

# Vertigo

August 3, 2022



You feel dizzy, lightheaded, and nauseated, unable to easily orient yourself in space. You have a  $-(IE)$  penalty on all Dexterity checks and saving throws, including initiative and Dexterity-based attack rolls, until you take a short rest. You feel [Nausea](#) and will vomit if you fail a  $DC\ 8 + (IE)$  Constitution saving throw, which will leave you incapacitated for  $1d4$  rounds. If this is a triggered trait, quick movement and stress are common causes.

## Real-world Examples

Benign Paroxysmal Positional Vertigo, Vestibular Neuronitis, Meniere's Disease, Labyrinthitis, Perilymph Fistula, Superior Semicircular Canal Dehiscence Syndrome

## Assistive Options

Depending on the cause of the vertigo, certain specialized exercises or rest can help. For some, reducing salt, caffeine, and alcohol helps. Talk to your GM about whether yours can be managed and by what means.

---

# Dizziness

August 3, 2022



You lose your sense of balance and equilibrium and experience a  $-(IE)$  penalty on Dexterity (Acrobatics) and Strength (Athletics) checks, requiring a successful DC 10 + (IE) Constitution saving throw while prone to recover from the dizziness. This saving throw can be made once per round at the beginning of your turn. The saving throw can be made while not prone but with disadvantage. A critical failure results in [Fainting](#), leaving you unconscious until you succeed on the Constitution saving throw.

## Real-world Examples

Ménière's Disease, Benign Paroxysmal Positional Vertigo, Labyrinthitis, Anemia, Hypoglycemia, Postural Orthostatic Tachycardia Syndrome

## Assistive Options

Usually, the solution is to sit or lie down for a while as noted above.