

0 HP

DnD 5e Quickref

1 Massive damage (PHB p.197)

Occurs when damage brings you to 0 hit points and the leftover damage equals or exceeds your hitpoint maximum.

When hit by massive damage, you die instantly.

2 Hitting 0 HP (PHB p.197)

- When hitting 0 HP you go unconscious and start making death saves
- This unconsciousness stops upon regaining hitpoints

3 Death saves (PHB p.197)

When you start your turn with 0 hitpoints, you make a death save

- Roll a D20, if the roll is 10 or higher, you succeed, otherwise you fail
- These death saves use no modifiers and do not gain advantage or disadvantage
- When you roll a 1, it counts as 2 failures
- When you roll a 20, you regain 1 hitpoint and stop making death saves
- Any damage you take while having 0 hitpoints counts as a fail, a critical hit counts as 2 failures.
- Taking damage equal or greater than your hitpoint maximum while having 0 hitpoints causes instant death.
- Keep track of your successes and failures
 - On 3 successes, you become stable
 - On 3 failures, you die
 - This count resets upon stabilizing or regaining hitpoints

4 Stable (PHB p.197)

- Despite having 0 HP, stable creatures make no death saves, but remain unconscious
- A creature can use its action to stabilize an unconscious creature with a DC 10 Medicine check
- When a stable creature takes damage, it must start making death saving throws again
- A stable creature that isn't healed regains 1 hitpoint after 1D4 hours.

5 Monster (PHB p.198)

- Monsters usually die when they hit 0 HP instead of making death saves.
- Mighty villains or special NPCs may be exempt to this rule

6 Knocking out (PHB p.198)

- When reducing a creature to 0 hitpoints with a melee attack you may decide to knock that creature out
- The attacker can decide this the moment the damage is dealt
- The creature is unconscious and stable