A non-volatile status condition is a status condition that remains outside of battle and after being [switched out](https://bulbapedia.bulbagarden.net/wiki/Recall" \o "Recall). A Pokémon can only be afflicted by one non-volatile status condition at a time. They can be cured by healing at a [Pokémon Center](https://bulbapedia.bulbagarden.net/wiki/Pok%C3%A9mon_Center" \o "Pokémon Center), specific [curative items](https://bulbapedia.bulbagarden.net/wiki/Status_condition_healing_item" \o "Status condition healing item), and other ways. If a Pokémon is affected by a non-volatile status condition, an icon will display the type of status condition (replacing the Pokémon's level in [Generations](https://bulbapedia.bulbagarden.net/wiki/Generation" \o "Generation) [I](https://bulbapedia.bulbagarden.net/wiki/Generation_I" \o "Generation I) and [II](https://bulbapedia.bulbagarden.net/wiki/Generation_II" \o "Generation II)).

In [Pokémon Conquest](https://bulbapedia.bulbagarden.net/wiki/Pok%C3%A9mon_Conquest" \o "Pokémon Conquest) all status conditions disappear after battle. Furthermore, a non-volatile status condition can be replaced with another non-volatile status condition.

**Burn**

[](https://bulbapedia.bulbagarden.net/wiki/File:Ursaring_Burn_status.png)

[Ursaring](https://bulbapedia.bulbagarden.net/wiki/Paul%27s_Ursaring" \o "Paul's Ursaring) is burned

*Main article: [Burn (status condition)](https://bulbapedia.bulbagarden.net/wiki/Burn_(status_condition)" \o "Burn (status condition))*

The burn condition (BRN) inflicts damage every turn and halves damage dealt by a Pokémon's [physical moves](https://bulbapedia.bulbagarden.net/wiki/Physical_move" \o "Physical move) (except Pokémon with the [Guts](https://bulbapedia.bulbagarden.net/wiki/Guts_(Ability)" \o "Guts (Ability)) Ability). In Generation I and Generation VII, burn inflicts damage equal to 1/16 of its maximum HP every turn; from Generation II to VI, burn inflicts damage equal to 1/8 of its maximum HP every turn. Burn damage is halved if the Pokémon has the Ability [Heatproof](https://bulbapedia.bulbagarden.net/wiki/Heatproof_(Ability)" \o "Heatproof (Ability)). In Generation V, Pokémon glow red while afflicted with burn.

Most moves which cause burn are [Fire-type](https://bulbapedia.bulbagarden.net/wiki/Fire_(type)" \o "Fire (type)). In Generations I and II, [Fire-type](https://bulbapedia.bulbagarden.net/wiki/Fire_(type)" \o "Fire (type)) Pokémon cannot be burned by Fire-type moves (but they can be burned by [Tri Attack](https://bulbapedia.bulbagarden.net/wiki/Tri_Attack_(move)" \o "Tri Attack (move)) in Generation II). From Generation III onward, Fire-type Pokémon and Pokémon with the [Water Veil](https://bulbapedia.bulbagarden.net/wiki/Water_Veil_(Ability)" \o "Water Veil (Ability)) or [Water Bubble](https://bulbapedia.bulbagarden.net/wiki/Water_Bubble_(Ability)" \o "Water Bubble (Ability)) Ability cannot normally be burned.

**Freeze**

[](https://bulbapedia.bulbagarden.net/wiki/File:Frozen_Pok%C3%A9mon.png)

[Excadrill](https://bulbapedia.bulbagarden.net/wiki/Iris%27s_Excadrill" \o "Iris's Excadrill) is frozen

*Main article: [Freeze (status condition)](https://bulbapedia.bulbagarden.net/wiki/Freeze_(status_condition)" \o "Freeze (status condition))*

The freeze condition (FRZ) causes a Pokémon to be unable to use moves. A frozen Pokémon can still use the moves [Fusion Flare](https://bulbapedia.bulbagarden.net/wiki/Fusion_Flare_(move)" \o "Fusion Flare (move)), [Flame Wheel](https://bulbapedia.bulbagarden.net/wiki/Flame_Wheel_(move)" \o "Flame Wheel (move)), [Sacred Fire](https://bulbapedia.bulbagarden.net/wiki/Sacred_Fire_(move)" \o "Sacred Fire (move)), [Flare Blitz](https://bulbapedia.bulbagarden.net/wiki/Flare_Blitz_(move)" \o "Flare Blitz (move)), [Scald](https://bulbapedia.bulbagarden.net/wiki/Scald_(move)" \o "Scald (move)), and [Steam Eruption](https://bulbapedia.bulbagarden.net/wiki/Steam_Eruption_(move)" \o "Steam Eruption (move)) while frozen; these moves will thaw the user and be executed normally. In Generation V, Pokémon glow blue and stop moving while afflicted with freeze.

If a frozen Pokémon is hit by a damaging [Fire-type](https://bulbapedia.bulbagarden.net/wiki/Fire_(type)" \o "Fire (type)) move, [Scald](https://bulbapedia.bulbagarden.net/wiki/Scald_(move)" \o "Scald (move)) (Generation VI onward) or [Steam Eruption](https://bulbapedia.bulbagarden.net/wiki/Steam_Eruption_(move)" \o "Steam Eruption (move)), it will be thawed. From [Generation II](https://bulbapedia.bulbagarden.net/wiki/Generation_II" \o "Generation II) onward, the frozen Pokémon has a 20% chance to be thawed each turn, possibly even thawing right after being frozen; however, in [Generation I](https://bulbapedia.bulbagarden.net/wiki/Generation_I" \o "Generation I), a frozen Pokémon never thaws without external aid. Pokémon cannot be frozen in [harsh sunlight](https://bulbapedia.bulbagarden.net/wiki/Harsh_sunlight" \o "Harsh sunlight).

All moves which cause freezing are [Ice-type](https://bulbapedia.bulbagarden.net/wiki/Ice_(type)" \o "Ice (type)), except [Tri Attack](https://bulbapedia.bulbagarden.net/wiki/Tri_Attack_(move)" \o "Tri Attack (move)) ([Generation II](https://bulbapedia.bulbagarden.net/wiki/Generation_II" \o "Generation II) onward) and [Secret Power](https://bulbapedia.bulbagarden.net/wiki/Secret_Power_(move)" \o "Secret Power (move)) (when used in snow or ice; [Generation IV](https://bulbapedia.bulbagarden.net/wiki/Generation_IV" \o "Generation IV) onward). In Generations I and II, Ice-type Pokémon cannot be frozen by Ice-type moves (but they can be frozen by Tri Attack in Generation II). From Generation III onward, Ice-type Pokémon and Pokémon with the [Magma Armor](https://bulbapedia.bulbagarden.net/wiki/Magma_Armor_(Ability)" \o "Magma Armor (Ability)) Ability cannot normally be frozen.

**Paralysis**

[](https://bulbapedia.bulbagarden.net/wiki/File:Ash_Pikachu_Static.png)

[Ursaring](https://bulbapedia.bulbagarden.net/wiki/Paul%27s_Ursaring" \o "Paul's Ursaring) is paralyzed

*Main article: [Paralysis (status condition)](https://bulbapedia.bulbagarden.net/wiki/Paralysis_(status_condition)" \o "Paralysis (status condition))*

The paralysis condition (PAR) reduces the Pokémon's [Speed](https://bulbapedia.bulbagarden.net/wiki/Statistic" \l "Speed" \o "Statistic) stat and causes it to have a 25% chance of being unable to use a move ("fully paralyzed") when trying to use one. From Generation I to VI, its Speed is reduced to 25% of its normal value; in [Generation VII](https://bulbapedia.bulbagarden.net/wiki/Generation_VII" \o "Generation VII), its Speed is reduced to 50% of its normal value. Pokémon with the [Quick Feet](https://bulbapedia.bulbagarden.net/wiki/Quick_Feet_(Ability)" \o "Quick Feet (Ability)) Ability instead have their Speed increased by 50% while paralyzed. In [Generation V](https://bulbapedia.bulbagarden.net/wiki/Generation_V" \o "Generation V), Pokémon glow yellow while afflicted with paralysis and their animation will be slowed significantly.

Many moves that cause paralysis are [Electric-type](https://bulbapedia.bulbagarden.net/wiki/Electric_(type)" \o "Electric (type)) moves. In Generation I, Pokémon cannot be paralyzed by damaging moves of the same type as themselves. From [Generation VI](https://bulbapedia.bulbagarden.net/wiki/Generation_VI" \o "Generation VI) onward, [Electric-type](https://bulbapedia.bulbagarden.net/wiki/Electric_(type)" \o "Electric (type)) Pokémon cannot be paralyzed. Pokémon with the [Limber](https://bulbapedia.bulbagarden.net/wiki/Limber_(Ability)" \o "Limber (Ability)) Ability cannot normally be paralyzed.

**Poison**

[](https://bulbapedia.bulbagarden.net/wiki/File:Poisoned_Pok%C3%A9mon.png)

[Hawlucha](https://bulbapedia.bulbagarden.net/wiki/Ash%27s_Hawlucha" \o "Ash's Hawlucha) is poisoned

*Main article: [Poison (status condition)](https://bulbapedia.bulbagarden.net/wiki/Poison_(status_condition)" \o "Poison (status condition))*

The poison condition (PSN) inflicts damage every turn. In Generation I, poison inflicts damage equal to 1/16 of its maximum HP every turn; from Generation II onward, it inflicts damage equal to 1/8 of its maximum HP. A Pokémon with the [Poison Heal](https://bulbapedia.bulbagarden.net/wiki/Poison_Heal_(Ability)" \o "Poison Heal (Ability)) Ability will restore an equivalent amount of HP instead of taking damage. In Generation V, Pokémon glow purple while afflicted with poison.

All moves which cause poison are [Poison-type](https://bulbapedia.bulbagarden.net/wiki/Poison_(type)" \o "Poison (type)), except [Twineedle](https://bulbapedia.bulbagarden.net/wiki/Twineedle_(move)" \o "Twineedle (move)), [Secret Power](https://bulbapedia.bulbagarden.net/wiki/Secret_Power_(move)" \o "Secret Power (move)) (when used in [tall grass](https://bulbapedia.bulbagarden.net/wiki/Tall_grass" \o "Tall grass); [Generation III](https://bulbapedia.bulbagarden.net/wiki/Generation_III" \o "Generation III)only), [Psycho Shift](https://bulbapedia.bulbagarden.net/wiki/Psycho_Shift_(move)" \o "Psycho Shift (move)) (while poisoned), and [Fling](https://bulbapedia.bulbagarden.net/wiki/Fling_(move)" \o "Fling (move)) (if [Poison Barb](https://bulbapedia.bulbagarden.net/wiki/Type-enhancing_item" \l "Poison_Barb" \o "Type-enhancing item) or [Toxic Orb](https://bulbapedia.bulbagarden.net/wiki/In-battle_effect_item" \l "Toxic_Orb" \o "In-battle effect item) is held). Poison-type Pokémon cannot be normally poisoned. In Generation II, [Steel-type](https://bulbapedia.bulbagarden.net/wiki/Steel_(type)" \o "Steel (type)) Pokémon cannot be poisoned by Poison-type moves (but they can be poisoned by [Twineedle](https://bulbapedia.bulbagarden.net/wiki/Twineedle_(move)" \o "Twineedle (move))); from Generation III onward, Steel-type Pokémon and Pokémon with the [Immunity](https://bulbapedia.bulbagarden.net/wiki/Immunity_(Ability)" \o "Immunity (Ability)) Ability cannot normally be poisoned. Poison- and Steel-type Pokémon can be poisoned by a Pokémon with the [Corrosion](https://bulbapedia.bulbagarden.net/wiki/Corrosion_(Ability)" \o "Corrosion (Ability))Ability.

From Generation I to IV, a poisoned Pokémon loses 1 HP for every four steps taken outside of battle. In [Generation IV](https://bulbapedia.bulbagarden.net/wiki/Generation_IV" \o "Generation IV), a Pokémon whose HP is reduced to 1 via poison outside of battle will have the poison status removed; in Generations I to III, its HP will be reduced to 0 (causing it to faint).

**Badly poisoned**

The bad poison condition inflicts damage every turn, with the amount of damage increasing each turn. It initially inflicts damage equal to 1/16 of the Pokémon's maximum HP, with the damage inflicted increasing by 1/16 each turn (2/16 on the second turn, 3/16 on the third turn, etc.). In Generation V, Pokémon glow purple while afflicted with bad poison.

In Generations I and II, if a badly poisoned Pokémon is switched out, the condition reverts to regular poison. From [Generation III](https://bulbapedia.bulbagarden.net/wiki/Generation_III) onward, the poison remains bad poison while switched out, but the damage counter will be reset when switched back in (i.e. it always will take 1/16 of its maximum HP as damage after switching in). After a battle is over, the badly poisoned status will become a regular poison.

All moves which badly poison are [Poison-type](https://bulbapedia.bulbagarden.net/wiki/Poison_(type)), except [Psycho Shift](https://bulbapedia.bulbagarden.net/wiki/Psycho_Shift_(move)) (while badly poisoned) and [Fling](https://bulbapedia.bulbagarden.net/wiki/Fling_(move)) (if [Toxic Orb](https://bulbapedia.bulbagarden.net/wiki/In-battle_effect_item#Toxic_Orb) is held).

**Sleep**

[](https://bulbapedia.bulbagarden.net/wiki/File:Sleeping_Pok%C3%A9mon.png)

[Heracross](https://bulbapedia.bulbagarden.net/wiki/Ash%27s_Heracross) sleeping

*Main article:*[*Sleep (status condition)*](https://bulbapedia.bulbagarden.net/wiki/Sleep_(status_condition))

The sleep condition (SLP) causes a Pokémon to be unable to use moves, except [Snore](https://bulbapedia.bulbagarden.net/wiki/Snore_(move)) and [Sleep Talk](https://bulbapedia.bulbagarden.net/wiki/Sleep_Talk_(move)). From Generation V onward, Pokémon close their eyes while sleeping and move more slowly.

Sleep lasts for a randomly chosen duration of 1 to 7 turns in the handheld [Generation I](https://bulbapedia.bulbagarden.net/wiki/Generation_I) games, 1 to 3 turns in [Pokémon Stadium](https://bulbapedia.bulbagarden.net/wiki/Pok%C3%A9mon_Stadium_(English)) and [Generation V](https://bulbapedia.bulbagarden.net/wiki/Generation_V) onwards,[[1]](https://bulbapedia.bulbagarden.net/wiki/Status_condition#cite_note-1) and 1 to 5 turns in Generations II to IV (except the Japanese versions of Pokémon Diamond and Pearl). In the Japanese versions of [Diamond and Pearl](https://bulbapedia.bulbagarden.net/wiki/Pok%C3%A9mon_Diamond_and_Pearl_Versions), the minimum and maximum sleep count is 1 turn higher, lasting 2 to 6 turns.[[2]](https://bulbapedia.bulbagarden.net/wiki/Status_condition#cite_note-2) If a Pokémon puts itself to sleep using [Rest](https://bulbapedia.bulbagarden.net/wiki/Rest_(move)), it will sleep for exactly 2 turns.

In addition to moves that cause sleep, a [disobedient](https://bulbapedia.bulbagarden.net/wiki/Obedience) Pokémon may also nap during battle. Pokémon with the [Vital Spirit](https://bulbapedia.bulbagarden.net/wiki/Vital_Spirit_(Ability))or [Insomnia](https://bulbapedia.bulbagarden.net/wiki/Insomnia_(Ability)) Ability cannot normally be put to sleep.

In Generation I, a Pokémon that wakes up is not able to attack during that same turn; from Generation II onward, a Pokémon can wake up and use a move during the same turn. In Generation V only, a Pokémon's sleep counter is reset to its original amount when switched out; this also applies for self-induced sleep.