

THE HOUSEHOLD BRIEF

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WHAT THIS BRIEF IS — AND WHO IT'S FOR

This is not a financial newsletter. It is not political commentary. It is a plain-language household intelligence product — built on the same sourcing and analysis that drives the full Daily Threat Report — translated into the language of your grocery cart, your gas tank, your medicine cabinet, and your family budget.

Today is **06 April 2026**. The US-Iran war is now in its **sixth week**. The Strait of Hormuz has been effectively closed since 28 February. President Trump has set a **Tuesday 8 PM ET deadline** for Iran to reopen the Strait or face strikes on power plants and bridges. Iran has rejected the temporary ceasefire proposal. The price shocks are real, accelerating, and not yet fully reflected in your household bills.

SECTION 1 — LIVE PRICE TRACKER | 06 APRIL 2026

ITEM	CURRENT	vs. FEB 28	HOUSEHOLD IMPACT
Brent Crude Oil	\$109–112/bbl	▲ +52%	Global benchmark — every shipped good carries an embedded war premium
Regular Gasoline	\$4.10/gal (AAA)	▲ +38%	National avg 6 Apr — up \$1.12 from pre-war; CA at \$5.87/gal
Diesel (on-highway)	\$5.62/gal (AAA)	▲ +48%	Every truck moving every good is paying nearly 50% more to operate
Jet Fuel	>\$6.00/gal	▲ >100%	Spring/summer travel: war surcharges active; seat capacity tightening
Urea (nitrogen fert.)	\$595–695/ton	▲ +29–51%	Fastest rise this decade — spring planting inputs disrupted NOW
Anhydrous Ammonia	~\$1,000/ton	▲ +25%	Direct input for corn, wheat, soybeans — harvest impact arrives Q3–Q4
Ocean Freight	Severely elevated	▲ surge	2 of 5 global shipments disrupted; April–May consumer goods wave incoming
Groceries (CPI)	War premium pending	Rising	Pre-war baseline — supply chain pass-through begins in 2–5 weeks
30-yr Mortgage	6.46% (Freddie Mac)	▲ +0.38%	MBA: rates stay above 6% all year; rate-lock now if closing within 30 days
Generic Prescriptions	4–6 wk shortage window	Risk	India (47% of US generics) relies on Hormuz routes for petrochemical inputs

Sources: AAA Fuel Gauge 6 Apr, oilpriceapi.com Brent live, EIA Today in Energy (6 Apr), EIA STEO Apr 2026, Freddie Mac PMMS (Apr 2), USDA ERS, CNBC pharmaceutical supply chain reporting, Think Global Health.

SECTION 2 — CRITICAL INTELLIGENCE UPDATE | AS OF 06 APRIL 2026

TUESDAY 8 PM ET DEADLINE — ACTIVE

President Trump has set tonight (Tue 8 April, 8 PM ET) as his deadline for Iran to reopen the Strait of Hormuz or face strikes on power plants and bridges. At his White House press conference, Trump called Iran's latest response **'significant' but 'not good enough.'** Iran has explicitly rejected temporary ceasefire proposals, insisting any deal must permanently end the war. The Pakistani-brokered 'Islamabad Accord' — a 45-day ceasefire framework — is in circulation but neither side has accepted it.

PRICE RESPONSE WATCH: WTI crude jumped from \$112 to ~\$114/bbl during Trump's 1 PM press conference then eased. Brent last ~\$109.53. If strikes on Iranian infrastructure occur tonight, expect an immediate \$10–20/bbl spike.

What is actually happening right now:

- ▶ **Strait of Hormuz:** Commercially closed 6 weeks. Activity ~90% below pre-war levels. Iran allows some Chinese and toll-paying vessels. Iran parliament has formally passed a bill to charge shipping tolls.
- ▶ **Negotiations:** Pakistan, Egypt, and Turkey are mediating. Iran sent a 10-point counter-proposal including a Hormuz safe-passage protocol and sanctions relief. Iran's FM says direct talks are 'incompatible with ultimatums.' White House: Trump has NOT signed off on the 45-day ceasefire plan.
- ▶ **Military escalation:** Israel struck South Pars petrochemical complex (~85% of Iran's petrochemical exports). US/Israeli strikes continue across multiple Iranian cities. A US F-15E was downed over Iran; crew rescued. IRGC claims strike on US amphibious assault ship LHA7 (unconfirmed by US).
- ▶ **Oil supply:** EIA STEO (Apr 2026): Brent forecast above \$95/bbl for next 2 months. Middle East producers cut 7–12 million barrels/day since Feb 28. A 'mid-April oil cliff' looms as SPR releases and Russian oil exemptions expire simultaneously.

SECTION 3 — WHEN WILL YOU FEEL IT? | HOUSEHOLD IMPACT TIMELINE

This is the most important section of this brief. The price shocks are not all happening at once. They are arriving in waves — and most of the damage has not hit your household yet.

STATUS	WHAT HITS AND WHY
ARRIVING NOW	<p>Fuel — fill up today, lock in contracts</p> <p>Diesel at \$5.62 nationally (AAA, 6 Apr) — up 48%. Gasoline at \$4.10/gal nationally. Every truck that moves goods is paying nearly 50% more than Feb 28. That cost is being passed to you.</p>
ARRIVING NOW	<p>Airline tickets — Spring and summer travel</p> <p>Jet fuel has more than doubled. Carriers are actively adding war surcharges. If you are flying in April or May, expect higher prices or fewer available seats.</p>
ARRIVING NOW	<p>Heating oil and propane (Northeast/rural)</p> <p>Same supply chain as diesel. Northeast households on oil heat face elevated costs for the remainder of heating season. Order now — do not wait until low.</p>
2–5 WEEKS	<p>Petroleum-derived consumer goods</p> <p>Plastics, packaging, synthetic fabrics, cleaning products, personal care items, motor oil. These use crude oil as a raw material — expect 10–25% shelf price increases beginning mid-April.</p>
2–5 WEEKS	<p>Grocery — first wave (transportation costs)</p> <p>Diesel up 48% means trucking costs are sharply elevated. Grocery chains absorb for 2–4 weeks then pass through. Meat, dairy, and fresh produce — which require refrigerated transport — hit first.</p>
4–8 WEEKS	<p>Consumer goods — ocean freight pipeline</p> <p>Electronics, clothing, appliances, home goods — most shipped by sea. 2 of 5 global ocean shipments are disrupted. Orders placed pre-war are arriving at elevated cost. New orders priced at wartime freight rates.</p>
4–8 WEEKS	<p>Grocery — second wave (broader items)</p>

	Processed foods, canned goods, beverages — the full grocery aisle. Fertilizer price increases begin feeding into domestic producer input costs. War effects not yet priced into your current receipt.
4–6 WEEKS	Generic prescription medications India supplies 47% of US generic drugs. Supply chain experts warn sustained disruption 'could start showing up within four to six weeks' as shortages of diabetes drugs, hypertension treatments, statins, and antibiotics (CNBC, Mar 2026). Cold-chain biologics most at risk. Build supply now — window is open.
30–90 DAYS	Construction materials — lumber, steel, aluminum Iran struck UAE aluminum facilities. Steel and aluminum already elevated from tariffs — war adds additional supply chain and transportation pressure. Lock in materials pricing now if you have an active project.
Q3–Q4	Grocery — full impact (food prices) Fertilizer shortage → reduced crop yields → retail food price increases. Gulf states produce ~49% of world urea. Spring planting disrupted NOW. USDA projected grocery up 3.1% for 2026 before the war — harvest consequence arrives at your grocery store by fall.
Q3–Q4	Mortgage and borrowing costs 30-year fixed at 6.46% (Freddie Mac, Apr 2), up from ~6.08% at war start. OECD projects US inflation at 4.2% for 2026 (was 2.6%). MBA: rates above 6% all year. Fed rate cuts now unlikely before July. Rate-lock now if closing within 30 days.

SECTION 4 — WHAT YOUR HOUSEHOLD CAN DO | PRIORITIZED ACTIONS

These actions are time-sensitive. The window for some of them is measured in days, not weeks. They are listed in order of urgency — not order of cost.

DO THIS WEEK — FUEL

- ▶ Fill your vehicle fuel tank today and keep it above half going forward. Gasoline was \$2.98/gal on Feb 28; it is \$4.10 today and is not going down before a diplomatic resolution.
- ▶ If you are a small business owner with vehicles or equipment: call your diesel supplier today and ask about locking in a contract price. Many suppliers offer 30- or 60-day price locks.
- ▶ If you heat with oil or propane: place your next order now. Do not wait until you are low. Supply chain pressure makes prompt delivery uncertain.

DO THIS WEEK — MEDICATIONS

- ▶ Build a 60-day supply of any maintenance prescription medication your household takes regularly. Priority: generic blood pressure meds, diabetes meds, thyroid meds, asthma inhalers, statins, generic antibiotics.
- ▶ The FDA drug shortage signal is upstream — Indian manufacturers are cutting production as petrochemical feedstocks tighten. You will not see the shortage at the pharmacy until it is too late to prepare. The window is open now.
- ▶ Specific medications to prioritize: Clindamycin, Bupivacaine, Carboplatin, Atropine, Albuterol. Check [ashp.org/drug-shortages](https://www.ashp.org/drug-shortages) for current FDA shortage list.

THIS WEEK AND NEXT — PANTRY AND HOUSEHOLD GOODS

- ▶ Make any discretionary purchases of petroleum-derived goods NOW — before the 2–5 week wave hits shelves. This includes: cleaning products, plastic containers, personal care items, motor oil, synthetic fabrics.
- ▶ If you have flexibility in your grocery budget: stock 2–4 weeks of non-perishable staples (pasta, rice, canned goods, cooking oils). This is not about hoarding — it is about buying at today's prices before the 4–8 week wave lands.

▶ Do NOT panic-buy. Do NOT clear shelves. Buy what you would normally use over the next 60 days — just buy it now instead of later. The supply is not running out. The price is going up.

PLAN AHEAD — LARGER PURCHASES

▶ If you were planning to buy a vehicle, appliance, or home goods item in the next 90 days: strongly consider accelerating that purchase. Ocean freight pipeline goods ordered pre-war are arriving now at pre-war cost. New orders arrive at wartime freight rates.

▶ Home buyers: the 30-year fixed rate moved from ~6.08% to 6.46% since the war began (Freddie Mac, Apr 2). MBA projects above 6% all year. Rate-lock now if your lender allows it and you are within 30 days of closing.

▶ Small businesses importing goods from Asia: your next container is being priced at wartime freight rates. Review your supplier contracts and ask about locked pricing on pending orders.

SECTION 5 — WHY EACH CATEGORY IS AFFECTED | PLAIN LANGUAGE EXPLANATIONS

You may be wondering why a war in the Persian Gulf affects your grocery bill or your prescription medication. Here is why, in plain language.

FUEL AND ENERGY

WHY IT COSTS MORE: The Strait of Hormuz carries approximately 20% of the world's daily oil supply. It has been effectively closed since 28 February — now 6 weeks. Middle Eastern producers have cut 7–12 million barrels per day. Less supply, same demand: prices spike. Brent crude has risen from ~\$72/bbl pre-war to ~\$109–112/bbl today — a 52% increase in 37 days.

WHAT TO WATCH: Tonight's 8 PM ET deadline. If Trump follows through on strikes against Iranian power plants and bridges, expect an immediate \$10–20/bbl crude spike. If a deal is reached — even an informal pause — expect a \$15–25/bbl price drop within days. A 'mid-April oil cliff' is also approaching as SPR releases and Russian oil exemptions expire simultaneously.

GROCERIES AND FOOD

WHY IT COSTS MORE: Food requires energy at every step: diesel for farm equipment and refrigerated trucks, natural gas to make fertilizer, petroleum for packaging. When oil costs 52% more, every one of those costs increases. It takes 4–12 weeks to fully work through the supply chain to your grocery receipt. The price increases on your shelf right now mostly reflect pre-war costs.

WHAT TO WATCH: The fertilizer signal is the most important one for long-term food prices. Gulf nations produce nearly half the world's urea — the nitrogen fertilizer that grows most of the corn, wheat, and soybeans in your food supply. Spring planting is happening now. What farmers cannot afford to buy at today's prices will show up as lower yields at harvest time — and higher grocery prices in Q3–Q4.

MEDICATIONS (GENERIC PRESCRIPTIONS)

WHY IT COSTS MORE: About 47% of generic prescription drugs sold in the United States are manufactured in India. Indian pharmaceutical companies rely on petrochemical feedstocks — many of which are manufactured in the Gulf region and shipped through the Strait of Hormuz. Air cargo rates from India have jumped 200–350% for some routes. When that supply is disrupted, Indian manufacturers cut production. That shortage works its way upstream for 30–90 days before it becomes visible as an empty pharmacy shelf in the United States.

WHAT TO WATCH: Check the FDA Drug Shortage Database at ashp.org/drug-shortages weekly. Short-term risks are currently low due to inventory buffers — pharmaceutical companies hold on average 180 days of finished-goods inventory. Cold-chain products (insulin, biologics, vaccines, cancer therapies) are most at risk. If the conflict extends past mid-April, risk escalates meaningfully.

SECTION 6 — WHAT WE DO NOT KNOW YET | KEY UNCERTAINTIES

Tonight's deadline (8 PM ET Tuesday): Trump has threatened to destroy Iran's power plants and bridges if the Strait is not reopened. Iran has rejected a temporary ceasefire, calling instead for a permanent end to the war. The Pakistani-brokered 'Islamabad Accord' (45-day framework) is in play but unaccepted by either side. Pakistan's Army Chief was in contact overnight with US and Iranian officials. Outcome will determine whether prices spike further or begin to correct. Watch this date closely.

How long does the Strait stay closed? Every additional week adds to the pipeline damage. The mid-April 'oil cliff' — when SPR releases and Russian oil exemptions expire simultaneously — is real. Multiple independent analysts (BCA Research, Chevron CEO, Shell CEO) confirm supply losses could reach 10 million barrels per day by mid-April if the war is still active at that point, fuel prices will take another leg up.

Will grocers pass through costs or absorb them? In 2022, many retailers used shrinkflation — smaller package sizes at the same price — instead of outright price increases. That option is likely harder this time because consumers are already vigilant after five years of elevated inflation. Expect more visible price increases rather than hidden ones.

When do drug shortages materialize? Pharmacy-level shortages have not materialized in the US yet — inventory buffers are holding. The risk window opens meaningfully if the conflict extends past mid-April. Monitor [ashp.org/drug-shortages](https://www.ashp.org/drug-shortages) weekly.

ABOUT THIS BRIEF

The Household Brief is produced by Fortune Favors the Prepared — a preparedness brand built by an emergency management professional with 30+ years of field experience in law enforcement, EMS, wilderness SAR, airport emergency management, and federal alerting infrastructure.

This brief is the household companion to the full **Daily Threat Report (DTR)** — a structured intelligence product covering all 16 CISA critical infrastructure sectors, geopolitical threat, cybersecurity, and hazard. Also available: the Daily Preparedness Brief (DPB), DTR Lite, COMMS Watch, and Enterprise Sector Editions.

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