# Brace for March-May Rainy Season - Weatherman - Uganda

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The Ministry of Water and Environment has released Uganda’s seasonal climate forecast for the March to May (MAM) 2025 period, warning of a delayed onset of rains and continued high temperatures across the country.

The forecast, issued through the Department of Meteorological Services, anticipates near-normal to above-normal rainfall for most regions, with peak rains expected between mid-April and early May.

Dr Alfred Okoto Okidi, the permanent sSecretary at the Ministry of Water and Environment, noted that Uganda is currently experiencing dry conditions with unusually high temperatures, a trend expected to persist until mid-March.

"The ongoing extreme heat is due to a combination of factors, including the typical dry season, a tropical cyclone over the Indian Ocean, the sun's position near the equator, and the urban heat island effect," he said.

He explained that the tropical cyclone is pulling moisture away from East Africa, delaying rainfall formation and extending the hot conditions across Uganda.

Additionally, urban centers are experiencing even higher temperatures due to heat-absorbing infrastructure and greenhouse gas emissions.

To mitigate the effects of the extreme heat, Dr. Okidi advised Ugandans to stay hydrated, limit physical activity during peak hours, seek shade, and take frequent showers to regulate body temperature.

He also emphasized the importance of planting trees in urban areas to help cool temperatures.

"We must also protect our wetlands and forests, as they play a crucial role in rainfall formation and climate regulation," he urged.

The Ministry predicts that rains will begin around mid-to-late March, with the onset marked by isolated thunderstorms, strong winds, lightning, and hailstorms in various parts of the country.

Temperatures are expected to remain higher than usual throughout the MAM season.

For Western Uganda, particularly the districts of Kisoro, Kabale, Mbarara, and Kasese, dry conditions are expected to continue until early March, with peak rainfall occurring between mid and late April.

Similar trends are projected for other regions, with each experiencing a slightly varied onset and peak of the rainy season.

The Ministry of Water and Environment has encouraged all sectors, including agriculture, health, and disaster preparedness, to use the seasonal forecast for planning and decision-making to mitigate potential risks associated with delayed rains and extreme weather events.