

Sweat Difference

August 3, 2022

You sweat more than usual and possibly an unusual substance. Choose or roll on the following table.

Generate Trait

1d20	Discharge
1-7	Blood
8	Honey
9-11	Oil
12-19	Saline
20	Venom

- **Blood.** Blood drains out of your skin at a rate of (IE) ounces per day. Because of this blood loss, you need to eat more to compensate, consuming an additional (IE) days' worth of food per week to avoid exhaustion.
- **Honey.** A honey-like substance flows from your skin at a rate of (IE) ounces per day. While this substance is edible and tastes similar to honey, most people are reluctant to consume it, considering its source. Because of its sweet smell, it attracts insects and other animals, and if not properly cleaned, it will leave contacted substances sticky.
- **Oil.** An oil similar to lamp oil drains out of your skin at a rate of (IE) × 8 ounces per day. If collected, it can be used for lanterns and other practical uses, but if not collected or washed away consistently, it gets on your hands, clothes, and items, making it difficult to hang onto anything. Consequently, anytime you're handling an object during a tense situation (e.g., a weapon in

combat), you must succeed on a DC 10 Dexterity saving throw to avoid dropping the object. You also take an additional (IE)d4 from all fire attacks.

- **Saline.** You sweat typical saline sweat but at a rate of (IE)2 × 8 ounces per day. Because of this fluid loss, you need to drink additional water to assist with the loss to avoid Dehydration and exhaustion.
- **Venom.** A toxic substance leaks from your skin at a rate of (IE) ounces per day. You are not immune to this substance, so if not contained somehow, in any situation where you take damage that is not psychic or bludgeoning, you need to succeed on a DC 10 Dexterity saving throw with a -(IE) penalty to avoid getting it in a wound. A creature subjected to this poison must succeed on a DC 11 Constitution saving throw, taking 7 (2d6) poison damage on a failed saving throw, or half as much damage on a successful one.

While referred to here colloquially as venom, this reflects real life examples where an irritant or contagious liquid is expelled.

Real-world Examples

Anxiety, Acromegaly, Diabetic Hypoglycemia, Hyperthyroidism, Leukemia, Lymphoma, Malaria, Pheochromocytoma, Tuberculosis

Assistive Options

While in a cold environment, the IE decreases by 1.

Magical Assistance

The [Prestidigitation](#) spell can clean the affected area but does not stop the discharge.

Atraitatic Disease Carrier

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You are infected with a disease but show no symptoms yourself. Choose a disease from official fifth edition sources or [another source](#). You transmit this disease to others via the transmission method associated with it. Anyone who comes into contact with you via its transmission method must succeed on a DC 8 + (IE) Constitution saving throw or become infected.

Real-world Examples

Typhoid Fever, HIV, Epstein-Barr Virus, Clostridioides Difficile, Cholera, Chlamydia, Poliomyelitis, Tuberculosis, COVID-19

Assistive Options

Depending on the method of transmission, taking precautions (e.g., a face mask for air transmission) can give the potential target advantage on the Constitution saving throw.

Magical Assistance

Magic that cures diseases can eliminate this condition, but anytime you need to make a saving throw against disease, unless you succeed by at least 5, you become an Atraitatic Disease Carrier of the new disease.