

Iran War: What You Can Do Right Now

A companion to Kemetic Minds' World War 3 Watch coverage. Real, sourced actions you can take today — not a reaction to any single headline, and not a claim that a wider war is confirmed or imminent.

1. Verify Before You Share

- Trace a breaking claim back to a named primary source (a government statement, a wire service like Reuters/AP/AFP, or a named official) before repeating it — a headline alone is not a source
- Check whether U.S. Central Command (centcom.mil) or the Pentagon press office (defense.gov/News/Releases) has confirmed a specific military claim — both publish official statements directly
- For claims about Iran specifically, check whether Iran's own state media (IRNA, Press TV) and independent wire coverage agree or conflict — note the gap explicitly rather than picking one side
- Reverse-image-search a dramatic photo or video before assuming it's from the event it's captioned with (Google Images / TinEye) — old or unrelated footage is regularly recirculated during conflicts

2. Make Your Voice Heard on War Powers

- Find and contact your U.S. Representative: house.gov/representatives/find-your-representative
- Find and contact your two U.S. Senators: senate.gov/senators/senators-contact.htm
- Ask specifically about their position on War Powers Resolution votes affecting Iran — the House already passed a 220-204 vote on this in 2026; ask where your senators stand
- Public comment / town-hall schedules are usually posted on each member's own .house.gov or .senate.gov site

3. If You Have Travel or Family Ties to the Region

- Check the current U.S. State Department travel advisory level for Iran and neighboring countries: travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html
- U.S. citizens abroad in the region: enroll in the Smart Traveler Enrollment Program (STEP) at step.state.gov for direct embassy alerts
- Keep copies of passports/ID and emergency contacts accessible, separate from the originals

4. If Fuel or Grocery Prices Keep Climbing

- Track your area's real average gas price before you fill up: gasprices.aaa.com or tracker.gasbuddy.com

- Avoid “jackrabbit” starts/stops — smooth acceleration and braking measurably improves city fuel economy (AAA)
- Ease off 5–10 mph on the highway — fuel economy drops sharply above roughly 60 mph (AAA)
- Combine errands into one trip; keep tires properly inflated and trunks clear of unnecessary weight (AAA)
- Set aside a small monthly buffer for fuel-driven grocery inflation — price effects typically lag 2–6 weeks behind a crude-oil spike

Sources: U.S. House of Representatives (house.gov) — U.S. Senate (senate.gov) — U.S. Department of State, Bureau of Consular Affairs, Travel Advisories (travel.state.gov) and Smart Traveler Enrollment Program (step.state.gov) — U.S. Department of Defense / CENTCOM public affairs (defense.gov, centcom.mil) — AAA Automotive, “How To Improve Gas Mileage: 15 Tips for Savings” (aaa.com/autorepair/articles/how-to-improve-gas-mileage-15-tips-for-savings). This is a preparedness and civic-engagement reference, not a claim that a wider war is confirmed or imminent. © Kemetec Minds — kemetecmind.com