



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 29TH SEPT – 5TH OCT 2026

SUMMARY

In the next one week, rainfall is expected over few places in Kilifi, Mombasa, Kwale, Lamu, Garissa, Tana River, Nyeri, Kirinyaga, Murang'a, Kiambu, Embu, Meru, Nairobi, Mandera, Wajir and Trans-Nzoia Counties with moderate risks of water borne and vector borne diseases.

1.0 FORECAST FOR 29TH SEPT – 4TH OCT 2026 AND IMPACTS ON HEALTH

1.1 RAINFALL FORECAST

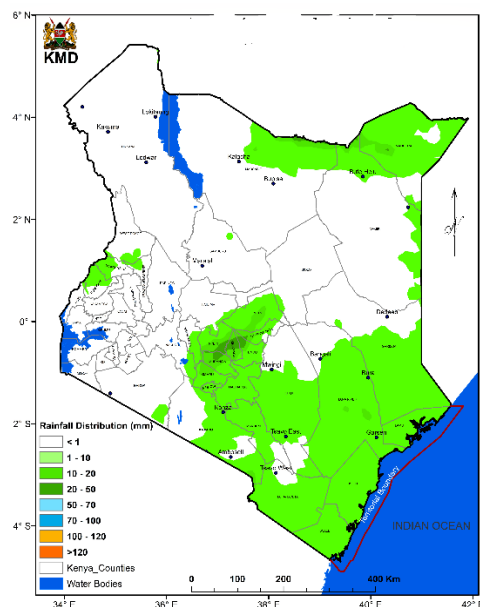


Figure 1: Forecasted cumulative seven-day rainfall for 29th Sept – 4th Oct 2026

Showers are expected in several places in Kilifi, Mombasa, Kwale, Lamu, Garissa and Tana River Counties. Few places in the Northern parts of Wajir, Marsabit and Mandera Counties are also expected to receive rainfall during the forecast period.

Isolated Showers and thunderstorms are expected over few parts of Kakamega, Bungoma, Kericho, Kisumu, Homabay, Kisii, Nandi, Nyamira, Migori, Siaya, Busia, Trans Nzoia, Vihiga, Uasin Gishu, Narok, Baringo, Elgeiyo Marakwet, and Bomet Counties.

Isolated rains over several places are expected in Nyeri, Kirinyaga, Murang'a, Kiambu, Embu, Meru, Tharaka Nithi, Nairobi and Nyandarua Counties.

Total weekly rainfall exceeding 50 mm is not expected Counties as shown in Figure 1.

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 zoonotic diseases like anthrax outbreaks remain moderate. The expected rainfall and low flooding risk conditions will lead to, few to no disruptions of health services in some places especially the Coast with 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

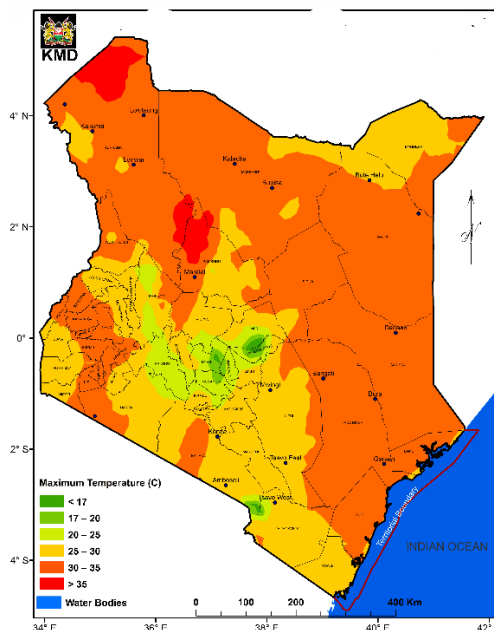


Figure 2: Forecasted average maximum temperature for 29th Sept – 5th Oct 2026

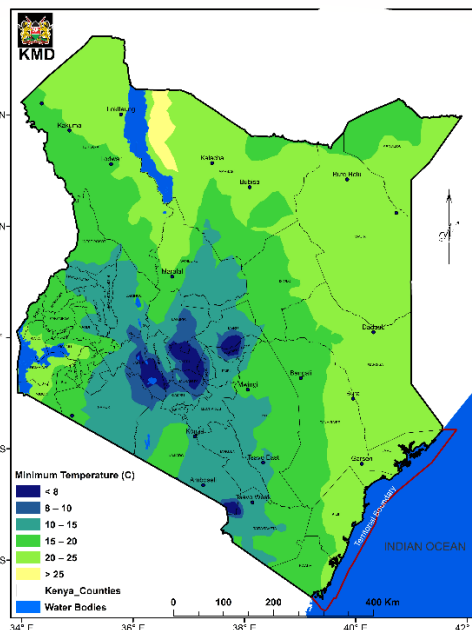


Figure 3: Forecasted average minimum temperature for 29th Sept – 5th Oct 2026

Maximum temperatures in most parts of the country are expected to be warmer than the maximum temperatures as usually observed during this period. The average maximum temperatures will exceed 30°C, over Wajir, Garissa, Mandera, Turkana, Isiolo, Samburu, Kisumu, Homabay, Siaya, Migori, Makueni and Lamu Counties during the forecast period as shown in Figure 2 above. Minimum temperatures are expected to be lower than normal in Tharaka Nithi, Meru, Kericho, Laikipia, Nairobi, Kirinyaga, Kiambu, Machakos, Bomet, Nyeri, Kajiado and Narok with temperatures less than 10°C expected over Nyandarua County during the forecast period as shown in Figure 3 above.

Impacts on Health and Advisory

The sunny and dry conditions with warmer than normal maximum temperatures over most parts of the country are increasing the risk of respiratory illnesses, heat related illnesses, sunburn, malnutrition and visceral leishmaniasis especially in arid areas. There is also a moderate risk of cardiovascular complications, particularly affecting children, the elderly and individuals with pre-existing chronic illnesses in areas expected over areas that will experience low minimum temperatures. Vulnerable groups remain at higher risk of severe health impacts during the forecast period. During extreme heat; drink water regularly, wear light clothes, avoid alcohol and too much caffeine, wear a cap and sunglasses. In cold weather; 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 Marsabit, Meru, Garissa, Isiolo and North of Turkana 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.

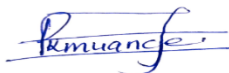
2.0 REVIEW FOR PREVIOUS WEEK (21ST – 27TH SEPT 2026)

In the last one week, weather conditions were dominantly dry in most parts of the Country and isolated light rains were experienced in some few parts. No Station recorded total rainfall above 50mm. Stations that recorded average weekly maximum temperatures exceeding 30°C during the forecast period included Lodwar (36.3°C), Mandera (36.2°C), Wajir (33.6°C), Garissa (32.1°C), Kisumu (31.9°C) and Makindu (30.8°C). During the reporting period, Nyahururu station recorded 7-day average minimum temperatures below 10°C, notably (6.4°C). Strong winds of 25 knots and above were observed over parts of the country, particularly at Marsabit station, 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.

Yours Faithfully,

A handwritten signature in blue ink, appearing to read 'P. Muange', with a horizontal line underneath.

For: DDMAS