



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 28TH JUL – 3RD AUG 2026

SUMMARY

Cool cloudy conditions will dominate over Central Highlands and Nairobi, with low minimum temperatures anticipated over Nairobi, Tharaka Nithi, Nyeri, Kirinyaga, Nakuru and Nyandarua (Nyahururu) Counties increasing the risk of respiratory illnesses, asthma and other cold-related health complications.

1.0 FORECAST FOR 28TH JULY – 3RD AUG 2026 AND IMPACTS ON HEALTH

1.1 RAINFALL FORECAST

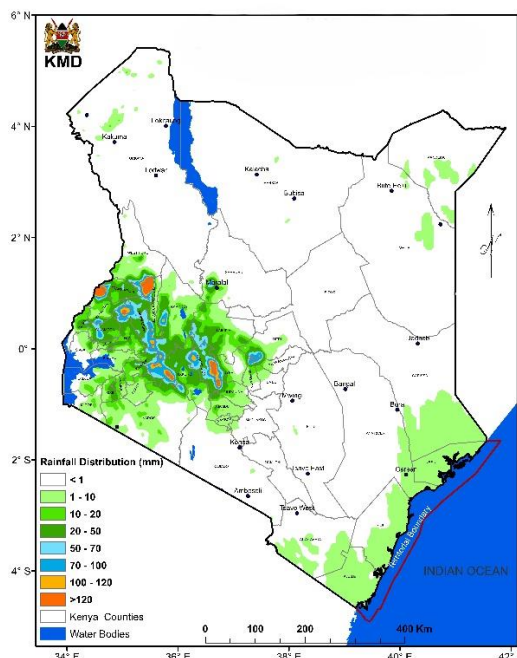


Figure 1: Forecasted cumulative seven-day rainfall for 28th July – 3^d Aug 2026

Cool and cloudy conditions with occasional light rains will continue over much of Central Highlands (Nyeri, Kirinyaga, Murang'a, Kiambu, Nairobi, Embu, Meru, Laikipia and Nyahururu) in most days of the week.

Occasional showers and thunderstorms are expected over few parts of Bungoma, Busia, Migori, Kakamega, Vihiga, Trans Nzoia, Uasin Gishu, Elgeyo Marakwet, Nandi, Kericho, Bomet, Narok, Nakuru, Baringo, Kisumu, Kisii and Nyamira in the Highlands West of the Rift Valley.

Occasional Light showers are expected over few parts of the Coastal region (Lamu, Kilifi, Mombasa, Kwale, and parts of Tana River).

Total weekly rainfall amounts exceeding 50 mm are likely to occur in some parts of Nyeri, Tharaka Nithi, Nakuru, Bungoma, Kakamega, Uasin Gishu and Elgeyo Marakwet Counties as shown in Figure 1.

Impacts on Health

During the forecast period, minimal 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

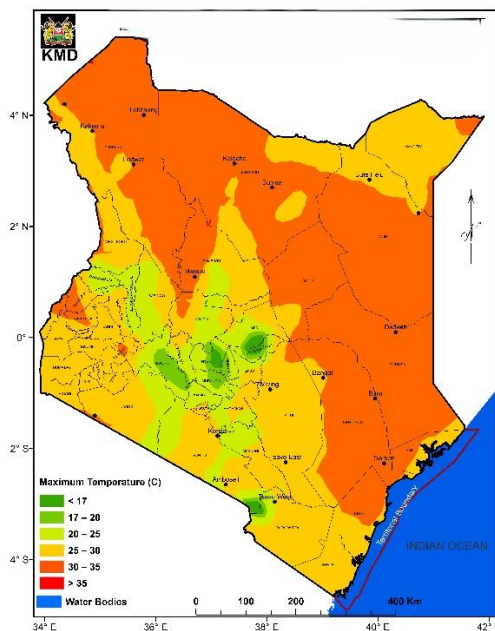


Figure 2: Forecasted average maximum temperature for 28th Jul – 3rd Aug 2026

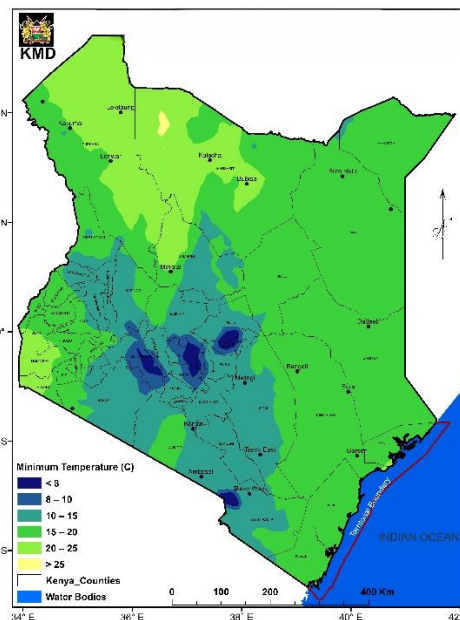


Figure 3: Forecasted average minimum temperature for 28th Jul – 3rd Aug 2026

Maximum temperatures in most parts of the country are expected to be close to the maximum temperatures as usually observed during this period. The average maximum temperatures will exceed 30°C, over Wajir, Garissa, parts of (Turkana, Isiolo, Samburu, Taita Taveta (Voi), Kilifi and some parts of Kisumu and Homabay) Counties during the forecast period as shown in Figure 2 above. Minimum temperatures are expected to be lower than normal in Meru, Tharaka Nithi, Laikipia, Nairobi, Kiambu, Machakos, Bomet, Kericho, Nandi Hills, Kitale, Narok, Eldoret with temperatures less than 10°C expected over parts of Meru, Nyeri, Tharaka Nithi, Murang'a, Nakuru and Nyandarua (Nyahururu) 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, Samburu, Meru, Garissa and Isiolo 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 the areas mentioned above. The health advisory is; limit outdoor exposure and wear a mask when it is dusty.

2.0 REVIEW FOR PREVIOUS WEEK (20TH – 26TH JULY 2026)

In the last one week, rainfall was depressed in most parts of the country, with most stations recording cumulative rainfall below 50 mm. Stations that recorded average weekly maximum temperatures exceeding 30°C during the forecast period included Lodwar (35.6°C), Mandera (35.5°C) Wajir (33.4°C), Garissa (33.4°C) and Lamu (30.7°C). During the reporting period, Nyahururu station recorded 7-day average minimum temperatures below 10°C, notably (7.8°C). Strong winds of 25 knots and above were observed over parts of the country, particularly at Marsabit, Garissa and Lodwar 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



For: Ag DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT