TEL. GENERAL: +256 41 4505942
TELEPHONE: +256 41 4505945
+256 41 4505950
+256 41 4220203
+256 41 4321316
+256 41 4221198
Email: mwe@mwe.go.ug
ps@mwe.go.ug
website: www.mwe.go.ug
In any correspondence on this subject please quote: ***Ref: DMS/004/596/06***

THE REPUBLIC OF UGANDA

**MINISTRY OF WATER AND ENVIRONMENT**
**PLOT NO. 3-7 KABALEGA CRESCENT LUZIRA**
**P.O. BOX 20026**
**KAMPALA –UGANDA**

**Date of issue:** 4th July 2026

# WEATHER UPDATE FOR JULY 2026 OVER UGANDA

## 1.0 INTRODUCTION

The month of July is a transitional month in the June-July-August (JJA) rainfall season over Uganda, characterized by peak of the dry JJA season over Central, Southwestern, and the Lake Victoria basin. It is also the peak harvest time for crops planted in the first rainfall season of March, April and May. However, over Northern and parts of Eastern Uganda, July is a wetter month and a continuation of the March-to-May long rains.

## 2.0 EXPECTED CLIMATE DRIVERS FOR JULY 2026

- The current developing El Nino signal over the Pacific Ocean is expected to suppress the July rainfall due to its teleconnection
- The current northward shifting and orientation of the Inter-Tropical Convergence Zone (ITCZ) from the equator is likely to play some role in an on and off rainfall over the Northern and parts of Eastern regions. During the month of July, the Central, Southwestern and areas around Lake Victoria are expected to experience the peak of the dry season due to increased dominance of dry continental air masses and reduced moisture convergence over these regions.
- The regional pressure systems especially the Arabian Ridge and the Mascarene High, are expected to control occasional moisture transport that may result in an on and off rains over some parts of the country.
- The Madden-Julian Oscillation (MJO), is currently in a neutral phase. However, it is projected to strengthen and moves into a phase that is expected to suppress rainfall over many parts of the country during the next three weeks.

- The influence of Lake Victoria, through the lake breeze and its interaction with the surrounding topography is expected to induce occasional rainfall in the vicinity of the lake.
- Orographic influence: Mountainous areas such as the slopes of Mount Elgon and the Rwenzori Mountains, are likely to receive occasional rainfall due to uplift of moist air.

## 3.0 RAINFALL PERFORMANCE FOR THE MONTH OF JUNE 2026

The analysis of observed rainfall for the month of June 2026 generally indicates that most parts of the country received below average rainfall. However, Lira, Serere and Sembabule recorded near average with a tendency to above average rainfall as shown in Fig. 1(a) below.

In terms of spatial rainfall distribution, light to moderate rainfall was observed across parts of the Northern and Eastern, regions during June 2026, while the Central and Western regions experienced the least rainfall as shown in Fig. 1(b) below. Overall, the month of June 2026 recorded **below average rainfall** over most parts of the country with the exception of Lira and Serere in Northern and Eastern regions respectively where rainfall was **near average with a slight tendency to above average rainfall**. The generally reduced decline in rainfall over most parts of the country during the month of June was attributed to the influence of the developing El Nino conditions over the central equatorial Pacific Ocean.

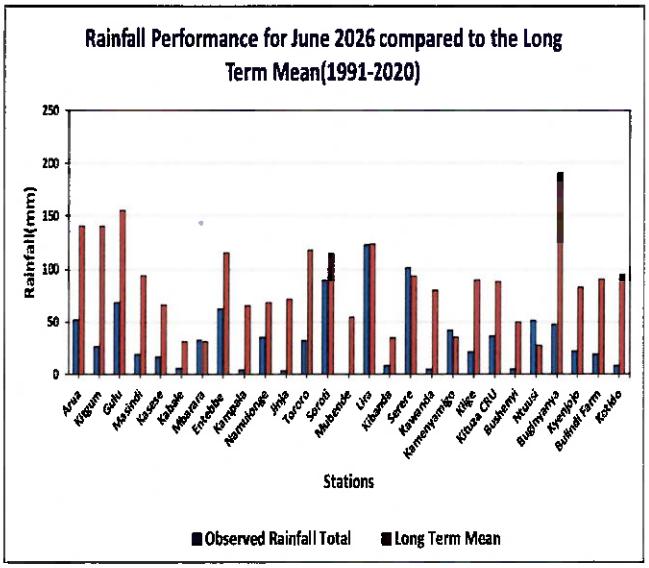


*Fig 1: (a) Observed June 2026 rainfall Vs June LTM*

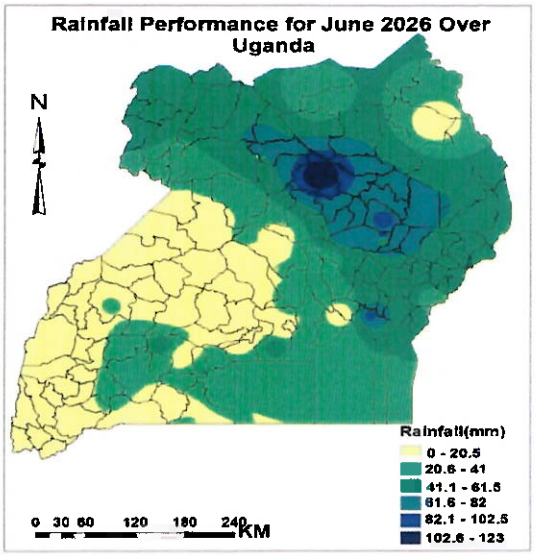


*Fig 1: (b) June 2026 spatial rainfall distribution*

## 4.0 RAINFALL OUTLOOK FOR JULY 2026

The rainfall forecast for July 2026 over Uganda indicates that the Northern and some few parts of Eastern Uganda are expected to receive some occasional (on and off) light, isolated rainfall. In contrast, the Central, South-western, areas around Lake Victoria and some parts of Eastern are expected to remain predominantly dry. Overall, most parts of the country are likely to experience below average rainfall during the month of July 2026. Refer to Figure 2 below for details.

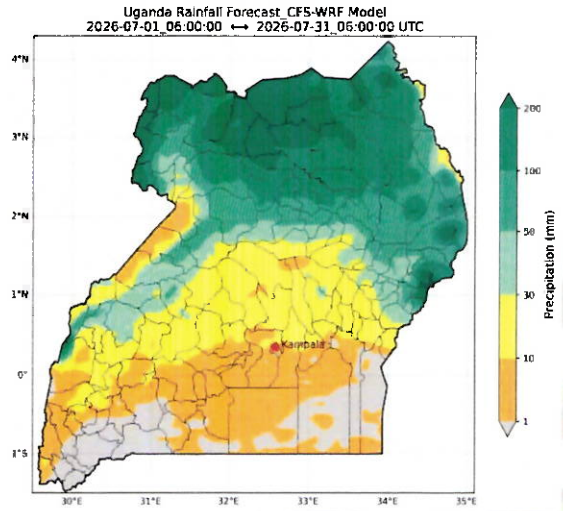


***Figure 2: Expected spatial rainfall distribution for July 2026***

The forecast further indicates that, during the first 10 days of July, dry conditions are expected to persist across most parts of the country with the exception of a few areas over northern Uganda that are likely to receive light, isolated rainfall. During the second 10 days of July, dry conditions are expected to continue persisting over the southern sector of the country while the northern sector is likely to experience occasional light, isolated rains. In the third 10 days of July, most parts of the country are expected to become drier than the first and second 10 day periods with below average rainfall across much of Uganda. Refer to Figures 2.1, 2.2 and 2.3 below for details.

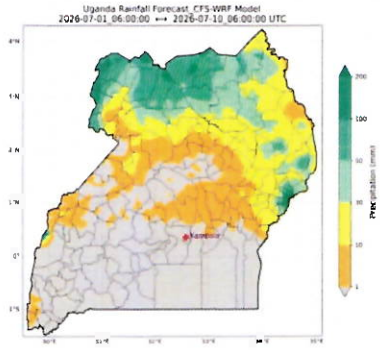

***Fig.2.1: 1st 10 Days of July***

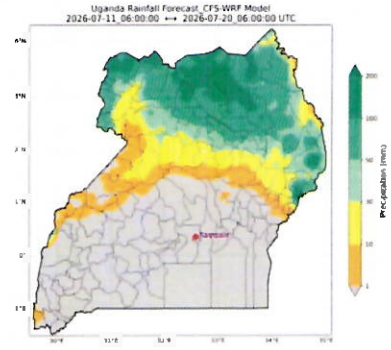

***Fig.2.2: 2nd 10 Days of July***

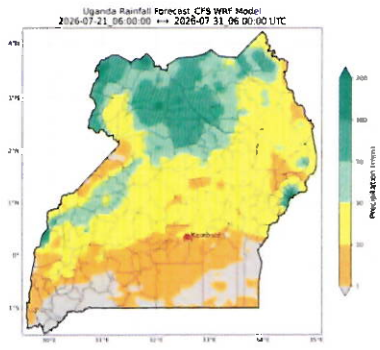

***Fig.2.3: 3rd 10 Days of July***

## 5.0 REGIONAL BREAK DOWN OF JULY 2026 RAINFALL OUTLOOK

### 5.1 Western Region

The current dry conditions over this region is expected to persist throughout the month of July. Overall, much of the region is expected to experience the peak of the dry season with the conditions likely to be drier than the usual dry period of July.

### 5.2 Central Region

Many parts of this region are currently experiencing dry conditions, except for areas near Lake Victoria, which are experiencing occasional isolated rainfall. The dry conditions are expected to persist up to early July thereafter giving way to the peak of the dry season later in the month. Overall, several parts of this region are expected to receive suppressed rainfall during this month of July.

### 5.3 Eastern Region

A few parts of this region are currently receiving light isolated rainfall while most areas are experiencing dry conditions. These conditions are expected to persist up to the end of July. Overall, suppressed rainfall is expected across the region during the month of July.

### 5.4 Northern Region

The current on and off isolated rainfall being experienced over this region is expected to persist up to the end of July. Overall, this region is expected to receive below average rainfall during this month.

### 5.5 Karamoja Region

Most parts of this region are currently experiencing dry condition with a few receiving light, isolated rainfall. These conditions are expected to persist until mid-July and thereafter, dry conditions are likely to dominate most of the region and continue up to the end of July. Overall, below average rainfall is expected across the region during July.

## 6.0 TEMPERATURE FORECAST FOR JULY 2026

Overall, average temperatures over most parts of the country are expected to increase during the month of July 2026 due to the dry condition expected to prevail.

### 6.1 Maximum Temperature

The highest average maximum temperatures in July 2026 are expected to range between 28°C to 30°C over most parts of the country while thehighland areas are likely to experience average maximum temperatures between 22°C to 26°C. Refer to Figure 3 (a) below for details.

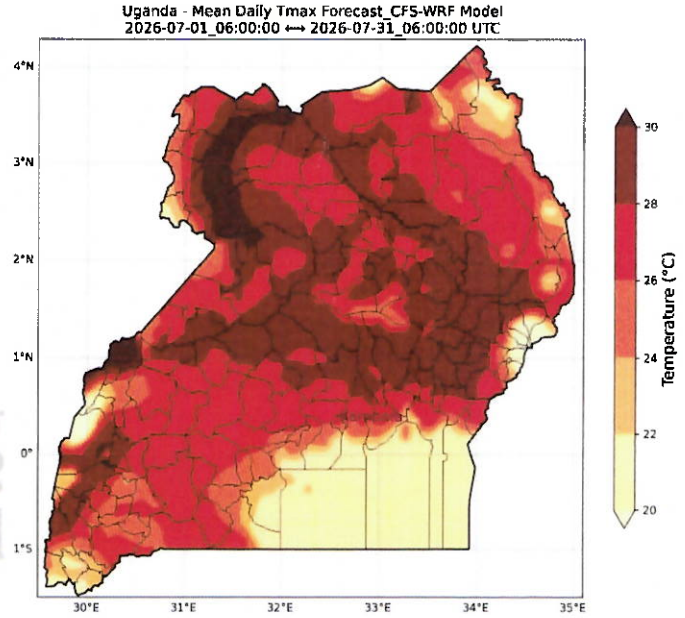


*Figure 3 (a): Expected spatial average maximum temperature over Uganda in July 2026*

### 6.2 Minimum Temperature

The average minimum temperatures for July 2026 are likely to range between 18°C and 22°C over most parts Northern & Eastern regions and areas around Lake Victoria, while South-western and some other parts of Central are expected to have 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 3 (b) for details.

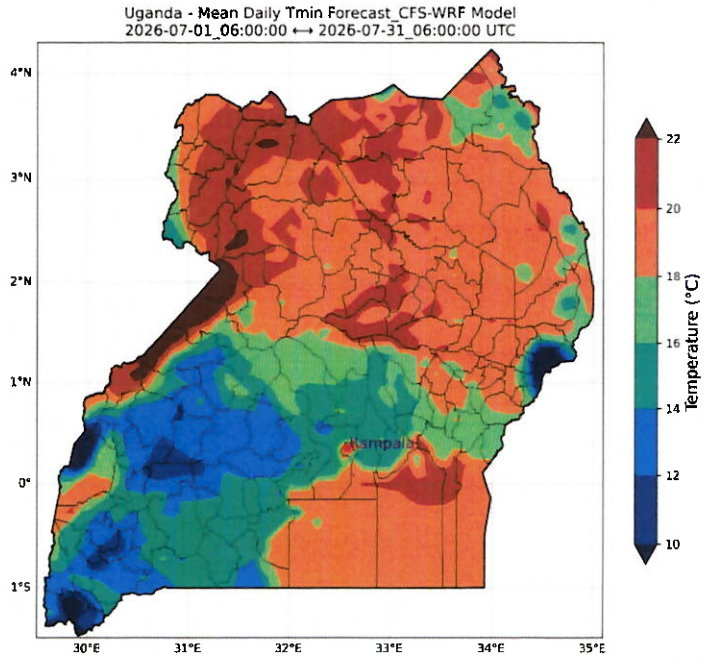


*Figure 3 (b): Expected spatial average minimum temperature over Uganda in July 2026*

## 6.3 Mean Temperature

The mean temperatures over Northern, Eastern regions and northern parts of Central 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 temperature ranging from 24°C to 26°C. However, most parts of Central and Western are expected to experience mean temperatures between 16°C and 22°C while the highlands areas likely to experience the lowest mean temperature below 16°C . Refer to Figure 3 (c) below for more information.

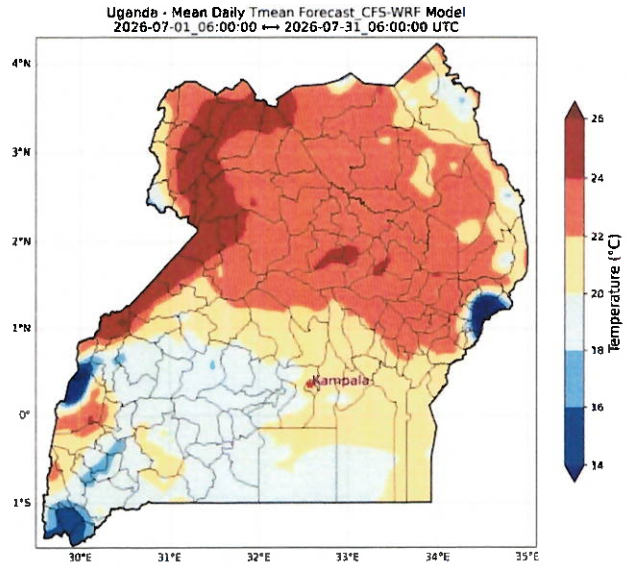


*Figure 3 (c): Expected spatial average mean temperature over Uganda in July 2026*

## 7.0 POTENTIAL IMPACTS EXPECTED AND ADVISORIES DURING JULY 2026

The Ministry of Water and Environment through Department of Meteorological Services in its June–July-August 2026 climate outlook issued indicated below-average rainfall across much of the country, along with warmer-than-average temperatures and prolonged dry spells. Given that **July 2026** is expected to experience **below-normal rainfall** over much of Uganda, the potential impacts include; Drying of crops, Reduced pasture and water for livestock, Reduced water resources, heat related illnesses, Dust related Illnesses, Poor Sanitation as a result of water scarcity and bush burning. The advisories are provided for potential impacts for climate sensitive sectors such as Agriculture and Food Security, Water Resources, Disaster Risk Management and Health.

### 7.1 Agriculture and Food Security (Crop Resources)

- Promote water conservation and rainwater harvesting for crop and livestock use.
- Use mulching and other soil-moisture conservation practices to reduce evaporation losses.
- Prioritize irrigation where water resources are available.
- Monitor crops for moisture stress and adjust planting schedules accordingly.
- Encourage the planting of drought-tolerant and early-maturing crop varieties.
- Strengthen extension services to provide location-specific advisories to farmers.

**Livestock Management**

- Use of available water for livestock sparingly during prolonged dry spells.
- Preserve pasture and fodder through hay and silage making.
- Avoid overgrazing to minimize land degradation.
- Monitor livestock for heat stress and disease outbreaks associated with dry conditions.
- Report livestock diseases to the authorities

### 7.2 Water Resources

- Encourage households and institutions to use water efficiently.
- Protect water sources from contamination and over-extraction.
- Increase storage in valley tanks, reservoirs, and community water facilities where possible.
- Water authorities should monitor reservoir and groundwater levels closely.

### 7.3 Health Sector:

- Promote safe water storage and hygiene practices.
- Ensure adequate water supplies in schools, health facilities, and vulnerable communities.
- Strengthen public awareness on dry and high temperature illnesses
- Report any health cases to authorities.

### 7.4 Disaster Risk Management

- Strengthen measures to prevent bush fires and wild fires particularly in dry grassland areas
- Avoid prolonged exposure to direct sunlight during peak heat hours
- Promote efficient use of water at household and institutional level
- Monitor drought prone districts for early warning signs of water stress
- Report any incidences of drought to authorities

### GENERAL PUBLIC

- Use water sparingly and repair leaking systems.
- Harvest and store rainwater whenever rainfall occurs.

### 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, through the Department of Meteorological Services will continue monitoring the weather patterns and regularly issue updates to support planning and decision-making. This weather bulletin should be used together with other forecasts such as six-hourly, severe warnings, daily and dekadal. For more weather and climate information, please dial *901# on all networks and website https://mwe.go.ug/weather

Dr. Alfred Okot Okidi
**PERMANENT SECRETARY**