Disease

There is a chance of contracting a disease after eating uncooked meat, drinking unpurified water, taking damage from disease-ridden creatures, and using harmful chems (depending on their physical condition). Resisting a disease requires an Endurance saving throw, the DC for which is 1 + (5 \* your Exhaustion level). Meaning, at two levels of Exhaustion the DC would be 11. You can contract multiple diseases at once.

Contracting a disease inflicts (typically negative) status effects on an infected creature. A disease does not begin displaying symptoms until the next day (after initial contraction). Some diseases can also progress to more severe stages, up to and including death. For a disease to progress to a new stage, it must remain untreated for 1d6+2 days (rolled at the start of each phase by the Overseer). The effects from stages stack with previous stages, unless otherwise noted.

Diseases can be cured with antibiotics and medical assistance (considered “treatments”). Alternatively, you can repeat the Endurance saving throw (setting the DC based on your current Exhaustion) at the end of each day to try and naturally recover. It takes 3 successes to reverse a disease by 1 stage; diseases with only 1 stage are ended after 3 successes. Successes do not carry over between stages: If you roll two successes in a phase and then progress to a new phase, you start back over at 0 successes for the new phase.

A list of common diseases is given below:

Blood Worms

* Stage 1: The blood worms multiply and eat away at your blood cells and vessel walls.
* Stage 2: The blood worms’ eating has left your vessels weakened and prone to excessive bleeding.
  + When you take damage from an attack, you suffer an additional 1d4 damage.
* Stage 3: The situation worsens as your body loses the ability to function.
  + Your Endurance modifier decreases by 1 at the start of every day you go uncured. This can eventually kill you.

Bone Worms

* Stage 1: The bone worms multiply and eat away at your bones and their marrow.
* Stage 2: Your bones grow more brittle from the damage.
  + Attack rolls against you are a critical hit on an unmodified roll of 19 or 20.
* Stage 3: The situation worsens
  + Attack rolls against you are a critical hit on an unmodified roll of 18-20.

Buzz Brain

* Your Intelligence score is reduced by 2.

Common Cold

* You suffer a -1 modifier to all ability checks.

Fever Claw

* Attacks with melee and unarmed weapons have disadvantage.

Flap Limb

* Your Strength score is reduced by 2.

Glowing Pustules

* You suffer 1d4 radiation damage every 2 hours. Whenever you take damage one of the pustules bursts, deal 1d4 radiation damage to all creatures within 5 feet.

Heat Flashes

* Your Endurance score is reduced by 2.

Insomnia

* You don’t regain hit dice by completing a long rest.

Jelly Fingers

* You have disadvantage on Lockpick and Sleight of Hand checks.

Lock Joint

* All melee, thrown, and unarmed attacks cost 1 additional AP.

Needle Spine

* You suffer 1d4 damage every hour you spend Encumbered, and 2d4 damage every hour you spend Heavily Encumbered.

Lethargy

* Your AP pool is decreased by 2.

Parasites

* You must consume twice as much food to satisfy your regular needs.

Rabies

* Stage 1: You are more irritable than usual.
* Stage 2: Heightened levels of aggression and sensitivity make you very unsavory.
  + You have disadvantage on all Charisma ability checks.
* Stage 3: Your anger has crossed over into irrationality and plagues you almost constantly.
  + You automatically fail Charisma ability checks and have disadvantage on Intelligence checks.
  + You are immune to the *charmed* and *frightened* conditions.
* Stage 4: You devolve into total, violent madness.
  + You cannot be saved at this point and become an NPC.
* Stage 5: Death.

Rattle Hands

* While not *prone*, attacks made at normal range for a weapon have disadvantage and attacks made at long range automatically fail.

Sludge Lung

* You can hold your breath for half as long as usual.
* You can travel half as far before running the risk of Exhaustion.

Snot Ear

* Stage 1: Excess mucus builds in your ears, distorting your sense of sound.
  + You have disadvantage on Perception checks that rely on hearing.
* Stage 2: The mucus buildup begins affecting your sense of balance, leaving you wobbly and poorly coordinated for moments of danger.
  + You have disadvantage on Agility saving throws.

Swamp Gas

* Your Charisma score is reduced by 2.

Swamp Itch

* Your Agility score is reduced by 2.

Sweats

* You must consume twice as much water to satisfy your regular needs.

The Blight

* You suffer -1 to all SPECIAL scores.

The Woopsies

* Your Luck score is reduced by 2.