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Biometeorological Services Division

# WEEKLY BIOMETEOROLOGICAL BULLETIN (22ND APRIL–28TH APRIL 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.

## Summary

Heavy rainfall can cause flooding and water contamination, leading to the water-borne diseases such as cholera and typhoid fever. Mosquitoes and other insects that carry diseases such as dengue fever, malaria and Zika virus thrive in warm and humid conditions, which can be created by heavy rainfall. Rain can lead to increase in respiratory illnesses and pneumonia due to dampness and mold growth.

## REVIEW FOR PREVIOUS WEEK (14TH APRIL – 20TH APRIL, 2025)

### 1.1 Rainfall

This section lists stations recorded more than **50mm** total rainfall in the last **7 days**. Stations such as **Moyale, Wajir, Kakamega, M.A.B, Dagoretti C, Thika, Kabete, Eldoret Met, Eldoret Airport, Kericho, Nyahururu, Embu, Nyeri, Suba, Kisumu, Kisii, Meru** and **Kangema** recorded total weekly rainfall above **50mm**. This is shown in Table 1 below.

**Table 1:**

| Station | Total weekly rainfall amounts |
|---|---|
| Kangema Met | 155.0mm |
| Kericho Met | 135.7mm |
| Nyahururu Met | 128.2mm |
| Meru Met | 123.3mm |
| Eldoret Met | 121.5mm |
| Embu Met | 102.2mm |
| Kisumu Met | 90.7mm |
| Kabete Met | 88.3mm |
| Suba Met | 83.9mm |
| Moyale Met | 74.8mm |
| Eldoret A/port | 64.2mm |
| Dagoretti C | 63.4mm |
| Kisii Met | 62.7mm |
| M.A, B | 61.5mm |
| Thika Met | 55.4mm |
| Nyeri Met | 55.1mm |
| Wajir Met | 53.6mm |
| Kakamega Met | 53.3mm |

### 1.2 High Temperatures

This section lists stations that recorded average temperatures exceeding **35°C** in the last **7 days**. Station such as **Garissa** recorded average weekly temperatures exceeding **35°C** as shown in Table 2 below.

**Table 2:**

| Station | Average weekly maximum temperature |
|---|---|
| Garissa Met | 35.8°C |

### 1.3 Low Temperatures

This section lists stations that recorded average temperatures below **10°C** in the last **7 days.** Station such as **Nyandarua (Nyahururu)** recorded lower temperatures. The station recorded an average weekly temperature below 10°C as shown in Table 3 below.

**Table 3:**

| Station | Average weekly minimum temperature. |
|---|---|
| Nyahururu Met | 9.7°C |

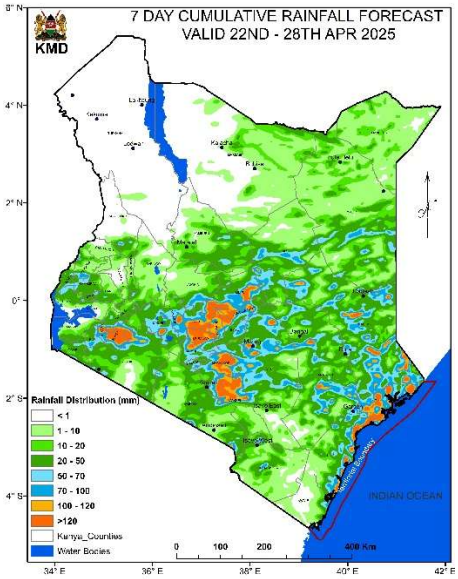
### 1.4 High Winds

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** Met station.

## 2.0 FORECAST FOR (22ND APRIL– 28TH APRIL, 2025)

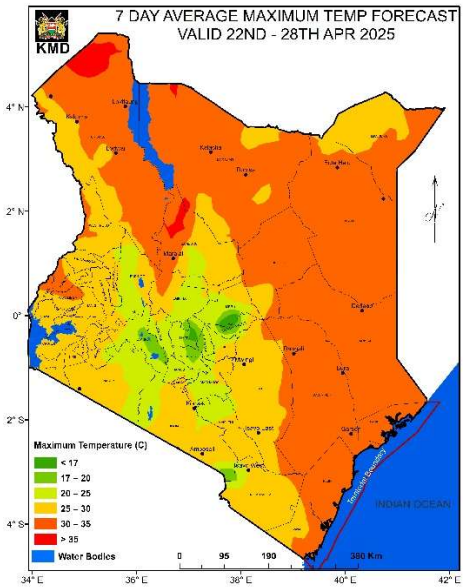
### Rainfall

Rainfall amounts exceeding **50mm** is to be expected over some parts of the **Vihiga, Nandi, Bomet, Nakuru, Narok, Kajiado, Taita taveta, Nairobi, Kiambu, Nyandarua, Murang'a, Tharaka Nithi, Meru, Lamu, Turkana (Lodwar), Marsabit, Mandera, Nyeri, Nyamira, Kisumu, Baringo, Tana river, Marsabit, Wajir, Samburu, Isiolo, Embu, Laikipia, Machakos, Kirinyaga, Kericho, Kisii, Homabay, Migori, Kakamega, Siaya, Busia, Uasin gishu, Makueni, Bungoma, Transnzoia, Westpokot, Elgeyo Marakwet, Kwale** and **Kilifi,** counties during the forecast period of Tuesday 22nd April 2025 to Monday 28th April 2025.



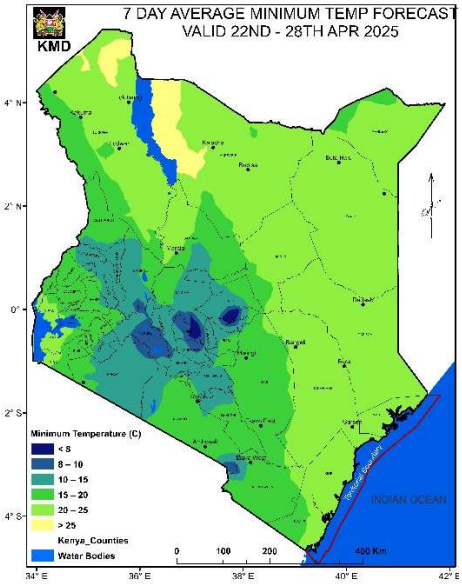

### High Temperature

Temperatures exceeding **35°C** is to be expected in parts of **Mandera, Samburu** and **Turkana (Lodwar)** Counties during the forecast period of Tuesday 22nd April 2025 to Monday 28th April 2025.



**Low Temperature**

Temperature of less than **10°C** is expected over Counties like **Nakuru, Nyeri, Murang'a** and **Nyandarua (Nyahururu), Meru, Tharaka Nithi and Kirinyaga** during the forecast period of Tuesday 22nd April 2025 to Monday 28th April 2025.




**Winds**

Winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit County** during the forecast period of Tuesday 22nd April 2025 to Monday 28th April 2025.

## 3.0 Meteorological Advisory on Weather-Related Risks

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

### 1. 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 lead to heat stress and dehydration.
Recommendations: Limit outdoor activities during peak heat hours (10 AM - 4 PM). Stay hydrated by drinking plenty of water. 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. 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**