

Rules - Injury and Death

There are two pairs of opposing conditions associated with Hit Points at 0 or below.

When Hit Points are at 0 or below the character is:

(Disabled or **Unconscious)** AND **(Dying** or **Stable)**

Disabled:

You gain the staggered condition and can only take a single move or standard action each turn (but not both, nor can you take full-round actions). You can take move actions without further injuring yourself, but if you perform any standard action (or any other strenuous action) you take 1 point of damage after completing the act. Whenever the character takes damage that would leave them at a negative Hit Point total they must make a Fortitude Saving throw with a DC equal to double the amount the character's Hit Points are below zero or immediately become unconscious. Also at the beginning of the character's turn if the character's Hit Points are below zero, they must make a Fortitude Saving throw with a DC equal to double the amount the character's Hit Points are below zero or immediately become unconscious.

Unconscious:

Unconscious creatures are knocked out and helpless. Unconsciousness can result from having negative hit points (but not more than the creature's Constitution score), or from nonlethal damage in excess of current hit points.

Dying:

A dying creature is at negative Hit Points and near death. Creatures that have negative hit points and have not stabilized are dying. On the character's next turn, after being reduced to negative hit points (but not dead), and on all subsequent turns, the character must make a DC 10 Constitution check to become stable. The character takes a penalty on this roll equal to his negative hit point total. A character that is stable does not need to make this check. A natural 20 on this check is an automatic success. If the character fails this check, he loses 1 hit point. An unconscious or dying character cannot use any special action that changes the initiative count on which his action occurs.

Characters taking continuous damage, such as from an acid arrow or a bleed effect, automatically fail all Constitution checks made to stabilize. Such characters lose 1 hit point per round in addition to the continuous damage.

You can keep a dying character from losing any more hit points and make him stable with a DC 15 Heal check.

If any sort of healing cures the dying character of even 1 point of damage, he becomes stable and stops losing hit points. Healing that raises the dying character's hit points to 0 makes him conscious and disabled.

Healing that raises his hit points to 1 or more makes him fully functional again, just as if he'd never been reduced to 0 or lower. A spellcaster retains the spellcasting capability she had before dropping below 0 hit points.

Stable:

A character that was dying but who has stopped losing hit points each round and still has negative hit points is stable. The character is no longer dying but if the character takes damage they once again begin dying.

Dead:

The character's hit points are reduced to a negative amount equal to his Constitution score, his Constitution drops to 0, or he is killed outright by a spell or effect. The character's soul leaves his body. Dead characters cannot benefit from normal or magical healing, but they can be restored to life via magic. A dead body decays normally unless magically preserved, but magic that restores a dead character to life also restores the body either to full health or to its condition at the time of death (depending on the spell or device). Either way, resurrected characters need not worry about rigor mortis, decomposition, and other conditions that affect dead bodies.