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Date of issue: 5th October, 2026

WEATHER UPDATE FOR OCTOBER 2026 OVER UGANDA

1.0 INTRODUCTION

October is generally a wet month over much of Uganda and forms part of the September-October-November-December rainfall season. However, the spatial and temporal distribution of October rainfall is influenced by a number of factors, including local topography, large water bodies and regional atmospheric circulation. The expected enhanced rainfall during October–December 2026 season may increase the potential for flooding, waterlogging and landslides in vulnerable areas.

2.0 EXPECTED CLIMATE DRIVERS FOR OCTOBER 2026

- The established El Niño condition over the central and eastern equatorial Pacific Ocean and the developing positive phase of the Indian Ocean Dipole (IOD) over Indian Ocean are expected to enhanced rainfall over most parts of Uganda;
- The positioning and orientation of the Inter-Tropical Convergence Zone (ITCZ) over Uganda and the moisture advection from the Congo Air Mass are expected to play a significant role in modulating rainfall distribution during this month of October;
- The regional pressure systems, including the Arabian Ridge and the Mascarene High, are expected to control occasional moisture transport that may result in on and off rains over parts of the country;
- The Madden-Julian Oscillation, characterized by eastward-moving pulse of clouds and rainfall, among others in the tropics, is currently in a neutral phase. However, it is projected to move eastward in the next two to three weeks, and may enhance rainfall over Uganda.

Mission

To promote and ensure the rational and sustainable utilization, development and effective management of water and environment resources for social economic development of Uganda

- ### 3.0 RAINFALL PERFORMANCE FOR THE MONTH OF SEPTEMBER 2026

In terms of spatial rainfall distribution, south-western and Karamoja sub-regions received below average rainfall. The western parts of central region received above average rainfall, and the remaining parts of the country received near average rainfall during the month of September 2026. Although many parts of the country recorded **near average rainfall**, it was poorly distributed in space and time, and with very few days of rainfall as shown in Figure 1(b) below. The decline in rainfall over most parts of the country during the month of September was attributed to the influence of the current El Nino conditions, which is associated with suppression of rainfall and delayed onset of SON 2026 rainfall season over many parts of the country.

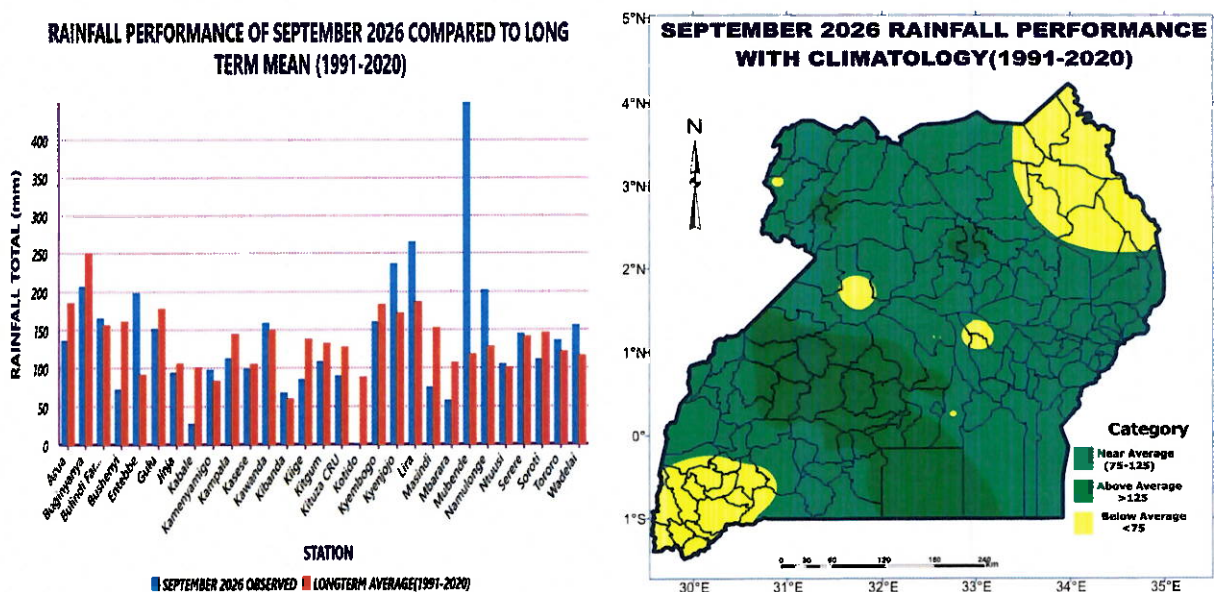


Figure 1: (a) Observed Sep 2026 rainfall Vs Sep LTM (b) September 2026 rainfall performance

4.0 RAINFALL OUTLOOK FOR OCTOBER 2026

4.1 Breakdown of October Forecast

The forecast for October 2026 reveals that during the first 10 days, rainfall is expected to be suppressed over north-eastern and a few areas around Lake Victoria basin, while the remaining parts of the country are expected to experience some isolated outbreaks of showers (**Figure 2.1**). By mid-October, most parts of the country are likely to experience enhanced rains, with exception of some areas around Karamoja sub-region, which are expected to experience isolated rains (**Figure 2.2**). The expected enhanced rains during mid-October over most parts of the country is likely to persist until late October, while isolated outbreaks of light rains are expected to set in over Karamoja sub-region, and persist until late October (**Figure 2.3**).

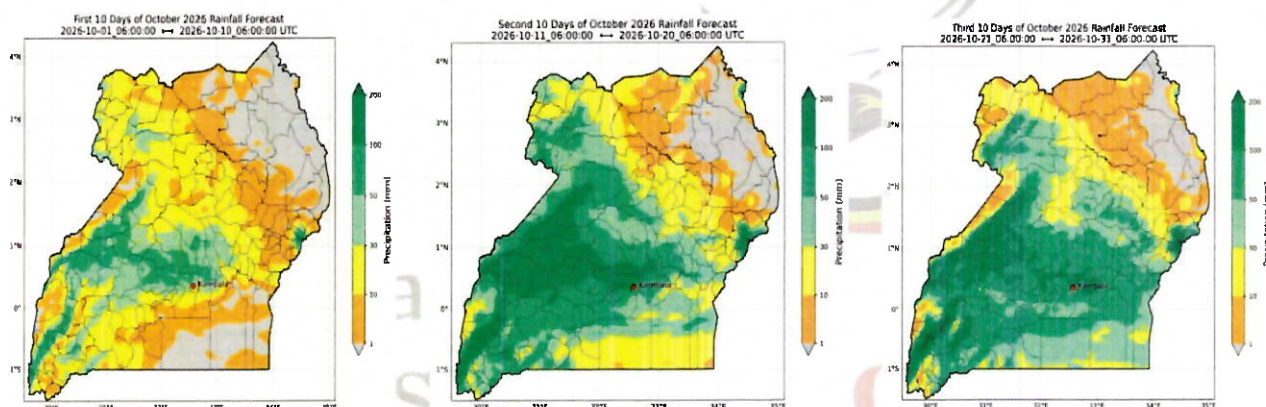


Figure 2.1: 1st 10 days of October. Figure 2.2: 2nd 10 days of October Figure 2.3: Last 10 days of October

4.2 Overall Forecast

The rainfall forecast for October 2026 over Uganda indicates that most parts of the country are expected to experience enhanced rainfall, with the exception of Karamoja sub-region which is expected to receive moderate rainfall. Overall, near average, tending to above average rainfall is expected over most parts of the country during the month of October 2026. Refer to Figure 3 below for details.

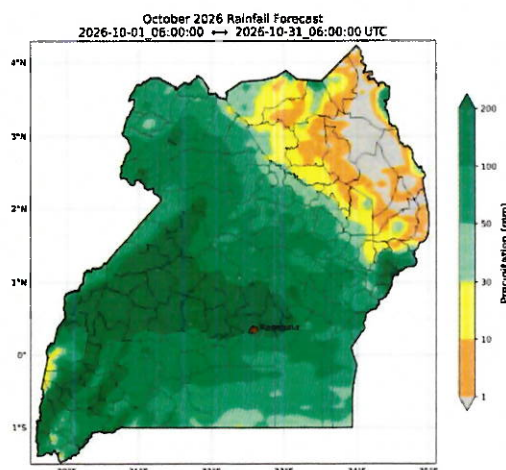


Figure 3: Expected spatial rainfall distribution for October 2026

5.0 REGIONAL BREAK DOWN OF THE OCTOBER 2026 RAINFALL OUTLOOK

5.1 Western Region

The current on and off rains over most parts of this region signal the late onset of September-October-November-December (SOND) 2026 rainfall season in this region. The prevailing condition is expected to persist until mid-October, when stable rainfall is likely to set in and prevail until late October. Overall, most parts of this region are expected to experience near average, tending to above average rains during this month of October.

5.2 Central Region

Many parts of this region are currently experiencing isolated outbreaks of showers that is expected to persist until mid-October, when stable rains are expected to set in. Overall, most parts of this region are likely to receive near average to above average rainfall during this month of October.

5.3 Eastern Region

Most parts of this region are currently experiencing isolated outbreaks of rains. This condition is expected to persist up to mid-October, after which, stable rains are expected to get established, and persist until late October. Overall, most parts of this region are expected to receive near average, with a tendency to above average rainfall during the month of October.

5.4 Northern Region

The current outbreaks of showers and thunderstorm over most parts of this region indicate that SOND 2026 rainfall season is getting established. This condition is expected to persist, reaching peak levels around late October. Overall, most parts of this region are expected to receive above average rainfall during this month of October.

5.5 Karamoja Region

Most parts of this region are currently experiencing dry conditions, with a few areas receiving light, isolated rainfall. This condition is expected to persist up to the end of the forecast period. Overall, near average rainfall is expected across the region during the month of October.

6.0 TEMPERATURE FORECAST FOR OCTOBER 2026

Overall, the current high temperatures over most parts of the country are expected to reduce during the month of October 2026. This is due to the onset of rains over most parts of the country.

6.1 Maximum Temperature

The highest average maximum temperatures in October are expected to range between 28°C to 30°C over the Eastern and Northern parts of the country, while the highland areas and areas around Lake Victoria are likely to experience average maximum temperatures between 22°C to 26°C as illustrated in **Figure 4 (a)**.

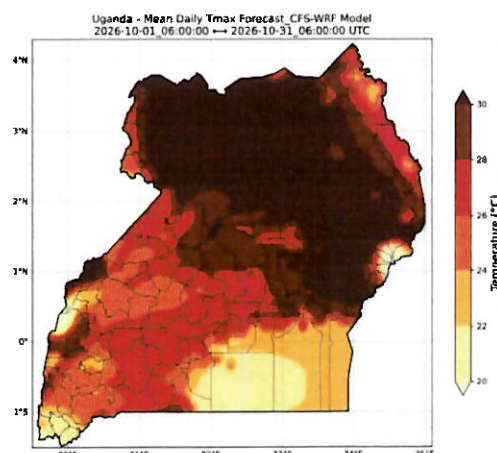


Figure 4 (a): Expected spatial average maximum temperature over Uganda in October 2026

6.2 Minimum Temperature

The average minimum temperatures for the month of October 2026 are expected to be above 22°C along the western rift valley areas, while northern, eastern and areas around Lake Victoria are expected to experience minimum temperatures in the range of 18°C to 22°C. South-western and parts of central are expected to experience minimum temperatures between 12°C and 18°C. The highlands of south-western, Mt. Rwenzori and Elgon areas are expected to experience temperatures less than 12°C. Refer to **Figure 4 (b)** for details.

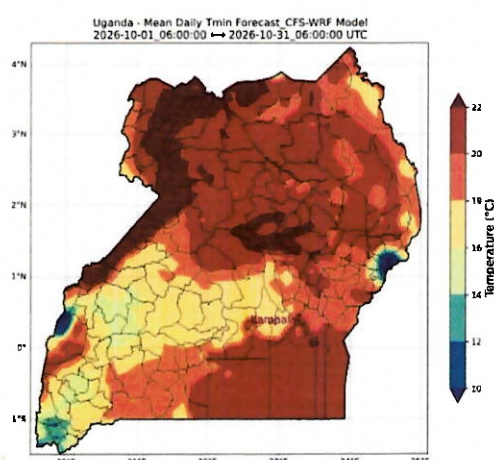


Figure 4 (b): Expected spatial average minimum temperature over Uganda in October 2026

6.3 Mean Temperature

The mean temperatures over northern and eastern regions are expected to range between 22°C and 24°C, with the exception of areas along the fringes of Albert Nile, which are expected to experience mean temperatures ranging from 24°C to 26°C. Most parts of central and western regions are expected to experience mean temperatures between 18°C and 22°C, whereas the highland areas are likely to experience the lowest mean temperatures below 18°C. Refer to Figure 4 (c) for details

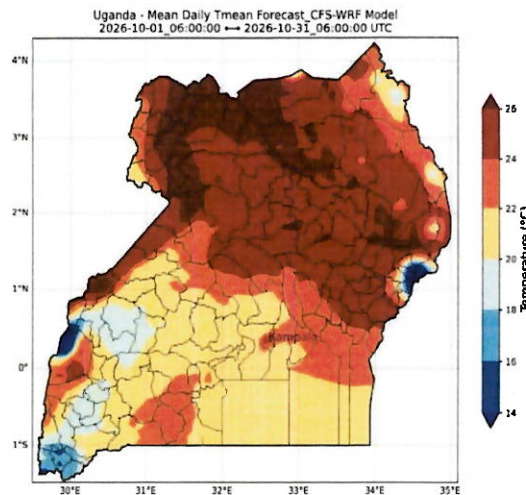


Figure 4 (c): Expected spatial average mean temperature over Uganda in October 2026

7.0 POTENTIAL IMPACTS AND ADVISORIES DURING OCTOBER 2026

The Ministry of Water and Environment, through Department of Meteorological Services released the September-October-November-December seasonal climate outlook, indicating that near-normal to above-normal rainfall would be received, with delayed onset associated with El Niño episode.

The month of October 2026 marks an important transition period, with rainfall generally expected to increase over most parts of the country, contributing to the establishment of the second rainfall season. The following **potential impacts and advisories** are, therefore, provided as early warning information to support decision-making and planning.

7.1 Agriculture and Food Security

Potential impacts

- Improved soil-moisture conditions that may support crop establishment and growth;
- Excessive rainfall may cause **waterlogging**, particularly in low-lying and poorly drained fields;
- Heavy rainfall can cause soil erosion, nutrient loss and damage to crop;
- Strong winds associated with thunderstorms may damage crops, trees and farm structures;
- Excess rainfall may delay harvesting, drying and storage of agricultural produce;
- Increased rainfall may improve pasture and water availability for livestock, although waterlogged areas can increase livestock disease risks.

Advisories

- Farmers should undertake timely planting and use appropriate crop varieties suited to the expected rainfall conditions;
- Avoid planting in known flood-prone and waterlogged areas;
- Construct and maintain drainage channels around gardens where necessary;
- Harvest mature crops promptly before prolonged rainfall causes deterioration;
- Dry and store harvested produce properly to minimize post-harvest losses;
- Livestock keepers should provide dry shelters and avoid allowing animals to remain in flooded areas.

7.2 Flooding and Flash Floods

Potential impacts

- Heavy rainfall may result in **flash floods**, particularly in urban centres and areas with poor drainage;
- Riverine flooding may occur where rivers and streams receive sustained heavy rainfall;
- Flooding may disrupt roads, bridges, markets, schools and other public infrastructure;
- Communities living near wetlands, rivers and other low-lying areas may experience temporary displacement.

Advisories

- Communities should avoid crossing flooded rivers, streams and drainage channels;
- District authorities should clear blocked drainage systems before and during periods of heavy rainfall;
- Local governments should monitor known flood-prone locations and prepare evacuation arrangements, where necessary;
- Motorists should avoid driving through flooded roads when water depth/current cannot be safely assessed;
- Humanitarian and emergency agencies should pre-position essential relief and response supplies in areas identified as high risk.

7.2 Landslides and Soil Erosion

Potential impacts

- Prolonged or intense rainfall may saturate soils and increase the risk of **landslides and mudslides**, particularly in mountainous areas;
- Soil erosion may increase on steep/cultivated slopes and areas with limited vegetation cover;
- Roads and settlements located below steep slopes may be exposed to debris movement.

Advisories

- Communities in landslide-prone areas should remain alert for cracks in the ground, tilting trees, unusual water seepage and movement of soil;
- Avoid cultivation on very steep slopes and maintain vegetation cover;
- Maintain terraces, contour bunds and other soil-conservation structures;
- Authorities should monitor known landslide hotspots and identify safe evacuation locations.

7.4 Health

Potential impacts

- Increased rainfall and stagnant water may create suitable breeding conditions for **mosquitoes**, potentially increasing malaria transmission;
- Flooding may contaminate water sources and increase the risk of waterborne diseases;
- Damp conditions may contribute to respiratory and other health problems;
- Flooding may increase exposure to contaminated water and sanitation-related hazards.

Advisories

- Communities should eliminate stagnant water around homes and institutions;
- Use mosquito nets and follow recommended malaria prevention measures;
- Protect drinking-water sources from floodwater contamination;
- Boil or appropriately treat drinking water where contamination is suspected;
- Strengthen disease surveillance in areas experiencing flooding and increased mosquito activity.

7.5 Water Resources

Potential impacts

- Water availability in rivers, wetlands, dams and other water bodies may improve;
- Heavy rainfall may increase surface runoff and sedimentation;
- Flooding may contaminate wells, boreholes and other water sources.

Advisories

- Harvest and safely store rainwater where appropriate;
- Protect wells, boreholes and other water points from floodwater;
- Avoid consuming water from contaminated sources without appropriate treatment;
- Monitor water levels in rivers, dams and other critical water bodies.

7.6 Transport and Infrastructure

Potential impacts

- Heavy rainfall may damage roads and bridges, especially unpaved roads;
- Poor visibility and slippery roads may increase traffic accidents;
- Flooding may disrupt transport and communication networks;
- Strong winds and thunderstorms may damage electricity infrastructure and buildings.

Advisories

- Road users should exercise caution during heavy rainfall and thunderstorms;
- District authorities should identify and repair vulnerable road sections and drainage structures;
- Utility providers should prepare for possible disruption to electricity and communication services;
- Communities should avoid sheltering under trees during thunderstorms.



7.7 Education and Schools

Potential impacts

- Heavy rainfall may disrupt school attendance and transport;
- Flooding can make roads and school access routes unsafe;
- Strong winds and thunderstorms may damage school infrastructure.

Advisories

- Schools should monitor weather warnings and establish procedures for responding to severe weather;
- School management should ensure that drainage around the school compound is functional;
- Children should be advised **not to cross flooded rivers or drainage channels** on their way to or from school;
- Schools in flood and landslide-prone areas should identify safe assembly and evacuation points.

7.8 Humanitarian and Anticipatory Action

For organizations such as **WFP, FAO, Uganda Red Cross, CRS and District Local Governments**, the October rainfall outlook should be translated into **trigger-based preparedness actions**.

Recommended actions include:

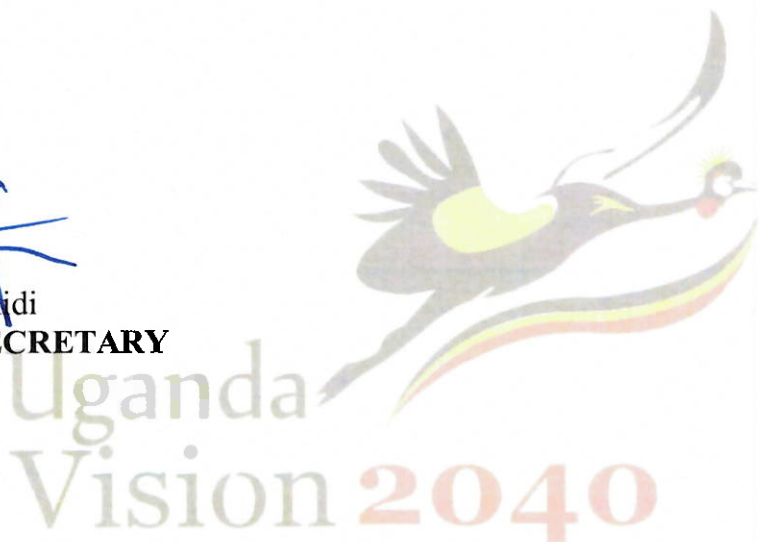
- Monitor 1–7 days' rainfall forecasts and district-level flood triggers;
- Identify communities likely to be affected by flooding and landslides;
- Pre-position emergency supplies in high-risk districts;
- Strengthen community-level early warning dissemination;
- Activate contingency plans when agreed rainfall/flood thresholds are exceeded;
- Coordinate meteorological information with disaster management, health, agriculture, water and local-government authorities;
- Use impact-based forecasts rather than rainfall information alone to determine when and where action is required.

8.0 CONCLUSION

The predicted rainfall and temperature requires timely action to mitigate risks and take advantage of favorable conditions. This forecast should guide planning in all climate-sensitive sectors to enhance economic resilience and community well-being. The Ministry of Water and Environment will continue monitoring the weather patterns and regularly issue weather updates to the general public. This weather update should be used together with other forecasts routinely provided at lower timescales, including six-hours, 24 hours dekadal/10 days, and severe warnings. For more weather and climate information, please refer to the website: <https://mwe.go.ug/weather> or dial *901# on all networks.



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PERMANENT SECRETARY



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