



PEACE, PROSPERITY AND
REGIONAL INTEGRATION

Climate-health

October -December 2025 Advisories

Policy Brief

September 2025



Key Messages



The forecasted drought-like conditions are likely to lead to an increase in malnutrition and undernutrition of the Greater Horn of Africa region.



Heat-related diseases are forecasted to increase in most of region.



Parts of the region with degraded lands should be on high alert for respiratory conditions due to air pollution from dust events.



Livelihood losses from drought-like conditions will could lead to an increase in mental health impacts including depression, anxiety, PTSD and and may exacerbate domestic violence.



Injuries are expected in parts of the region receiving high rainfall due to landslides and in areas with below normal rainfall due to increased probability of resource-based conflict.



High temperatures will create a conducive atmosphere for tropical diseases like kala azar, chikungunya, dengue to thrive.

The Greater Horn of Africa (GHA) in the June to August season reported an increase in incidents of vector-borne and waterborne diseases and in particular cholera and malaria. Below-normal rainfall is expected over most parts of the Greater Horn of Africa in the October to December (OND) season, with the strongest signal over eastern parts of the region, including southern Ethiopia, much of Somalia, eastern Kenya, and parts of central and southern Tanzania.

The incidence of Cholera and Acute Watery Diarrhoea (AWD) are likely to rise as water scarcity forces populations to rely on contaminated sources. A decrease in rainfall may elevate the risk of vector-borne diseases, including malaria, dengue, Zika virus, and Chikungunya, with malaria transmission in Ethiopia typically peaking between September and November.

Increased heat stress and heat-related illnesses are anticipated across much of **The Greater Horn of Africa (GHA)**, with the highest likelihood in the eastern sub-region, where warmer-than-average surface temperatures are projected. Heightened awareness and preventive measures for mental Health are also recommended, as livelihood stress associated with drought-like conditions are expected to exacerbate mental health challenges.

In **June to August** the region continued to experience and increase in health related impacts, directly and indirectly linked to the observed weather conditions as summarized.



**Ethiopia - 735 Cases,
3 Deaths**

**Kenya- 426 Cases,
20 Deaths**

**South Sudan-
2,933Cases, 11 Deaths**

**Sudan - 48 768 Cases,
1094 Deaths (Jan-August)**




**Uganda -200 Cases
5 Deaths**

Advisories OND 2025

Heat stress and high temperatures related risks

Heat stress

Djibouti, Ethiopia, Kenya, Somalia, Sudan South, Sudan, Uganda




-  Pregnant women are at increased risk of dehydration, heat stroke, and pregnancy complications (neural tube defects, low birth weight, pre-term births, and pre-eclampsia);
-  Elderly persons are at increased risk of respiratory diseases and exacerbated pre-existing conditions such as diabetes, heart and kidney diseases;
-  Children particularly those under five are vulnerable to heat exhaustion, heatstroke, and severe dehydration.

Recommended measures include strengthening early warning systems, establishing cooling shelters in public spaces, distributing free oral rehydration solution (ORS) kits for heat exhaustion and dehydration (NOT recommended for heat stroke), enforcing mandatory shade and rest breaks for outdoor workers, issuing targeted prenatal heat advisories, and ensuring reliable access to safe drinking water.

Droughts Related risks (food & Water Scarcity)

1. Malnutrition and Under-nutrition

Ethiopia, Kenya, Somalia and South Sudan

-  Children face increased risk of stunting/malnutrition and increased risks of developing neurological diseases;
-  Women walk long distances for water, exposed to GBV;
-  Men particularly in pastoral areas face livelihood stress which could lead to alcohol abuse and mental health risks.

Recommendations include nutritional support for pregnant women children, and the elderly. Clean water to be made available in drought prone areas. Mental health awareness and sociopsychal support should be increased in drought prone areas.

2. Food and waterborne illnesses

Burundi, Ethiopia, Kenya, Rwanda, Somalia, South Sudan Uganda

This includes diseases contracted by consuming contaminated food or water, often caused by pathogens like bacteria (e.g., Salmonella, E. coli), viruses (e.g., Norovirus, Hepatitis A), or parasites (e.g., Giardia, Cryptosporidium). Children under five are particularly susceptible. Recommendations include awareness, cholera vaccinations, Water, sanitation and hygiene (WASH) programs including the provision of clean water in affected areas.

Air/Dust pollution

1. Respiratory infections

Burundi, Djibouti, Ethiopia, Kenya, Rwanda, Somalia, Sudan, South Sudan and Uganda

School going children in environmentally degraded areas are most exposed, in addition to persons with already compromised respiratory systems. Awareness and distribution of respiratory masks in hot, dry and degraded areas is encouraged.

2. Eye diseases (e.g., conjunctivitis)



Burundi, Djibouti, Ethiopia, Kenya, Rwanda, Somalia, Sudan, South Sudan and Uganda

Protective eyewear is advised for persons living in areas with high land degradation.

Compounding Climatic extremes

Burundi, Djibouti, Ethiopia, Kenya, Rwanda, Somalia, Sudan South, Sudan and Uganda.



Heightened mental health challenges such as depression, anxiety, and post-traumatic stress disorder (PTSD) are likely to increase. Increased incidences of domestic violence could also arise; and greater substance abuse linked to livelihood and social stressors.

-  Girls face increased risk early marriages leading to fistula;
-  Women and children migrating are exposed to GBV;

Psychosocial support should be increased in drought -prone areas. Provision of emergency sexual and reproductive health (SRHR) kits. Cash-for-work programs are encouraged in affected communities.

Indirect impacts- injuries

Burundi, Djibouti, Ethiopia, Kenya, Rwanda, Somalia, Sudan South, Sudan and Uganda

-  Areas prone to landslides in Kenya, Uganda, Rwanda and Burundi that are should be on alert for injuries.
-  Increase in injuries due to resource based conflicts among pastoral communities in conflict prone areas.

Rapid reissuance of medical records and IDs. Training of communities on first aid support.