



**REPUBLIC OF KENYA**  
**MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY**  
**STATE DEPARTMENT OF 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](mailto:director@meteo.go.ke), [info@meteo.go.ke](mailto:info@meteo.go.ke); **Website:** <http://www.meteo.go.ke>  
**Biometeorological Services Division**

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**WEEKLY BIOMETEOROLOGICAL BULLETIN (22<sup>ND</sup> JULY–28<sup>TH</sup> 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 (14<sup>TH</sup> JULY– 20<sup>TH</sup> JULY, 2025)**

**1.1 Rainfall**

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

**Table 1:**

Station	Total weekly rainfall amounts
Eldoret Met	98.0mm
Kakamega Met	68.6mm
Kericho Met	62.5mm
Kitale Met	53.1mm

## 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**

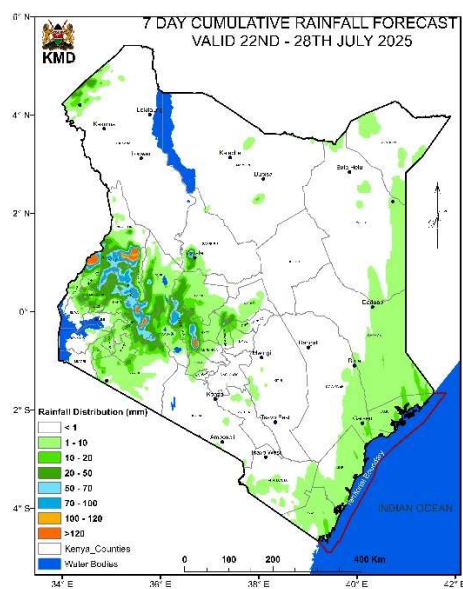
## 1.3 High Winds

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 (22<sup>ND</sup> JULY -28<sup>TH</sup> JULY, 2025)

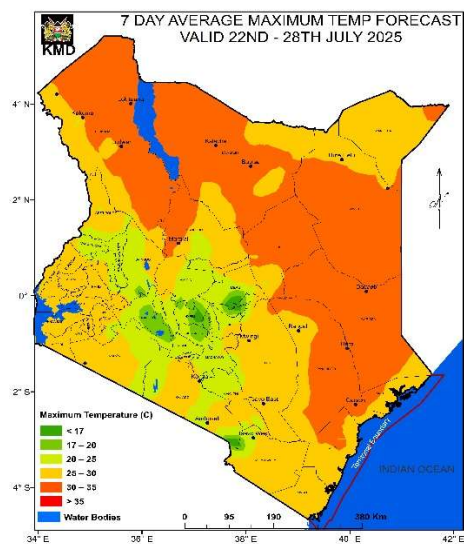
### Rainfall

Rainfall amounts exceeding **50mm** is to be expected over some parts of **Uasin gishu, Bungoma, Elgeyo Marakwet, Kericho** and **Transnzoia (Kitale)** counties during the forecast period of Tuesday 22<sup>nd</sup> July 2025 to Monday 28<sup>th</sup> July2025.



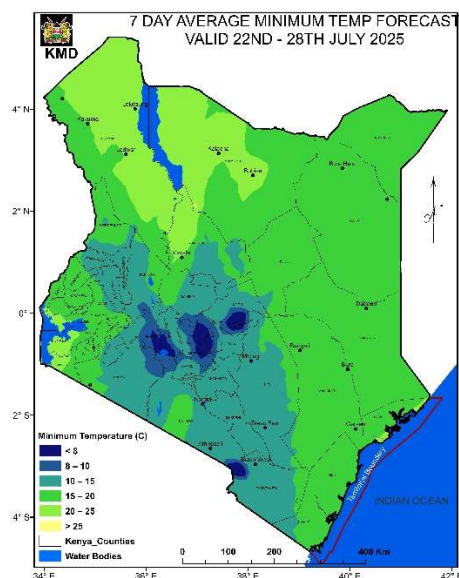
### High Temperature

Temperatures **not** exceeding **35°C** is to be expected in parts of Country during the forecast period of Tuesday 22<sup>nd</sup> July 2025 to Monday 28<sup>th</sup> July, 2025.



### Low Temperature

Temperature of less than 10°C is expected over Counties like Nyandarua (**Nyahururu**), Nyeri, Laikipia, Kiambu, Nairobi, Bomet, Nakuru, Narok, Machakos, Transzoia (**Kitale**), Uasin gishu (**Eldoret**) and Kericho Counties during the forecast period of Tuesday 22<sup>nd</sup> July 2025 to Monday 28<sup>th</sup> 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 22<sup>nd</sup> July 2025 to Monday 28<sup>th</sup> 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**