




# The Fact-Check Card

Knowing which claims to check — and how to do it quickly.

## THE FACT-CHECKING HIERARCHY

Not all claims are equal. Match your effort to what is at stake.

 <b>LOW STAKES</b> — easily reversible	<b>No verification needed.</b>	Recipe variations, creative suggestions, rough ideas, casual advice.
 <b>MEDIUM STAKES</b> — somewhat reversible	<b>Quick check — 60 seconds.</b>	Statistics in an email, dates on a document, facts in a presentation.
 <b>HIGH STAKES</b> — hard to reverse	<b>Careful verification using primary sources.</b>	Medical decisions, legal questions, financial choices, public claims.

## HOW TO CHECK — FOUR METHODS

<b>Web search</b>	Search the specific claim — not just the topic. Look for the primary source.
<b>Primary sources</b>	For medical, legal, or scientific claims: go to the original source, not another AI summary.
<b>Ask AI to reflect</b>	Try: "How confident are you about this? What are you uncertain about?" AI sometimes flags its own gaps.
<b>Cross-reference</b>	If two independent, reliable sources confirm a claim independently, it is likely accurate.

## THE UNDERUSED TRICK

Ask AI to help you fact-check itself:

**"What would I search to verify this?"**

**"What sources would confirm or contradict this claim?"**

For any citation: always search the title of any paper or book before using it. It takes ten seconds and catches hallucinated references.

## QUICK RULES

### ALWAYS CHECK

- Specific statistics or numbers
- Named citations and references
- Recent news or current events
- Medical or legal information
- Anything you will say publicly

### NEVER FULLY RELY ON AI FOR

- Assume confident = correct
- Skip checking citations
- Use AI as your only source for health advice
- Rely on AI for current events without checking
- Trust plausible-sounding statistics without a source