



**REPUBLIC OF KENYA**

**MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY**

**KENYA METEOROLOGICAL DEPARTMENT**

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**Biometeorological Services Division**

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**WEEKLY BIOMETEOROLOGICAL BULLETIN (11<sup>TH</sup> MARCH –17<sup>TH</sup> MARCH 2025)**

**Ref No: MET/7/58/3-2025**

**Issue Date: 10/03/2025**

**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.

**REVIEW FOR PREVIOUS WEEK (3<sup>RD</sup> MARCH – 9<sup>TH</sup> MARCH, 2025)**

**1.1 Rainfall**

This section lists stations recorded more than **50mm** total rainfall in the last **7 days**. Stations such as **Kabete, Dagoretti C, Wilson Airport** and **M.A.B** recorded Total weekly rainfall above **50mm**. These stations recorded Total weekly rainfall above **50mm** as shown in Table 1 below.

**Table 1:**

<b>Station</b>	<b>Total weekly rainfall amounts</b>
Kabete Met	99.5mm
Dagoretti C	68.4mm
Wilson Airport	62.8mm
M.A. B	57.9mm

**1.2 High Temperatures**

This section lists stations that recorded average temperatures exceeding **35°C** in the last **7 days**. Temperatures in some counties including **Lodwar, Wajir, Garissa**, and **Mandera** recorded average weekly temperatures exceeding **35°C** as shown in Table 2 below.

**Table 2:**

Station	Average weekly maximum temperature
Lodwar Met	38.9°C
Mandera Met	38.8°C
Wajir Met	37.4°C
Garissa Met	36.7°C

### 1.3 Low Temperatures

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

**Table 3:**

Station	Average weekly minimum temperature.
Nyahururu Met	7.7°C

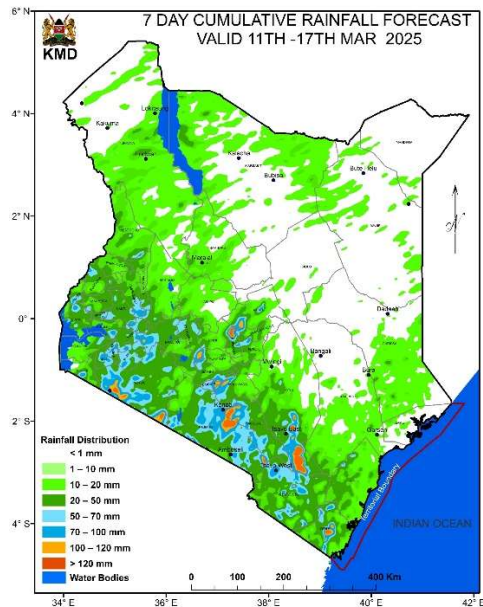
### 1.4 High Winds

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, and Wajir Met stations.

## 2.0 FORECAST FOR (11<sup>TH</sup> MARCH– 17<sup>TH</sup> MARCH 2025)

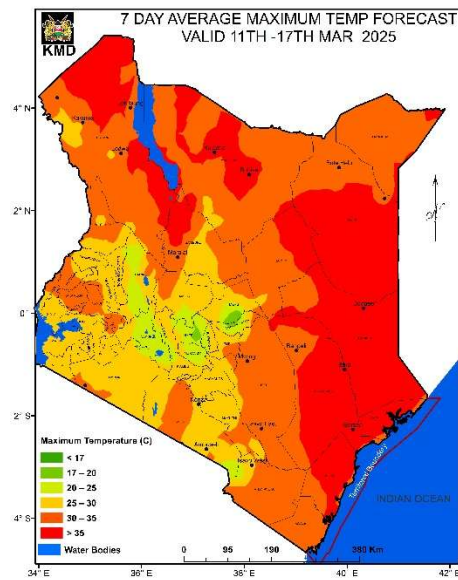
### Rainfall

Rainfall amounts exceeding 50mm is to be expected over some parts of the **Kakamega, Kajiado, Makueni, Bungoma, Busia, Siaya, Narok, Kericho, Bomet, Westpokot, Kisii, Murang'a, Nyandarua** Counties during the forecast period of Tuesday 11<sup>th</sup> March 2025 to Monday 17<sup>th</sup> March 2025.



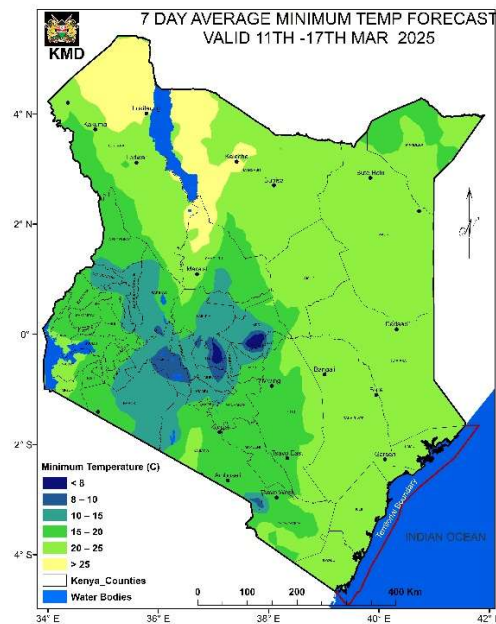
## High Temperature

Temperatures exceeding **35°C** is to be expected in parts of **Garissa, Wajir, Mandera, Lamu, Kilifi, Tana River, Samburu, Marsabit, and Turkana (Lodwar) Counties** during the forecast period of Tuesday 11<sup>th</sup> March 2025 to Monday 17<sup>th</sup> March 2025.



## Low Temperature

Temperature of less than **10°C** is expected over Counties like **Nakuru, Nyeri, Murang'a and Nyandarua (Nyahururu), Kirinyaga** during the forecast period of Tuesday 11<sup>th</sup> March 2025 to Monday 17<sup>th</sup> March 2025.



## Winds

Winds of more than **25 knots (12.9m/s)** are expected over parts of **Marsabit, and Wajir Counties** during the forecast period of Tuesday 11<sup>th</sup> March 2025 to Monday 17<sup>th</sup> March 2025.

### 3.0 Meteorological Advisory on Weather-Related Risks

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

#### 1. Low 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 exacerbate the effects of low rainfall, leading to heat stress and dehydration.

**Recommendations:** Limit outdoor activities during peak heat hours (10 AM - 4 PM). Stay hydrated by drinking plenty of water and avoiding excessive caffeine and alcohol. 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**