In the first month after experiencing a flood, 47% of people experienced worry and stress compared to only 11% of people whose homes had never been flooded.

When it rains, it makes you anxious.

Three years after their home was flooded, almost half (48%) of survey respondents were still worried every time it rains.

Compared to 3% of respondents who never experienced a flood.

The average cost of a flooded basement in Canada is $43,000*

The average cost of a flooded basement in Canada is $43,000* (Insurance Bureau of Canada, personal communication, 2018)

Disrupt downspouts to direct water away from home, and install and maintain a sump pump with battery back up and a backwater valve.

Talk to your insurance provider – are you covered for flood and for how much?

If you are feeling stressed after experiencing a flood, make sure to connect with your employer’s Employee Assistance Program or a health professional.

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