



Republic of Zambia | Ministry of Green Economy and Environment
Zambia Meteorological Department

MONTHLY TEMPERATURE FORECAST

ISSUE DATE10th July, 2026**VALID PERIOD**

July, August and September 2026

Key Seasonal Message

- **Coldest period:** July, with the highest risk of cold stress and localized frost.
- **Nights:** Mostly normal to warm, with some cold nights expected in July. Lower temperatures are likely around Ndola, Mkushi, Serenje, Mbala, Senga Hill, Pemba, Choma, Namwala, Mazabuka and Sesheke districts.
- **Days:** Warmer than normal across most of Zambia throughout the season.
- **Trend:** A transition towards warmer, drier and hotter conditions from August into September.
- **Main risks:** Cold stress and localized frost in July; rapid soil moisture depletion and water loss during August and September; and increased fire danger and heat stress from mid-August through September.
- **Bottom line:** Plan for cold nights and warm afternoons during the remainder of July, followed by increasingly warm to hot dry conditions from August through September.

Seasonal Overview

The season transitions from generally cool and stable conditions in July, with occasional cold nights, to rapidly warming and increasingly hot and dry conditions from August through September. Day-to-night temperature differences are expected to remain large, with afternoon temperatures across **most parts of the country** ranging from **13°C to 22°C** higher than nighttime temperatures. The smallest temperature differences are expected near large water bodies. Plan for **cool to cold nights** and **warm to hot** afternoons throughout the season.

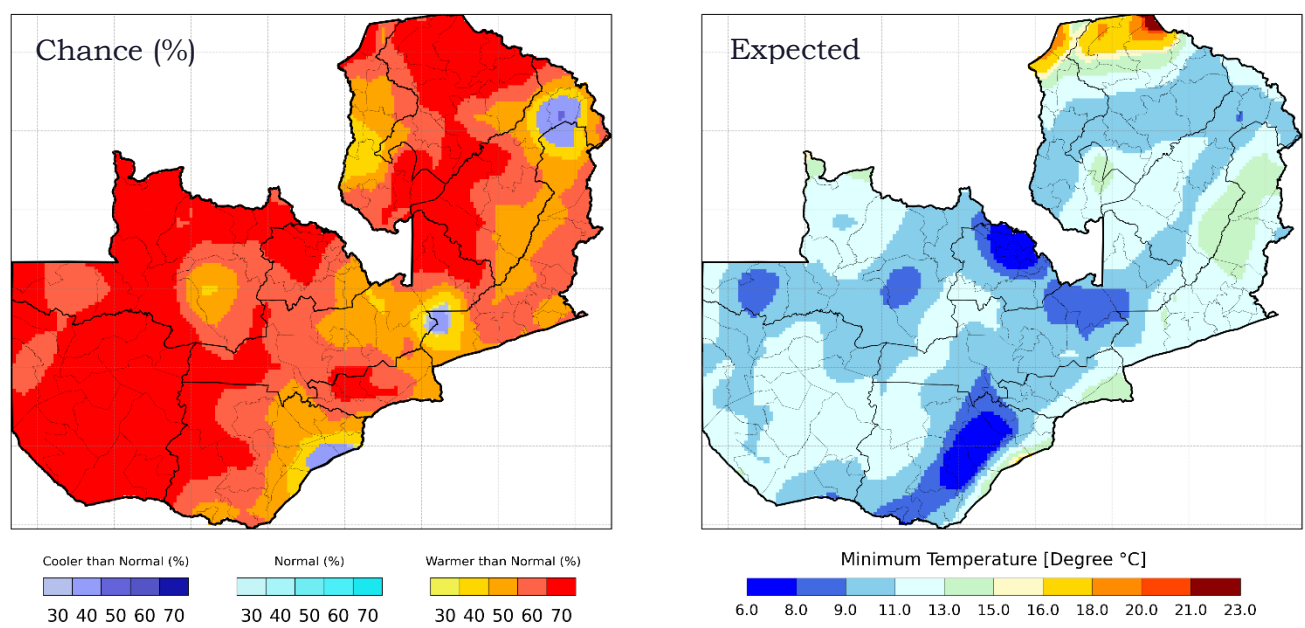
Contact:E-mail: weather@mgee.gov.zmWebsite: www.zmd.gov.zm**Feedback:**<https://tinyurl.com/37wdvjyc>

Scan

JULY 2026 OUTLOOK

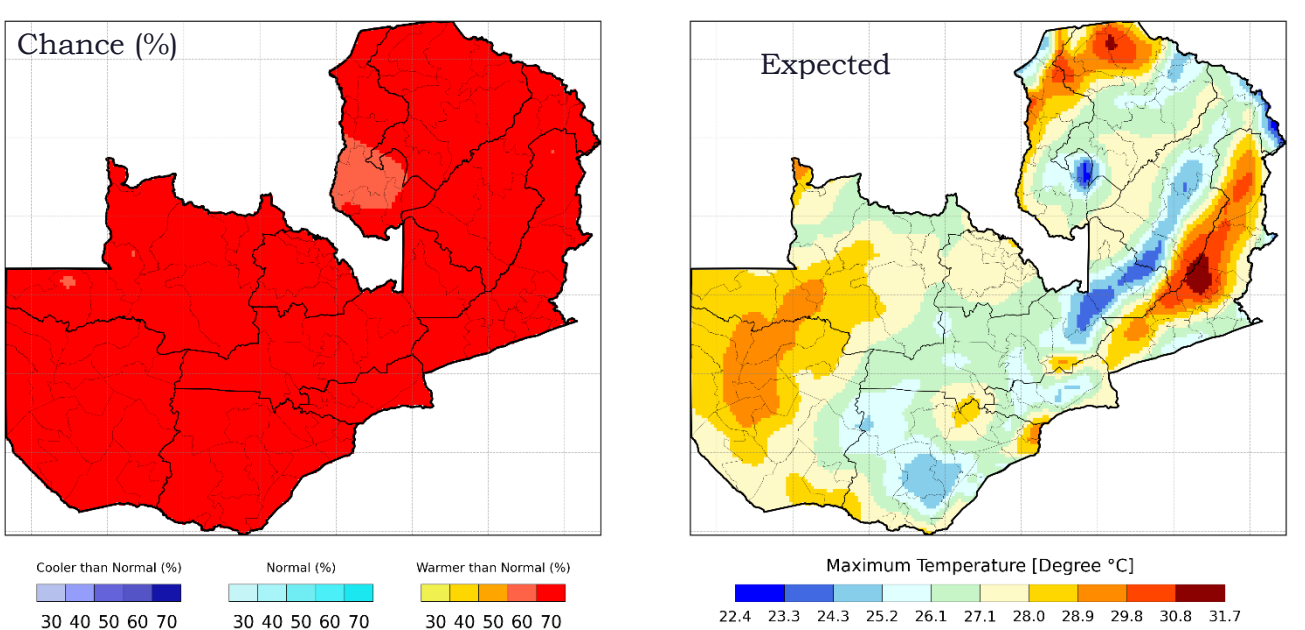
► Minimum Temperature

Figure 1: July 2026 Minimum temperature forecast maps



► Maximum Temperature

Figure 2: July 2026 Maximum temperature forecast maps



JULY 2026 — PEAK WINTER (HIGHEST-RISK MONTH)

Conditions: nights 6°C to 18°C (cold to cool and mild mornings); days 22°C to 32°C, warmer than normal almost across the Country (see **Figures 1 and 2**).

Key risks: cold stress for people and livestock; frost damage to crops and rise in respiratory illness.

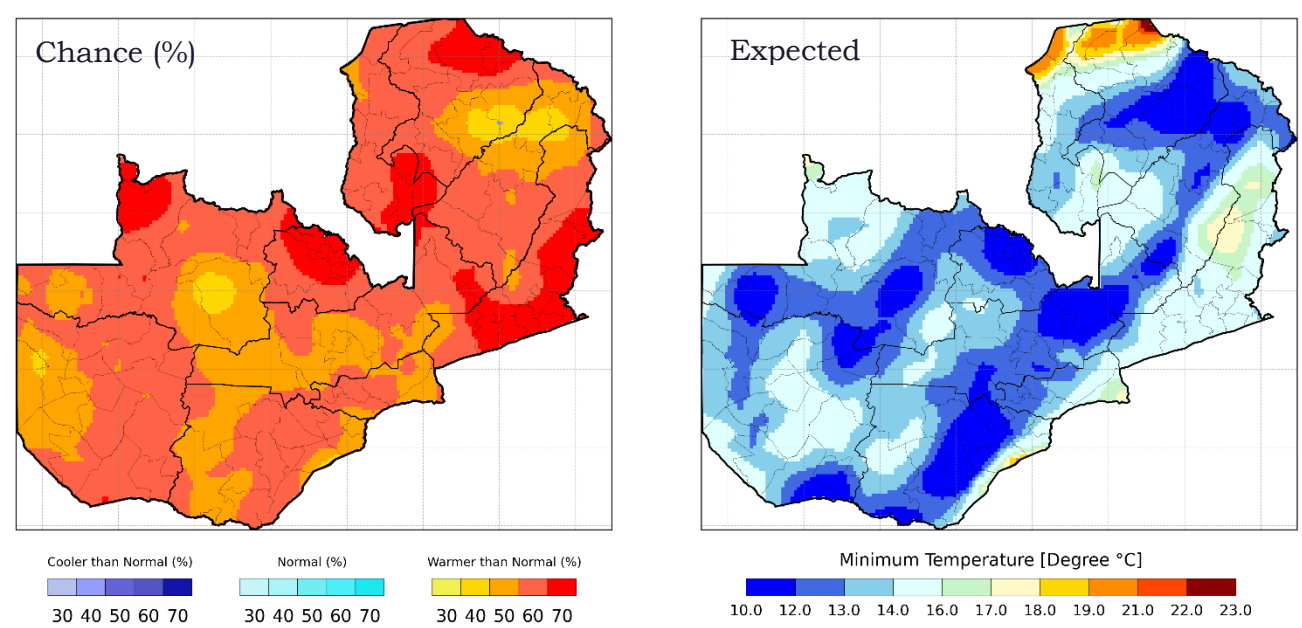
Priority actions (critical):

- **Health:** preposition medicines and intensify safe-heating awareness campaigns.
- **Agriculture:** activate frost advisories; cover crops and late-afternoon irrigation.
- **Livestock:** provide shelter, windbreaks and extra feed.
- **Public:** never sleep with a charcoal brazier (mbaula) burning indoors may lead to suffocation.

AUGUST 2026 OUTLOOK

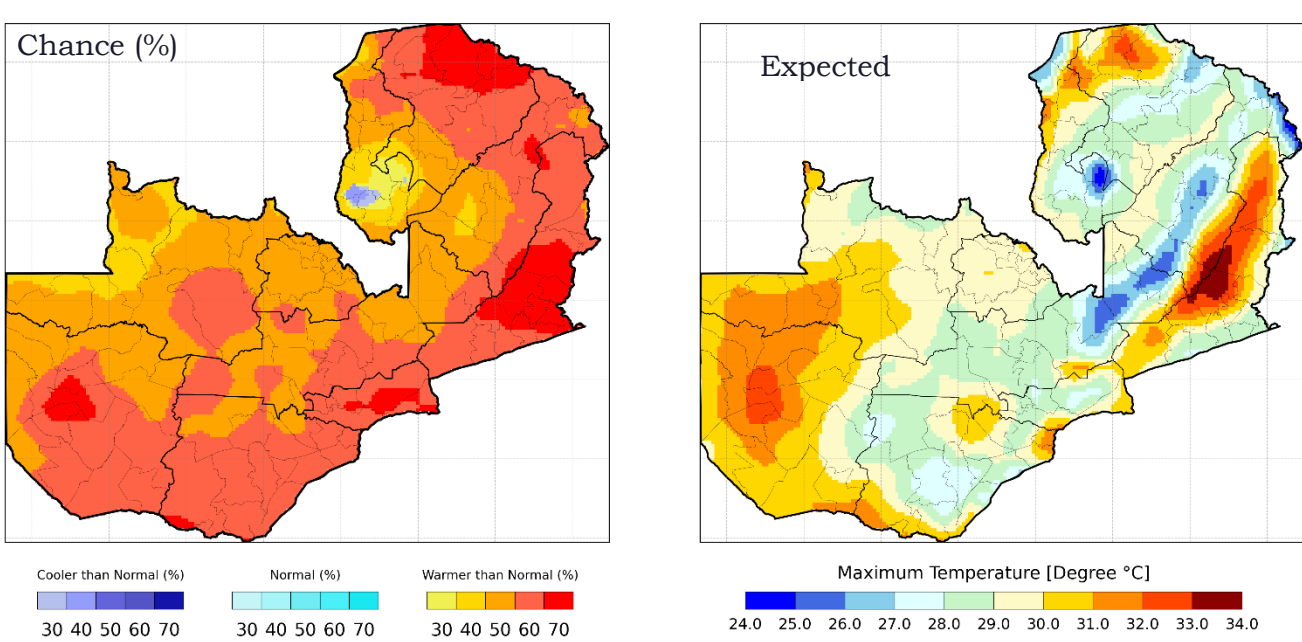
► Minimum Temperature

Figure 3: August 2026 Minimum temperature forecast maps



► Maximum Temperature

Figure 4: August 2026 Maximum temperature forecast maps



AUGUST 2026 — RAPID WARMING AND DRYING

Conditions: mild to warm with dry conditions. Nights **10°C to 19°C**, lowest over highland areas of Central, Copperbelt, Muchinga and Eastern Provinces; frost possible in frost-prone valleys and plateaus on cold, clear and calm nights. Days expected to get warm than usual, **24°C to 34°C** (see **Figures 3 and 4**).

Key risks: soil-moisture and water loss; high fire danger; afternoon heat stress.

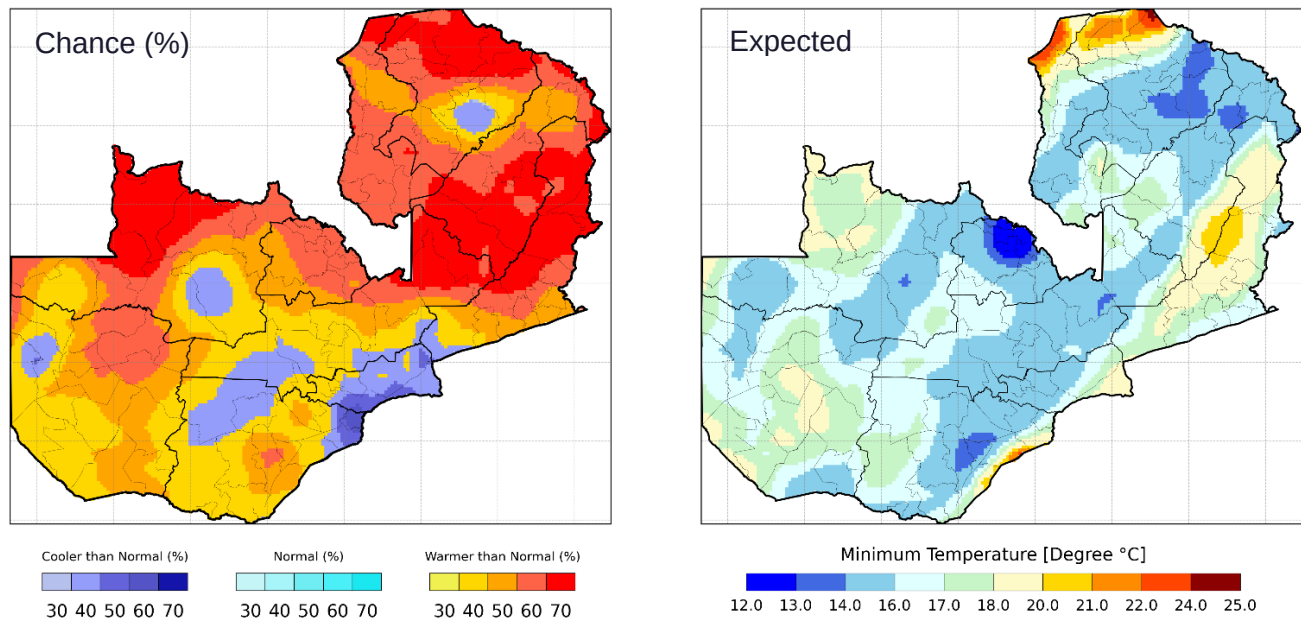
Priority actions:

- **Disaster management:** activate fire prevention, firebreaks and controlled early burning.
- **Water:** monitor dam levels closely and promote conservation.
- **Agriculture:** maintain irrigation and monitor soil moisture.
- **Public:** avoid open burning and never leave fires unattended.

SEPTEMBER 2026 OUTLOOK

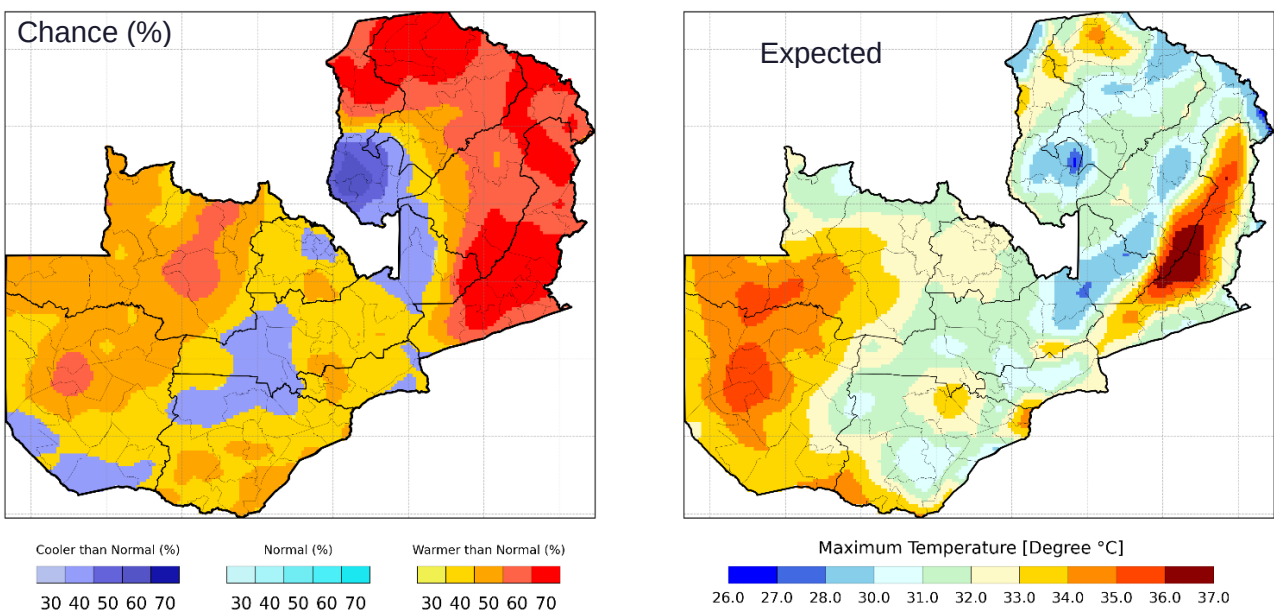
► Minimum Temperature

Figure 5: September 2026 Minimum temperature forecast maps



► Maximum Temperature

Figure 6: September 2026 Maximum temperature forecast maps



SEPTEMBER 2026 — TRANSITION TO SUMMER

Conditions: warm to hot with dry conditions. Nights **12°C to 22°C**; days **26°C to 37°C** with rapid warming, high evaporation and fast-drying soils, especially in Northeastern, southern and western parts of Zambia (see **Figures 5 and 6**).

Key risks: Rapid soil moisture depletion and water loss, increased fire danger, and afternoon heat stress due to temperatures potentially rising to **37°C and above**.

Priority actions:

- **Disaster management:** Strengthen fire prevention measures and ensure firebreaks are maintained as fire risk increases.
- **Water:** monitor dam levels closely and promote conservation.
- **Agriculture:** intensify irrigation activities and monitor soil moisture.
- **Public:** Drink plenty of water during warm to hot afternoons.

Top Risks at a Glance

Risk	Level	Timing
Cold stress	HIGH	July,
Frost (localised)	MODERATE	July
Soil-moisture and water loss	MODERATE	August-September
Heat Stress	HIGH	September
Fire danger	HIGH	Late July–September

Sector Action Matrix

Sector	Key Risk	Required Action	Timing
Health	Respiratory illness, cold stress, carbon monoxide poisoning	Stock medicines and oxygen; run safe-heating awareness campaigns	July
Agriculture	Frost damage; soil drying	Activate frost alerts; cover crops and irrigate late afternoon; start land preparation early	July–September
Livestock and fisheries	Cold stress; slow fish growth	Provide night shelter, windbreaks and extra feed; adjust fish feeding	July
Energy	Heating demand peaks; reservoir evaporation	Manage morning/evening peak load in coldest districts (July); factor rising evaporation into reservoir operations as heat builds in most parts of the country from August	July–September
Water	Evaporation losses	Monitor reservoirs and small dams, especially in Southern/Western Provinces; promote conservation as evaporation accelerates from August	August–September
Disaster risk management	Bush and veld fires	Complete firebreaks and controlled early burning; preposition response, with highest readiness August–September as heat covers nearly the whole country	August–September
Transport and aviation	Early-morning mist and fog in valleys and near water bodies	Issue road-safety messaging; plan for possible early-morning flight delays	July

Public Action Checklist

- Plan your attire accordingly, as cold mornings and warm afternoons are expected
- Keep children, the elderly and the sick warm at night, especially in July.
- Ventilate rooms when using a charcoal brazier (mbaula); never sleep with one burning.
- Protect vegetable gardens from frost on cold, clear July nights.
- Drink plenty of water during warm to hot afternoons, especially from late August through September
- Never leave fires unattended and avoid open burning, especially from August.

Communication and Use

All sectors should integrate this outlook into planning and preparedness activities, and disseminate it through district structures, extension services and community media, using local languages to reach vulnerable groups. This outlook describes monthly averages. For day-to-day decisions, use ZMD’s daily forecasts and advisories.

Additional Information:

This **bulletin** uses two kinds of maps: maps of expected actual temperatures (highs and lows of the day) and maps showing the chance of **cooler-than-normal, near-normal, and warmer-than-normal** temperatures compared with the 1991–2020 average (what is **normally** expected over an area). The temperature maps show the expected monthly maximum (**highs of the day**) and minimum (**lows of the day**) temperatures in degrees Celsius. **Please note** that this outlook represents monthly average conditions and should be used as a **general guide**.