



REPUBLIC OF KENYA
MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
STATE DEPARTMENT OF ENVIRONMENT AND CLIMATE CHANGE
KENYA METEOROLOGICAL DEPARTMENT

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Biometeorological Services Division

WEEKLY BIOMETEOROLOGICAL BULLETIN (8TH JULY–14TH JULY 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

It's important to note that cold weather may increase the risk or exacerbate certain conditions, it is typically a combination of factors, including individual susceptibility, lifestyle and environmental factors, that contribute to the development of these diseases. Taking appropriate precautions, such as dressing warmly, practicing good hygiene and seeking medical attention when necessary, can help mitigate the impact of cold weather on health.

REVIEW FOR PREVIOUS WEEK (30TH JUNE– 6TH JULY, 2025)

1.1 Rainfall

This section lists stations recorded more than **50mm** total rainfall in the last **7 days**. Stations such as **Kakamega, Uasin gishu (Eldoret) and Kisii** recorded total weekly rainfall above **50mm**. This is shown in Table 1 below.

Table 1:

Station	Total weekly rainfall amounts
Kakamega Met	114.4mm

Eldoret Met	73.2mm
Kisii Met	54.5mm

1.2 High Temperatures

This section lists stations that recorded average temperatures exceeding **35°C** in the last **7 days**. All Station recorded average weekly temperatures not exceeding **35°C**

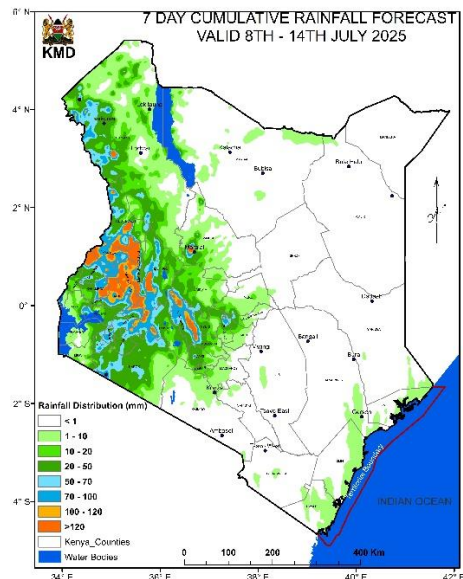
1.3 High Winds

This section list stations that recorded winds with speeds of more than **25 knots (12.9 meters per sec)** in the last 7 days. This was recorded in **Marsabit** Met station.

2.0 FORECAST FOR (8TH JULY -14TH JULY, 2025)

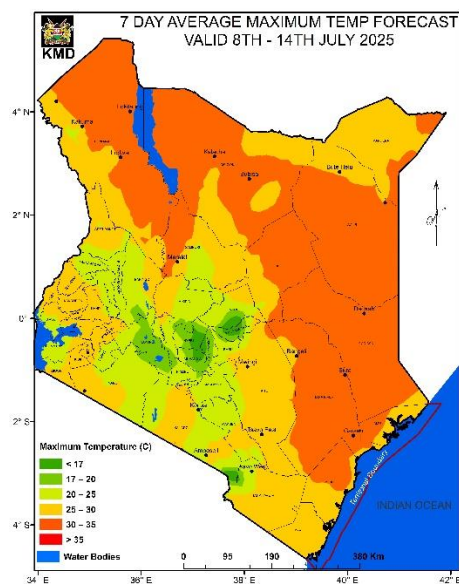
Rainfall

Rainfall amounts exceeding **50mm** is to be expected over some parts of **Kakamega (Vihiga), West Pokot, Elgeyo Marakwet, Uasin gishu (Eldoret), Nandi (Kapsabet), Nyandarua, Kericho, Transnzoia (Kitale), Turkana (Lodwar), Bungoma, and Busia** counties during the forecast period of Tuesday 8th July 2025 to Monday 14th July2025.



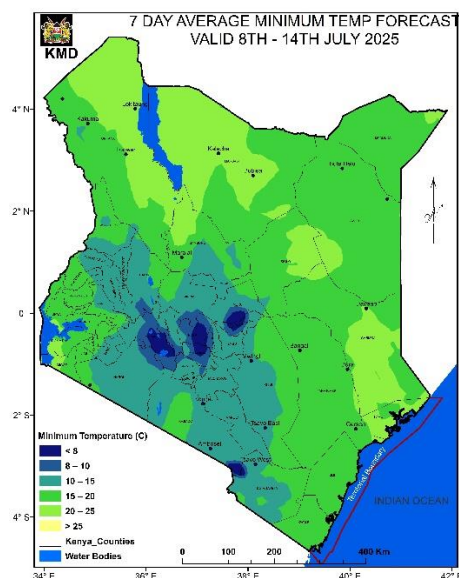
High Temperature

Temperatures not exceeding **35°C** is to be expected in parts of Country during the forecast period of Tuesday 8th July 2025 to Monday 14th July, 2025.



Low Temperature

Temperature of less than **10°C** is expected over Counties like **Nyandarua (Nyahururu)**, **Laikipia**, **Kiambu**, **Transnzoia (Kitale)**, **Nandi (Kapsabet)**, **Uasin gishu (Eldoret)** and **Kericho** Counties during the forecast period of Tuesday 8th July 2025 to Monday 14th July, 2025.



Winds

Winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit**, **Isiolo**, **Garissa**, **Samburu**, **Mandera**, **Wajir**, **Lamu**, **Laikipia**, **Kitui**, **Mombasa** and **Kilifi (Malindi, Msabaha Mtwapa)** Counties during the forecast period of Tuesday 8th July 2025 to Monday 14th July, 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:**
 - i. Use clean, boiled, or treated water for drinking and cooking.
 - ii. 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 areas.

Implications: High winds can lead to dust storms

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