

# Sequela

August 3, 2022

You have lingering side effects from a disease or other condition from which you've recovered. The condition may be one of the symptoms of the previous condition but milder, a similar trait or [complication](#), or something seemingly unrelated. Choose or roll an [additional trait](#).

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# Secondary Depression

August 3, 2022

Depending on the culture, many traits have social stigmas associated with them. As a result, you may be reluctant to be open about your experience. In such cases, depression may result. You may choose or roll a [Baseless Emotion](#) that reflects your experience.

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# Pregnancy

August 3, 2022

You experience 2d4 of the following while pregnant (Choose or roll as usual for IE): [Pain](#) (Breasts), [Nausea](#), [Incontinence](#), [Fatigue](#), [Emotion Fluctuation](#), [Pain](#) (Abdomen), [Constipation](#), [Sensory Processing Difference](#) (Sensory Over-Responsivity: Olfactory, Gustatory). In the final trimester, you have a -1

penalty on Dexterity saving throws.

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## Pneumonia

August 3, 2022

You experience 2d4 of the following: [Pain](#) (Chest), [Confusion](#), [Cough](#), [Fatigue](#), [Fever](#), [Nausea](#), [Diarrhea](#), and/or [Shortness of Breath](#). Pneumonia begins at IE 1. Each day, you must succeed on a DC 9 + (IE) Constitution saving throw. On failure, the IE increases by 1. On success, it decreases by 1. If you roll exactly the number needed, the IE remains unchanged. If IE increases above 4, you experience [Organ Failure](#) (Lungs).

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## Organ Failure

August 3, 2022

When organs fail, the experience varies depending on the organ, but without intensive medical or magical treatment, it's usually fatal. If you experience organ failure, you begin to make death saves once per day. Four failed saves cause another Organ Failure. After the second organ system fails completely, you die. If you succeed on three death saves before death, you recover from one Organ Failure, and once you recover from all of them, you become stable with four levels of exhaustion which can be recovered normally.

1. **Lung:** You experience bluish skin and the following

- at IE 1, the IE increasing each day up to 4: [Shortness of Breath](#), 1d4 [Baseless Emotions](#), and [Sweat Difference](#) (Saline).
2. **Heart:** You experience the following at IE 1, the IE increasing each day up to 4: [Weakness](#), [Shortness of Breath](#), and [Fainting](#).
  3. **Kidney:** You experience the following at IE 1, the IE increasing each day up to 4: [Nausea](#), [Seizures](#), and [Pain](#) (Chest).
  4. **Liver:** You experience yellowish skin and the following at IE 1, the IE increasing each day up to 4: [Nausea](#) and [Pain](#) (Abdominal).
  5. **Brain:** You experience 1d4 [traits](#) at IE 1, the IE increasing each day up to 4. Because the brain controls the entire body, nearly any trait can result from this, both physical and mental, but either choose the traits based on a real-world condition or roll on the [Roll for Traits](#), and reroll results that don't make sense.
  6. **Internal Bleeding:** You experience 1d4 + 1 per day of the following at IE 1, the IE increasing each day up to 4: [Leg Weakness](#), [Pain](#), [Gross Motor Control Loss](#), [Fainting](#), [Fatigue](#), [Shortness of Breath](#), [Dizziness](#), [Nausea](#), [Mouth Discharge](#) (Blood), [Heart Palpitations](#), [Eye Discharge](#) (Saline).
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## Injuries or Sores

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If you have an open wound or sores, you must succeed on a

Constitution saving throw daily to avoid [Infection](#). The DC of the saving throw varies by the severity of the wound, typically ranging from 5 to 10 and decreases by 1 per day. Once it reaches 0, the wound is considered healed. A successful Wisdom (Medicine) check with the same DC gives you advantage on the Constitution saving throw.

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# Infection

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Infection begins at IE 1. Each day, you must succeed on a DC 9 + (IE) Constitution saving throw. On failure, the IE increases by 1. On success, it decreases by 1. If you roll exactly the number needed, the IE remains unchanged. While infected, you experience 1d4 + (IE) of the following (Choose or roll 1d6): [Fever](#), [Fatigue](#), [Pain \(Head\)](#), Pain (infection location), [Nausea](#), Discharge (Pus). If the IE goes above 4, you develop Sepsis. A successful DC 10 + (IE) Wisdom (Medicine) check by someone helping you gives you advantage on one Constitution saving throw per day until recovered.

Sepsis is always IE 4 and causes 1d6 of the following: [Shortness of Breath](#), [Heart Palpitations](#), [Fever](#), [Pain](#), [Temperature Intolerance](#), [Confusion](#). You begin to make death saves once per day. If you succeed on three death saves, you return to IE 4 Infection. On three failures, you experience [Organ Failure](#).

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# Heart Palpitations

August 3, 2022

You feel your heart beating fast or pounding. While this is expected due to exercise or stress, it can be a symptom of other conditions. Due to the distraction, you experience a -(IE) penalty on Wisdom (Perception) checks for the duration.

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# Euphoria

August 3, 2022

You experience 1d4 of the following at IE 1d4 unless otherwise specified: [Agitation](#), [Hallucinations](#), [Confusion](#), [Baseless Emotion](#) (Suspicion), [Amplified Emotion](#).

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# Intoxication

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While intoxication has multiple causes, this entry specifically covers alcohol intoxication and is based on a 100 lb. human. Blood alcohol content (BAC) adjusts as a percentage based on weight, so after 1 drink, a 100 lb person would have a BAC of .04; 200 lb, .02; 50 lb, .08. A body can get rid of one drink per hour regardless of body weight. Once your BAC enters the next range, you must succeed on a DC 12 + (IE) or experience the effects of that IE. Once your BAC rises above the maximum for

your current IE, you automatically enter the next IE. Also, while drinking, you must drink 16 ounces of water for every drink of alcohol or experience Dehydration after 1d4 hours.

1. IE 1: BAC .01–.05: No modifiers
2. IE 2: BAC .03–.12: +1 bonus to Charisma (Persuasion) checks, -1 penalty on initiative rolls and Dexterity (Sleight of Hand) checks
3. IE 3: BAC .09–.25: -2 penalty on all Charisma and Dexterity ability checks, saving throws, attack rolls, and initiative rolls, Amnesia (Anterograde) (IE 1), [Refractive Difference](#) (Blurred Vision) (IE 1)
4. IE 4: BAC .18–.30: Charisma, Dexterity, and initiative rolls are all made with disadvantage, Amnesia (Anterograde) (IE 1d4), [Refractive Difference](#) (Blurred Vision) (IE 1d4), 1d4 [Baseless Emotions](#).
5. IE 5: BAC .25–.4: You become incapacitated and must succeed on a DC 15 Constitution saving throw against each of the following: [Incontinence](#), [Nausea](#), and Unconsciousness.
6. IE 6: BAC .35–.45: Coma
7. IE 7: BAC .45+: Death