



**REPUBLIC OF KENYA**

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

**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 (25<sup>TH</sup> FEBRUARY –3<sup>RD</sup> MARCH 2025)**

**Ref No: MET/7/58/2-  
2025**

**Issue Date: 24/02/2025**

**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.

**SUMMARY OF CURRENT HEAT ADVISORY**

We are still experiencing elevated temperatures, which pose significant risks such as heat stress, dehydration, and other related health concerns. In line with Biometeorological recommendations, please adhere to the following precautions:

**Stay Hydrated**– Ensure adequate fluid intake by drinking plenty of water. Limit consumption of caffeine and alcohol, as they can contribute to dehydration.

**Limit Outdoor Activities**– Refrain from engaging in strenuous activities during peak heat hours, typically between 10 AM and 4 PM, to minimize heat exposure.

**Dress Appropriately**– Opt for light, loose-fitting, and breathable clothing to help regulate body temperature and enhance comfort.

**Keep Indoors Cool**– Utilize fans, ensure proper ventilation in rooms, and avoid unnecessary heat sources to maintain a cooler indoor environment.

**Check on Vulnerable Groups**– Pay special attention to the elderly, children, and individuals with pre-existing health conditions, as they may be more susceptible to heat-related illnesses.

\*By following these guidelines, we can mitigate the impact of the ongoing high temperatures and promote safety and well-being.

## REVIEW FOR PREVIOUS WEEK (17<sup>TH</sup> – 23<sup>RD</sup> FEBRUARY 2025)

### 1.1 Rainfall

Throughout the **7 days**, no stations experienced rainfall amounts exceeding **50mm** total rainfall. All stations recorded less than **50mm** total weekly rainfall.

### 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 1 below.

**Table 1:**

<b>Station</b>	<b>Average weekly maximum temperature</b>
Wajir Met	39.2°C
Mandera Met	38.9°C
Lodwar Met	38.8 °C
Garissa Met	37.7°C

### 1.3 Low Temperatures

This section lists stations that recorded average temperatures below **10°C** in the last **7 days**. Conversely, stations such as Nyandarua (Nyahururu) Narok, Nyeri and Laikipia recorded lower temperatures. These stations recorded an average weekly temperature below 10°C as shown in Table 2 below.

**Table 2:**

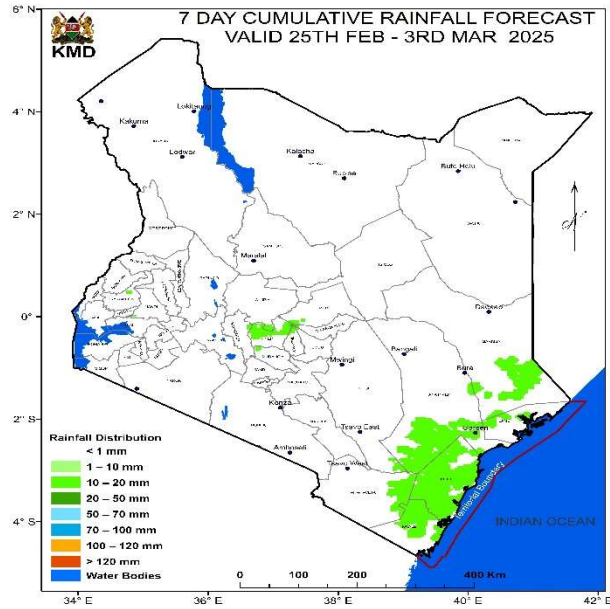
<b>Station</b>	<b>Average weekly minimum temperature.</b>
Nyahururu Met	5.8°C
Narok Met	9.7°C
Nyeri Met	9.8°C
Laikipia Base Met	9.6°C

### 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.

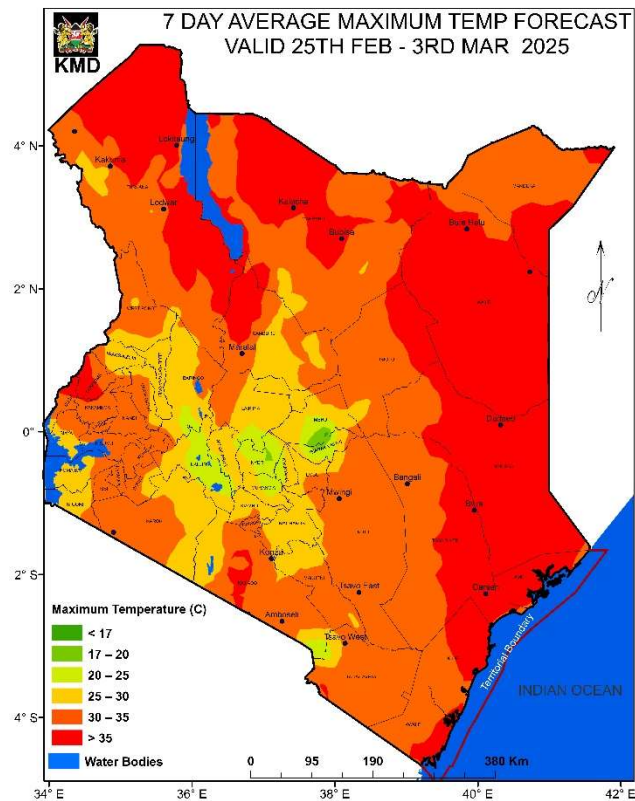
## 2.0 FORECAST FOR (25<sup>TH</sup> FEBRUARY– 3<sup>RD</sup> MARCH 2025)

### Rainfall



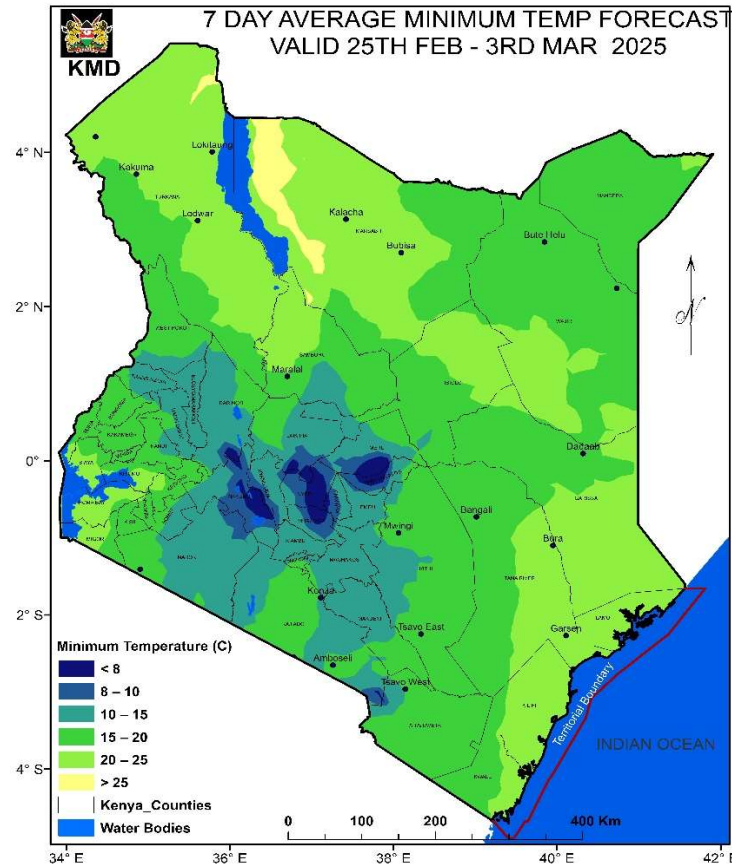
Rainfall amounts not exceeding **50mm** is to be expected over most parts of the Country during the forecast period of Tuesday 25<sup>th</sup> February 2025 to Monday 3<sup>rd</sup> March 2025. Rainfall of about **10 to 20 mm** are to be expected in counties like **Kwale, Kilifi, Taita Taveta, Tana River, Nyeri, Kakamega, Meru, Murang'a, Garissa, Lamu and Nandi Counties.**

### High Temperature



Temperatures exceeding **35°C** is to be expected in parts of **Lodwar, Garissa, Wajir, Mandera, Lamu, Kilifi, Bungoma, Busia, Tana River, Isiolo, Marsabit, and Turkana Counties** during the forecast period of Tuesday 25<sup>th</sup> February 2025 to Monday 3<sup>rd</sup> March 2025.

## Low Temperature



Temperature of less than **10°C** is expected over Counties like **Nakuru, Nyeri, Muranga, Tharaka Nithi, Kajiado, Baringo, Nyandarua(Nyahururu), Taita Taveta, Meru, and Laikipia** during the forecast period of Tuesday 25<sup>th</sup> February 2025 to Monday 3<sup>rd</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 25<sup>th</sup> February 2025 to Monday 3<sup>rd</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:** Most regions are expected to receive less than **50 mm** of rainfall during the week.
- **Implications:** Prolonged periods of low rainfall can lead to water shortages, negatively affecting water supply.
- **Recommendation:**

1. Water Conservation: Implement water-saving measures at home. Collect rainwater where possible and use efficient irrigation methods.

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:** Low temperatures could impact agriculture and increase heating demands.

**Recommendations:** Insulate homes and ensure heating systems are operational. 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:** Secure loose outdoor items to prevent them from becoming projectiles. Stay indoors during severe wind events and avoid driving in hazardous conditions. 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**