **Nakuru, Nyeri, Murang'a, Tharaka Nithi, Narok, Nyandarua (Nyahururu), Kirinyaga, Meru, and Laikipia** during the forecast period of Tuesday 4th March 2025 to Monday 10th March 2025.

Winds

Winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit, and Wajir Counties** during the forecast period of Tuesday 4th March 2025 to Monday 10th March 2025.

3.0 Meteorological Advisory on Weather-Related Risks

Residents are encouraged to monitor the following weather conditions and their potential impacts:

1. Low Rainfall

- **Forecast:** Some areas are expected to receive more than **50 mm** of rainfall during the week.
- **Implications:** Increased risk of **flooding** in low-lying areas and along riverbanks. Higher likelihood of **waterborne diseases** due to contaminated water sources.
- **Recommendation:**
 1. Use clean, boiled, or treated water for drinking and cooking.
 2. Stay Informed: Keep up with updates from the Kenya Meteorological Department regarding rainfall forecasts and advisories.

2. High Temperatures

Forecast: Anticipated temperatures may exceed 35°C in several counties.

Implications: High temperatures can exacerbate the effects of low rainfall, leading to heat stress and dehydration.

Recommendations: Limit outdoor activities during peak heat hours (10 AM - 4 PM). Stay hydrated by drinking plenty of water and avoiding excessive caffeine and alcohol. Dress in light, breathable clothing and seek shade or air-conditioned spaces when possible.

3. Cold Weather Conditions

Forecast: Some areas may experience temperatures below 10°C.

Implications: Increased cases of **respiratory diseases** such as flu, pneumonia, and asthma attacks. Children, the elderly, and individuals with chronic illnesses are at higher risk.

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

4. Strong Winds

Forecast: Winds exceeding 25 knots (12.9 m/s) are expected in specific regions.

Implications: High winds can lead to dust storms, reduced visibility, and potential property damage.

Recommendations: Secure loose outdoor items to prevent them from becoming projectiles. Stay indoors during severe wind events and avoid driving in hazardous conditions. Be aware of potential respiratory issues due to airborne particles.

Conclusion

Residents are encouraged to take proactive measures to safeguard themselves and their communities against the anticipated weather conditions. For accurate and timely updates, this advisory should be used in conjunction with the daily forecasts issued by the Kenya Meteorological Department.

Stay Safe and Informed!

Dr Gikungu

DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT