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. 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 days (rolled at the start of each phase by the Overseer). The effects from stages stack with previous stages, unless otherwise noted.

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.