REPUBLIC OF KENYA
MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
STATE DEPARTMENT FOR ENVIRONMENT AND CLIMATE CHANGE
KENYA METEOROLOGICAL DEPARTMENT
Dagoretti Corner, Ngong Road, P. O. Box 30259, 00100 GPO, Nairobi, Kenya
Telephone: *254 (0) 20 3867880-7,* ***Fax:*** *254 (0) 20 3876955/3877373/3867888,*
E-mail: *director@meteo.go.ke,* ***info@meteo.go.ke****;* ***Website:*** *http://www.meteo.go.ke*

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WEEKLY BIOMETEOROLOGICAL BULLETIN FOR 3RD – 9TH NOV 2026

SUMMARY

In the next one week, rainfall is expected over several places in Nyeri, Embu, Murang'a, Kirinyaga, Meru, Tharaka-Nithi, Kiambu, Nairobi, Machakos, Makueni, Kitui, Garissa, Taita Taveta, Tana River, Kakamega, Bungoma, Kericho, Kisumu, Homabay, Kisii, Nandi, Nyamira, Migori, Siaya, Busia, Trans Nzoia, Vihiga, Uasin Gishu, Narok, Baringo, Nakuru, Elgeiyo Marakwet and Bomet Counties with moderate risks of water borne diseases, zoonotic diseases and vector borne diseases due to the moderate risk of flooding expected in those counties. Temperatures are expected to be warmer than normal in most parts of the country and normal in some parts.

1.0 FORECAST FOR 3RD – 9TH NOV 2026 AND IMPACTS ON HEALTH

1.1 RAINFALL FORECAST

Several places are expected to receive rainfall in Nyeri, Kirinyaga, Murang'a, Kiambu, Embu, Meru, Tharaka Nithi, Nyandarua, Nairobi, Machakos, Kitui, Makueni, and Garissa Counties.

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

Few places in Wajir, Marsabit, Mandera, Kilifi, Mombasa, Kwale, Lamu, Taita Taveta, Turkana, Isiolo, Samburu and Tana River Counties are expected to receive rainfall during the forecast period.

Total weekly rainfall exceeding 50mm is expected in Kisii, Nyeri, Embu, Nairobi, Kiambu, Machakos, Makueni and Nyamira Counties.

Impacts on Health

During the forecast period, a high risk of flooding is expected over Nyeri, Machakos, Murang'a, Nyeri, Embu, Nairobi, Kiambu, Nyandarua, Kisumu, Narok, Bungoma, Trans-Nzoia and Garissa Counties with a high risk of vector-borne diseases such as malaria in the lake region, chikungunya, and dengue at the coast. There is a high risk of waterborne diseases like Cholera, Typhoid, Bilhazia and Diarrheal diseases in the informal areas of Garissa, Nairobi, Kitui, Makueni, West Pokot, Kisumu, Narok and Migori Counties. The risk of zoonotic diseases like Anthrax and Rift Valley fever outbreaks remain moderate in Murang'a, Baringo and other susceptive regions. The expected rainfall and flooding risk conditions will also lead to possible disruptions of health services in some places, especially the lake region, western, Kiambu, Nyeri, Embu and Nairobi with possible 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, maintain proper sanitation and avoid walking bare feet in wet areas. Vaccinate livestock against anthrax and Rift Valley fever, avoid consuming meat from animals that die suddenly; instead, buy inspected meat from licensed butchers. Prevent accidents by avoiding flooded, lightening-prone, or landslide-prone areas and not sheltering under trees during rainy periods.

1.2 TEMPERATURE FORECAST

Maximum temperatures in most parts of the country are expected to be warmer than the maximum temperatures as usually observed during this period, however, some parts are expected to experience normal temperatures. The average maximum temperatures will exceed 30°C, over Wajir, Garissa, Mandera, Turkana, Samburu, Baringo, Lamu, Mombasa, Kilifi, Taita Taveta, and Tana River Counties during the forecast period. Minimum temperatures are expected to be lower than normal in parts of Tharaka Nithi, Meru, Kericho, Laikipia, Kirinyaga, Kiambu, Nyeri, Nairobi and Narok with temperatures less than 10°C expected over Nyandarua County during the forecast period.

Impacts on Health and Advisory

The warmer normal to normal maximum and minimum temperatures expected over most parts of the country is reducing the risk of extreme temperature-related illnesses, over most parts of the country. There is also a moderate risk of cardiovascular complications, particularly affecting children, the elderly, and individuals with pre-existing chronic illnesses in areas expected to experience lower 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 caffein, 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 and 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 in the dry areas like Turkana, increased eye sensitivity especially among older people and possible property destruction as well as disruption of health care services in some areas. The public is advised to limit outdoor exposure and to wear a mask when it is dusty.

2.0 REVIEW FOR PREVIOUS WEEK (26TH OCT – 1ST NOV 2026)

In the last one week, weather conditions were dominantly sunny and dry in most parts of the Country and rainfall was experienced in some parts. The Stations that recorded total rainfall above 50mm included Lamu (86.9mm), Eldoret Airport (83.7mm), Kitui (70.5mm), Suba (61.7mm), Kakamega (53.3mm), Malindi (51.6mm) and Kisii (50.5mm). Stations that recorded average weekly maximum temperatures exceeding 30°C during the forecast period included Lodwar (37.6°C), Garissa (36.3°C), Mandera (35.9°C), Wajir (35.7°C), Voi (35.2°C), Makindu (34.3°C), Lamu (32.4°C) and Msabaha (31.2°C), During the reporting period, Nyahururu station recorded the lowest 7-day average minimum temperatures notably (11.2°C). Strong winds of 25 knots and above were observed over parts of the country, particularly at Marsabit, Isiolo, Turkana, and Garissa, 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,

***For*: DDMAS**