

Emergency Preparedness and Safety



The content within this program, including but not limited to videos, written materials, expert interviews, and downloadable resources, is intended to assist individuals in understanding the processes and considerations involved in relocating to Mexico. However, it does not constitute legal, financial, tax, immigration, or real estate advice.

While every effort has been made to ensure the accuracy and relevance of the information provided, laws, regulations, and policies in Mexico are subject to change. Therefore, we strongly recommend consulting with **qualified professionals**, such as immigration lawyers, financial advisors, tax consultants, and real estate specialists, before making any decisions or taking action related to moving to or investing in Mexico.

Emergency Preparedness & Safety

Ensuring your safety and preparedness for emergencies is essential when moving to a new country. While Mexico offers a fantastic quality of life for expats, it's important to be informed about potential risks and how to handle emergencies effectively. This section covers personal safety tips, emergency contacts, healthcare facilities, and how to prepare for natural disasters.

General Safety Tips for Expats in Mexico

While most expats live safely in Mexico, taking common-sense precautions will help you avoid issues.

Personal Safety Best Practices


- ✅ **Stay aware of your surroundings, especially in busy areas.** Pickpocketing can occur in tourist spots.
- ✅ **Avoid displaying valuables** like expensive jewelry, designer bags, or large amounts of cash.
- ✅ **Use registered taxis or rideshare apps** (Uber, Didi, or InDriver) instead of hailing taxis on the street.
- ✅ **Be cautious with new acquaintances.** Scams targeting foreigners do exist.
- ✅ **Learn basic Spanish phrases** in case of emergencies.
- ✅ **Understand which areas are safe.** Each city has neighborhoods that are safer than others—connect with expats or locals to get recommendations.


💡 **Tip:** Most crime against expats is non-violent and involves petty theft. Following the same safety measures you would in any large city will keep you secure.


Emergency Services and Important Contacts

Knowing who to call in an emergency is crucial. Mexico has various emergency services, but response times may differ from what you're used to.

Emergency Numbers in Mexico


 **911** – Nationwide emergency number (police, medical, and fire services).

 **Red Cross (Cruz Roja):** 800-822-2222 (for ambulance services).

 **Tourist Assistance Hotline:** 078 (English-speaking help for travelers and expats).

 **U.S. Embassy in Mexico City:** +52-55-5080-2000

 **Canadian Embassy in Mexico City:** +52-55-5724-7900

 **Tip:** Save these numbers in your phone and keep a printed copy in your home.

Healthcare Emergencies and Hospitals

Mexico has high-quality private hospitals that expats often prefer due to better facilities and shorter wait times.


Best Private Hospitals in Major Cities

 **Mexico City:** Hospital ABC, Médica Sur

 **Guadalajara:** Hospital San Javier, Puerta de Hierro

 **Monterrey:** Christus Muguerza, Zambrano Hellion

 **Playa del Carmen & Cancun:** Galenia Hospital, Amerimed

 **Tip:** If you have private health insurance, check which hospitals accept your policy. In an emergency, **private hospitals may require upfront payment** if your insurance doesn't cover direct billing.

Natural Disaster Preparedness

Mexico is prone to natural disasters such as earthquakes, hurricanes, and flooding. Being prepared can make a significant difference in an emergency.

Earthquake Preparedness

Mexico City and the Pacific coast experience frequent earthquakes.

- Identify **safe zones** in your home (doorways, under sturdy furniture).
- Keep an **earthquake emergency kit** (water, flashlight, first-aid supplies).
- Use **Mexico's early warning system (SASMEX)** to receive alerts.

Hurricane Season Precautions (June – November, affecting coastal areas)

- Have an **evacuation plan** if living near the coast.
- Stockpile **water, batteries, and non-perishable food**.
- Follow **CONAGUA (National Water Commission)** updates for storm warnings.

Flooding and Heavy Rains

Certain cities, such as Monterrey and Villahermosa, are prone to flooding.

- Avoid driving through flooded streets; water levels can rise quickly.
- Stay updated with **local weather alerts** and move to higher ground if needed.

Emergency Evacuation and Insurance

In rare cases, you may need to evacuate due to a medical or natural disaster emergency.

Medical Evacuation Services

- **AirMed International** and **MedjetAssist** offer **emergency repatriation** to your home country.
- Some **expat health insurance plans** include **emergency air transport coverage**—verify before moving.

Travel and Expat Insurance Recommendations

- [Insured Nomads](#) – I recommend Insured Nomads for all health insurance needs.
- **Cigna Global** – Comprehensive expat medical coverage.
- **SafetyWing** – Good for short-term travelers and digital nomads.
- **Allianz** – Reliable global travel insurance.

💡 **Tip:** If you live in a high-risk area, consider a policy that includes **natural disaster evacuation coverage**.

Creating an Emergency Plan

Essentials for Every Expat Household

- ✓ Keep a **printed copy** of emergency contacts and medical information.
- ✓ Have a **basic emergency kit** (first aid, flashlight, batteries, bottled water).
- ✓ Register with your **home country's embassy** for travel alerts and emergency notifications.
- ✓ Have a **communication plan** with family or friends in case of disasters.

By staying informed and prepared, you can enjoy life in Mexico with peace of mind.