

## The Impact of Climate Change on Mental Health and Lost Time From Work



**EXTREME  
WEATHER  
IN CANADA  
IS ON  
THE RISE  
AND GETTING  
WORSE.**



**THE AVERAGE COST  
OF A FLOODED BASEMENT  
IN CANADA IS \$43,000\***

\*Insurance Bureau of Canada, personal communication, 2018

**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.

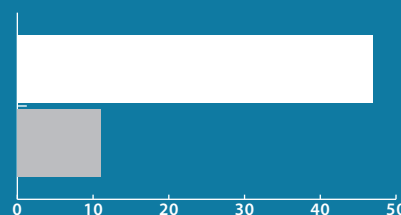


**7 DAYS  
OFF WORK**

average per working  
flooded households.

**10x**

Ontario average.



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. ”**



**NOT ADAPTING IS NOT AN OPTION —  
REDUCE YOUR RISK AND SECURE PEACE OF MIND**



**Disconnect 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.**

READ THE REPORT:  
[www.intactcentreclimateadaptation.ca  
/news/recent-reports/](http://www.intactcentreclimateadaptation.ca/news/recent-reports/)

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