

Figure 1: Rainfall outlook for August 2026

2.2 Temperature Outlook

The month of August marks the gradual cessation of the cold season. However, Mean temperatures are expected to be warmer than average throughout the country more so over Garissa, Wajir, Mandera, Isiolo, Turkana and Samburu counties. Cooler temperature conditions are expected over Counties such as Nyandarua, Laikipia, Nyeri, Kirinyaga, Murang'a, Kiambu, Meru, Embu, Tharaka-Nithi, Nairobi, parts of Machakos, Kitui, Makueni, Kajiado and Taita-Taveta Counties as well as the inland parts of Tana-River County.

3.0 Wind Forecast for August

Strong southerly to south-easterly winds, with speeds exceeding 25 knots (12.86 m/s), are expected to occur intermittently in some parts of Marsabit, Turkana, Samburu, Isiolo, Wajir, Mandera, Garissa, Tana River, Kitui, Makueni, Kajiado, Taita Taveta, Kwale, Mombasa, Kilifi and Lamu counties.

4.0 Health Risk Analysis

Both humans' and animals' health will be at risk in some parts of the country in August. The expected below average to average rainfall expected around the Lake Basin, Western and the Coast is posing a moderate risk of water-borne diseases, especially in informal areas and vector-borne diseases.

Cold and cloudy conditions expected in Central Counties and Nairobi may increase cases of respiratory illnesses such as influenza and pneumonia. In arid and semi-arid regions that are expected to remain dry, dust exposure driven by strong winds may aggravate respiratory problems and eye infections.

Table 1: Health Risk Analysis and Advisory Table

Potential Disease Outbreak/ Destruction/ Loss of lives		Risk level	Region/Area at Risk	Advisory
Vector-Borne Diseases	Malaria	Moderate	Lake Victoria Basin and Highlands West of Rift Valley	-Eliminate stagnant water. -Promote insecticide – treated nets. -Conduct targeted spaying in high-risk areas.
	Visceral Leishmaniasis	Moderate	West Pokot. Mandera County	
	Dengue	Moderate	Coastal Counties (Mombasa, Kilifi, Kwale, Lamu)	
	Chikungunya	Moderate	Coastal Counties	
	Rift Valley Fever	Low	Baringo, Marsabit, Turkana and Wajir (continued surveillance recommended)	
Water-Borne Diseases	Cholera	Moderate	Lamu, Mandera, Kwale, Mombasa, Siaya, Kisumu and Migori.	-Use clean, boiled, or treated water for drinking and cooking -Avoid walking barefoot in areas with stagnant waters. -Promote handwashing. -Protect water sources from flood contamination.
	Typhoid Fever	Moderate	Lake Basin, Coast, Rift Valley, and Highlands West of Rift Valley.	
	Diarrhea	Moderate	Lake Victoria Basin, Coast and informal urban settlements	
Zoonotic Diseases	Anthrax	Moderate	Vihiga, Tharaka-Nithi, Kericho, Siaya, Meru, Murang'a, Nairobi and neighboring livestock-keeping areas	-Vaccinate livestock. -Avoid consumption of meat from dead animals. -Strengthen veterinary surveillance.

Low Temperature	Respiratory illnesses and cardiovascular complications (Common cold, Pneumonia, Flu, Bronchitis, influenza, and asthma)	High	Nairobi, Nyandarua, Laikipia, Nyeri, Kirinyaga, Murang'a, Kiambu, Meru, Embu, Tharaka-Nithi Machakos, Kitui, Makueni, Kajiado and Taita-Taveta Counties.	- Dress warmly and limit exposure to cold. - Not to use charcoal jikos in poorly ventilated homes because they emit carbon monoxide gas, which can kill if inhaled. --Vaccinate and provide dry, raised animal shelter to prevent pneumonia
Flooding	Disruption of health services, displacements	Moderate	Flood-prone areas of the Lake Victoria Basin and Western Counties	-Avoid staying, walking or driving in flooded areas.
Strong Winds and Dust	Respiratory illnesses and eye infections	High	Northeastern, Northwestern, and Southeastern Lowlands.	-Limit outdoor exposure -Put on your mask when it is dusty

3.1 Some Health Tips

The most impactful weather event in August will be the cold conditions; here are some health tips from WHO as shown in Figure 2 below:



Figure. 2: WHO Health Tips during cold weather

4.0 REVIEW OF JULY 2026

4.0.1 Climate-Sensitive Human Disease Surveillance Trends

In the month of July 2026, according to reports from NPHI, climate-sensitive disease surveillance across Kenyan counties revealed a decrease in cholera and visceral leishmaniasis outbreaks.

4.0.2 Livestock Priority Disease Surveillance

In July, the Kenya Animal Bio-surveillance System (KABS) reported Anthrax outbreaks in Uasin Gishu (1) and Kwale (1). Contagious Caprine Pleuropneumonia (CCPP) presented a high burden with over 100 morbidities and some cases of mortalities reported. Foot and Mouth Disease (FMD) was reported with total outbreak cases from Elgeyo/Marakwet, Bungoma, Nakuru, Nyamira, Nyeri, Homabay, Kirinyaga, Marsabit, Kajiado and Makueni exceeding 200 with some cases of mortality.



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