

# It's a Dirty, Dirty, World.

A Collection of Heroic Level Diseases for use with Wizard's of the Coast's®

Dungeons and Dragons 4th Edition®

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With Swine Flu still making headlines in the news, I thought I'd turn my attention to an area of 4E that seems to have been neglected: Disease. While I love the rule mechanics that now govern disease, 4E stops a little short of providing more details. There are only a handful of examples; and almost no information on how to design diseases to fit your own campaign. In addition, occasionally a DM wants to sneak in a disease to challenge characters at a lower level. The lowest example in the Dungeon Master's Guide® is a Level 9 disease.

Not satisfied with what was presented, I cranked up my creativity a notch and started creating my own. Presented below is the start of a list I hope to compile over the remainder of the year. Six diseases of every level through the Heroic tier. In the upcoming months, I hope to complete a similar volume of Paragon level and Epic level diseases as well.

Coming up with these diseases was an interesting exercise. Since the Dungeon Master's Guide® leaves the design of diseases pretty open, I had to make some assumptions. I've based these assumptions on what text is given in the Dungeon Master's Guide®. As you read the list and consider the various diseases listed, please keep in mind the following:

- 1)** The difficulty class for each level of disease based on a "typical" exposure to the disease (this translates as "Moderate" on the **Difficulty Class and Damage by Level** table in the Dungeon Masters's Guide®. Use the "Easy" rating if the disease exposure is slight, and the "Hard" rating if the disease exposure is significant or prolonged.
- 2)** The attack bonus for the disease is set a standard "level + 3". I based this progression on what diseases were already explained in the Dungeon Master's Guide®. For all but few of the described diseases, this held true. A few were "level + 4"; but I could see no consistency in the application of the higher attack bonus.
- 3)** For every day a character has gone without an extended rest, add a +1 to the attack roll for the disease.
- 4)** For every reasonable precaution a character takes against a disease (drying his clothes, making sure to sleep in clean surroundings, etc.) subtract 1 from the attack roll of the disease.
- 5)** I understand that in a medieval fantasy setting, viruses and bacteria (and probably even many parasites) are unknown. The nature of the infectious agent is given for flavor, and really won't have an impact on actually game play.
- 6)** Finally, I'm no doctor or medical scientist. Some of the presented diseases might mirror real-world conditions, but I've made no attempt to try and be scientifically accurate. It's a fantasy game, after all.

## Level 1 Diseases

Head Cold	Level 1 Disease
<i>This common viral infection is characterized by sneezing, stuffy sinuses, and scratchy throat.</i>	<b>Attack:</b> +4 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower

The target is cured!	Target loses 1 healing surge.	Target loses 2 healing surges; any character within 1 square of the target is attacked by the disease.	Target is <b>weakened</b> until target takes 3 extended rests or is cured.
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Ringworm	Level 1 Disease
<i>This fungal infection is easy to catch in warm moist areas where creatures are sharing clothing or bedding. It is characterized by itchy ring-shaped welts that can appear just about anywhere on the body.</i>	<b>Attack:</b> +4 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower

The target is cured!	Distracting itching causes the target to suffer a -1 to Perception Skill rolls and a -1 to Passive Perception checks.	As previous; and the target loses a healing surge.	As previous; and the target suffers a -1 to Charisma based Skill Checks until cured.
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Scratch Fever	Level 1 Disease
<i>Scratch Fever is a bacterial infection that can occur after any violent encounter with a creature of the <b>natural</b> type that hits with a claw or bite attack. The infected wound causes allergy-like symptoms that weaken and distract the target.</i>	<b>Attack:</b> +4 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower

The target is cured!	Target suffers a -1 to both Passive Perception and Passive Insight checks.	As previous; and the target loses a healing surge.	As previous; and the target is <b>weakened</b> until the target takes 3 extended rests or is cured.
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Sour Stomach	Level 1 Disease
<i>Sour Stomach can have one of many forms; bloating, indigestion, cramping, and/or diarrhea being not uncommon. The disease is usually the result of eating tainted or spoiled food.</i>	<b>Attack:</b> +4 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower

The target is cured!	Target loses 1 healing surge.	Target loses 1 healing surge and can only use one healing surge per short rest.	As previous; and the target is considered <b>weakened</b> and <b>slowed</b> until the target takes an extended rest or is cured.
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The Dropsies	Level 1 Disease
<i>The source of this infection is unknown, but it attacks the nerves of the hand, causing it to spasm uncontrollably in stressful situations.</i>	<b>Attack:</b> +4 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower

The target is cured!	Target drops his weapon or implement after a missed attack with that weapon or implement. Weapon lands in a random space 1 square away from the target.	Target drops his weapon or implement after any attack with that weapon or implement. On a successful hit, the weapon or implement does damage before the weapon is dropped. Weapon lands in a random space 1 square away from the target.	As previous until the target takes 2 extended rests or is cured.
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## Level 1 Diseases, Cont.

The Vapors		Level 1 Disease	
<i>This probably viral infection brings on minor flu-like symptoms for the victim. It is usually encountered in humid, close environments and locations with little air circulation.</i>		<b>Attack:</b> +4 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Target loses 1 healing surge.	If the target stands still in an enclosed room for more than two rounds, the target is <b>slowed</b> until the remainder of the encounter.	If the target stands still in an enclosed room for more than two rounds, the target becomes <b>unconscious</b> (and falls <b>prone</b> ) for two rounds. This condition persists until an extended rest is taken in a well ventilated area or the target is cured.

## Level 2 Diseases

Apple Blight		Level 2 Disease	
<i>This parasitic infection is usually contracted by eating fruit that has already fallen on the ground. The disease is characterized by large painful round welts that appear on the target's face and abdomen.</i>		<b>Attack:</b> +5 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	The target loses 1 healing surge.	As previous; and the target's movement is reduced by 1 square.	As previous; but the target's movement is reduced by 3 squares until the target takes 5 extended rests, or is cured.

Bog Malaise		Level 2 Disease	
<i>Thought to be a curse native to low-lying and swampy areas; Bog Malaise is actually a bacterial infection that wears down the target, increasing it's lethargy.</i>		<b>Attack:</b> +5 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Target suffers a -1 to Will defense	As previous; and the target loses access to one action per round. The target can choose to lose either a minor, move, or standard action.	As previous; and the target loses initial daily action point until target takes 3 extended rests or is cured.

Fish Breath		Level 2 Disease	
<i>This bacterial infection of the tongue is characterized by the foul odor of rotting fish emanating from the victim's mouth. The disease is thought to be contracted by drinking stagnant water.</i>		<b>Attack:</b> +5 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Target suffers a -1 to all Charisma based skill checks.	Target suffers an additional -2 (for a total of -3) to all Charisma based skill checks.	Target suffers an additional -2 (for a total of -5) to all Charisma based attack rolls, and any ally within 1 square of the player suffers a -1 on attacks until the target completes 5 extended rests or is cured.

Night Terrors		Level 2 Disease	
<i>Not to be confused with ordinary nightmares, Night Terrors are caused by the parasitic bite of a tiny insect. The disease attacks the dream centers of the brain, creating horrible nightmares that rob the victim of needed sleep. The disease is usually contracted by sleeping in filthy bedding.</i>		<b>Attack:</b> +5 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Do to the lack of restful sleep, the target loses access to initial daily action point.	As previous; and the target can only regain one half of his healing surges per extended rest.	As previous; and the target cannot regain daily powers. The disease persists until the target takes at least 3 extended rests on clean bedding or is cured.

## Level 2 Disease, Cont.

Pain Skin		Level 2 Disease	
<i>This viral infection attacks the nerves under the skin. Wearing anything other than the lightest of clothing, results in intense pain for the victim. The source of Pain Skin is unknown, and could occur on any occasion.</i>		<b>Attack:</b> +5 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Target loses 1 healing surge.	Target suffers a minus to his attack rolls equal to his current armor bonus. For example: If the target is wearing Leather Armor (armor bonus; +2), the target will suffer a -2 on his attacks.	As previous; and the target is <b>slowed</b> until he has taken 3 extended rests or is cured.

Ranger's Foot		Level 2 Disease	
<i>This fairly common fungal infection attacks the foot, causing painful itching and swelling; subsequently effecting movement. Ranger's Foot is usually caused by poor hygiene and walking barefoot in an environment where the fungus exists.</i>		<b>Attack:</b> +5 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Target's movement is reduced 1 square.	Target's movement is reduced to one half normal.	As previous; and the target cannot use movement powers or skills that rely on the feet until the target is cured.

## Level 3 Diseases

Candle Curse		Level 3 Disease	
<i>This viral infection attacks the eyes, leading to light sensitivity and vision impairment. The source of Candle Curse is unknown, but is not uncommon in adventurers returning from the Underdark.</i>		<b>Attack:</b> +6 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Daylight causes intense pain. The target suffers a -1 on all attack rolls when fighting in daylight conditions.	Even dim light causes intense pain. The target suffers a -2 on all attack rolls in all lighting conditions except those of complete darkness.	As previous; and the target grants combat advantage to his opponents. The disease persists until the target can take 3 consecutive extended rests in complete darkness or is cured.

Fairy Revenge		Level 3 Disease	
<i>Commonly contracted from wilderness creatures with the Fey type, this fungal infection causes nearly uncontrollable sneezing.</i>		<b>Attack:</b> +6 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Target begins sneezing uncontrollably at times of stress. During combat, target loses access to one action (minor, move, or combat; target may choose) per turn.	As previous, but target now sneezes uncontrollably at all times. Target suffers a -2 on all Perception skill checks and suffers a -5 on Passive Perception checks.	As previous, and the target grants combat advantage to opponents until target takes 5 consecutive extended rests or is cured.

Hell's Hiccups		Level 3 Disease	
<i>This magical disease undoubtedly springs from an infernal source. The victim is wracked by hiccups that impair initiative and can potentially harm nearby allies.</i>		<b>Attack:</b> +6 vs. Fortitude <b>Endurance:</b> improve DC 15, maintain DC 10, worsen DC9 or lower	
The target is cured!	Target suffers a -2 to all initiative checks.	As previous, and the target begins to hiccup flame. At the beginning of his turn, the target rolls 1d6. If the result is a 1, the target hiccups flame into a random adjacent square. The flame does 1d6 <b>fire</b> damage to any creature in the receiving square.	As previous, but the target hiccups flame into a random adjacent square automatically at the beginning of his turn. The flame does 1d6 <b>fire</b> damage to any creature in the receiving square. The hiccups continue until the target takes an extended rest within a <i>magic circle</i> or is cured.

## Level 3 Diseases, Cont.

### Stomach Worm

Level 3 Disease

*This parasite is frequently contracted from eating spoiled meat. The worm resides in the victim's stomach; robbing the victim of the nutrition it needs to thrive.*

**Attack:** +6 vs. Fortitude  
**Endurance:** improve DC 15, maintain DC 10, worsen DC9 or lower

The target is cured!	The target loses 1 healing surge.	The target loses 1 healing surge and must consume double the normal amount of rations in order to receive any nutritional benefit.	As previous, and the target cannot gain any hit point benefit from an extended rest until cured.
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### Swamp Ear

Level 3 Disease

*This bacterial infection is almost always the result of being submerged in foul or stagnant water. The disease manifests itself by causing the victim disorientation and hearing loss.*

**Attack:** +6 vs. Fortitude  
**Endurance:** improve DC 15, maintain DC 10, worsen DC9 or lower

The target is cured!	The target suffers a -2 to all initiative and attack rolls.	As previous; and the target cannot hear any sounds that require a skill check in which to hear.	As previous; but the target is considered <b>deafened</b> . In addition, at the start of each encounter, the target must make a saving throw. If the saving throw fails, the target is <b>dazed</b> until the target's next extended rest. The disease persists until cured.
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### Wizard's Lung

Level 3 Disease

*A fungal ailment commonly found in old libraries and museums, Wizard's Lung impairs breathing and saps the energy of the victim.*

**Attack:** +6 vs. Fortitude  
**Endurance:** improve DC 15, maintain DC 10, worsen DC9 or lower

The target is cured!	The target loses 1 healing surge.	As previous; and the target suffers a -5 on all Strength, Dexterity, and Constitution based skill checks.	As previous, and the target is considered <b>dazed</b> until the target can take 5 consecutive extended rests in an open-air room or is cured.
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## Level 4 Diseases

### Babble Jaw

Level 4 Disease

*This disease likely has a viral cause, but no one knows for certain. What is known, is that the disease attacks the vocal center of the brain, causing the victim to talk uncontrollably or to shout at unusual times.*

**Attack:** +7 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

The target is cured!	Odd comments and random strange sounds emanate from the victim when he is talking; causing the target to suffer a -2 to all Charisma based skill checks.	As previous; and the target suffers a -10 to all Stealth skill checks.	As previous; and the target loses access to all powers except Basic Attack powers until the target takes 7 consecutive extended rests or is cured.
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### Camel's Thirst

Level 4 Disease

*This bacterial infection attacks the kidneys, shutting them down; while at the same time, causes the victim to feel a powerful thirst for water. The disease is thought to be "of the blood" and acquired by injury to the body by a rusty blade.*

**Attack:** +7 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

The target is cured!	Target loses 1 healing surge.	As previous; and the target is compelled to drink twice the daily requirement of water or lose 2 additional healing surges.	Target loses access to all healing surges and suffers a -5 to all attack rolls. Target is considered <b>weakened</b> until cured.
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## Level 4 Diseases, Cont.

The Floats		Level 4 Disease	
<p><i>The parasite that causes this disease is thought to have originated in the elemental chaos. The parasite gives off large quantities of helium, which saturate the victim's body, causing painful swelling. A side effect of this gas, is that the victim actually becomes so light as to begin to float.</i></p>		<p><b>Attack:</b> +7 vs. Fortitude  <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower</p>	
The target is cured!	Target loses 1 healing surge; and gains a +1 to his normal movement.	Target loses 2 healing surges and is <b>slowed</b> .	As previous; and the target is considered <b>dazed</b> and <b>immobilized</b> until target takes 5 consecutive extended rests or is cured.

Tunnel Vision		Level 4 Disease	
<p><i>The waste products of this bacterial infection cloud the eye, reducing peripheral vision and nearly blinding the victim. Tunnel Vision is thought to be contracted by staring through cracks in rotting wooden doors.</i></p>		<p><b>Attack:</b> +7 vs. Fortitude  <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower</p>	
The target is cured!	Target suffers a -5 to all Passive Perception checks.	As previous; and the target suffers a -5 to all opportunity attack rolls.	As previous; and the target grants combat advantage to any foe until the target takes 5 consecutive extended rests or is cured.

Ursine's Lament		Level 4 Disease	
<p><i>This disease is thought to have a magical source, as no contagion has been identified as the cause. Ursine's Lament causes the rapid growth of hair over the victim's entire body. While not dangerous in and of itself, the hair can create problems dealing with other creatures and in combat situations. If the disease is allowed to run its course, the victim eventually loses all of his hair.</i></p>		<p><b>Attack:</b> +7 vs. Fortitude  <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower</p>	
The target is cured!	Target suffers a -5 to all Charisma based skill checks.	As previous; and the target suffers a -2 to all attacks; -2 to initiative rolls; and a -2 to all Dexterity based skill checks. In addition, the target's movement rate is reduced to one half the target's normal movement.	As previous; and the target is now considered <b>slowed</b> . After three extended rests, the target loses all hair permanently. The target's hair will grow back if the target is cured before the three extended rest periods have passed.

Warlock's Eye		Level 4 Disease	
<p><i>This viral infection attacks the vision centers of the brain, causing the victim to catch fleeting glimpses of the Far Realm. As the disease progresses, the visions become more terrorizing, effecting performance during stressful situations.</i></p>		<p><b>Attack:</b> +7 vs. Fortitude  <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower</p>	
The target is cured!	The target suffers a -1 to all Wisdom based skill checks.	As previous; and the target must roll a second d20 attack roll for all attacks. The target must take the lower of the two rolls.	As previous; and the target rolls 1d6 before his attack each turn. If the result is a 1, the attack is made against the target's nearest ally. The disease persists until 7 consecutive extended rests have been taken or the disease is cured.

## Level 5 Diseases

### Cabin Fever

Level 5 Disease

*This microbial infection is thought to be carried by the dust in abandoned rooms and chambers. The disease makes it victim anxious; ignoring rest periods until exhaustion overtakes him.*

**Attack:** +8 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

The target is cured!	The target paces frequently and can only take one healing surge during a short rest.	Target cannot take full advantage of an extended rest. Target loses 1 healing surge and cannot regain daily powers.	Target falls <b>unconscious</b> and remains in that condition through 5 extended rests or until cured.
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### Fighter's Elbow

Level 5 Disease

*Commonly confused with joint conditions such as bursitis, Fighter's Elbow is caused by a virus that attacks the nerve centers of the arm. The condition is painful; impacting combat and other physical activity.*

**Attack:** +8 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

The target is cured!	Target suffers a -2 to all melee attack rolls and a -5 to all Strength and Dexterity based skill checks.	Target suffers a -5 to all melee attack rolls and a -10 to all Strength and Dexterity based skill checks.	As previous, and the target is considered <b>weakened</b> until the target takes 7 consecutive extended rests or is cured.
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### Instant Sleeps

Level 5 Disease

*This bacterial infection effects the sleep center of the brain. The victim of this disease falls asleep at increasingly random intervals. The disease is thought to be contracted by sleeping on the open ground without a bedroll or other ground cover.*

**Attack:** +8 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

The target is cured!	At the beginning of every encounter, the target rolls 1d20. If the result is 5 or less, the target falls <b>unconscious</b> and drops <b>prone</b> (if possible). Roll 1d10. The result is the number of rounds the target remains <b>unconscious</b> .	During combat or every hour during non-combat situations; the target rolls 1d20 at the beginning of his turn. If the result is 10 or less, the target falls <b>unconscious</b> and drops <b>prone</b> (if possible). Roll 1d10. The result is the number of rounds the target remains <b>unconscious</b> .	The target falls <b>unconscious</b> and cannot be reawakened until 7 consecutive extended rests have passed or the target is cured.
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### Migraine

Level 5 Disease

*This disease is thought to be the result of exposure to the Far Realm, but it's actual cause is unknown. The disease is characterized by an intense and painful headache which distracts the victim and causes general discomfort.*

**Attack:** +8 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

The target is cured!	Target loses 1 healing surge and suffers a -2 to all Wisdom and Charisma based skill checks.	As previous; and the target suffers a -2 on all attack rolls in combat and is <b>weakened</b> .	As previous; and the target suffers 2d8+4 points of <b>psychic</b> damage per day until the target has taken 3 consecutive rests in a completely darkened room or is cured.
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## Level 5 Diseases, Cont.

### Tenday

Level 5 Disease

*Tenday is a highly infectious viral disease that is unusual in the fact that its course always runs the length of 10 days. The flu like symptoms weaken the victim and tear down the immune system. Tenday is an old disease, and its origin is lost to the dim past. Cities and towns loathe Tenday and will usually refuse entrance to anyone showing signs of the disease.*

**Attack:** +8 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

<p>The target is cured!</p>	<p>Target loses 1 healing surge and suffers a -1 to all attack rolls, damage rolls, initiative checks, and skill checks. Once indicated, the target remains on this disease track through 4 extended rests. After 4 extended rests, the disease progresses to the next track. If the disease is cured, the victim remains on this track through the remaining 6 day (6 extended rests) period.</p>	<p>Target loses 2 healing surges and suffers a -5 to all attack rolls, damage rolls, initiative checks, and skill checks. Once indicated, the target remains on this disease track through 3 extended rests. After 3 extended rests, the disease progresses to the final track. If the disease is cured, the victim remains on this track through the remaining 3 day (3 extended rests) period. During this period, the disease makes a +8 attack vs. Fortitude against any creature within 1 square of the victim.</p>	<p>Target loses one half of their total healing surges and suffers a -10 to all attack rolls, damage rolls, initiative checks, and skill checks. Once indicated, the target remains on this disease track through 3 extended rests. After 3 extended rests, the target is cured.</p>
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### Winkin' Blinkin' and Nod

Level 5 Disease

*This fungal infection siphons electrical energy from the brain; causing distraction, dizziness, and eventual unconsciousness.*

**Attack:** +8 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

<p>The target is cured!</p>	<p>Target suffers a -2 to initiative checks and a -5 to passive perception and insight checks.</p>	<p>As previous; and the target rolls 1d6 at the beginning of each encounter. If the result is a 1, the target is <b>dazed</b> (save ends).</p>	<p>As previous; but if the result of the 1d6 roll is a 1, the target is <b>unconscious</b> instead (save ends). The target remains in this track until the target has taken 5 extended rests or is cured.</p>
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## Level 6 Disease

### Miasma Incendia

Level 6 Disease

*This magical disease is thought to be native to the Elemental Chaos. The victim gains vulnerability to fire and eventually erupts into flames when under stress. If left untreated, the flames can spread the disease to others and eventually consume the victim.*

**Attack:** +9 vs. Fortitude  
**Endurance:** improve DC 17, maintain DC 12, worsen DC 11 or lower

<p>The target is cured!</p>	<p>Target gains vulnerability 5 <b>fire</b>.</p>	<p>As previous; and at the beginning of each encounter, roll 1d6. If the result is a 1 or 2, the target erupts into flames suffering 5 <b>fire</b> damage each turn (save ends). While the target is in flames, the disease makes an attack roll against any creature within 1 square of the target.</p>	<p>As previous; but instead roll 1d6 at the beginning of each turn. If the result is a 1 or 2, the target erupts into flames suffering 5 <b>fire</b> damage each turn (save ends). While the target is in flames, the disease makes an attack roll against any creature within 1 square of the target. The disease persists until the target takes 7 extended rests or is cured.</p>
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## Level 6 Disease, Cont.

Pox Diminuitis		Level 6 Disease	
<i>Another magical disease, Pox Diminuitis shrinks the victim smaller and smaller. The disease is thought to originate in the Feywild.</i>		<b>Attack:</b> +9 vs. Fortitude <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower	
The target is cured!	Target loses 1 healing surge, feeling "diminished".	Target shrinks one size category. For example: If the target was originally Medium, the target is now considered Small. Only the target shrinks. Clothing, items and weapons remain the same size.	Target shrinks an additional size category. If the size category reduction takes the victim beyond the Tiny size category, the victim dies. The victim remains this final size until cured.

Scurvy		Level 6 Disease	
<i>This opportunistic bacterial infection attacks victims without access to proper nutrition; particularly fruits and vegetables. The disease is characterized by bleeding gums, open sores, lethargy, and eventual paralysis and death.</i>		<b>Attack:</b> +9 vs. Fortitude <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower	
The target is cured!	The target's gums bleed and open wounds refuse to heal properly. The target loses 1 healing surge and suffers a -2 on all Charisma based skill checks.	As previous; and the target loses access to the <i>Second Wind</i> ability and is considered <b>slowed</b> .	As previous; but the target is now <b>immobilized</b> . At the end of every extended rest, make a saving throw. If the saving throw fails (10 or less on the d20 roll), the target dies. The target remains in this state until cured.

The Wobbles		Level 6 Disease	
<i>This disease is caused by a parasite that metabolizes the victims food into alcohol; causing drunkenness. The disease is usually contracted from eating fruit infected by the parasite.</i>		<b>Attack:</b> +9 vs. Fortitude <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower	
The target is cured!	The target becomes intoxicated and suffers a -2 to all attack rolls, damage rolls, initiative checks, and skill checks.	As previous; and the target is considered <b>dazed</b> .	The target becomes <b>unconscious</b> . The target remains on this track until the target has taken 7 extended rests or is cured.

Tieflingitis		Level 6 Disease	
<i>Tieflingitis is a fungal ailment that has been known to infect humanoids with exposure to the Shadowfell. The disease causes horn-like growths to appear on the victim's forehead, that superficially appear to be similar to a tiefling's horns. The horns are not dangerous, but become permanent if the disease is not cured in time. Tieflings (who are immune to this disease) prefer to call the ailment, "The Great False Hope".</i>		<b>Attack:</b> +9 vs. Fortitude <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower	
The target is cured!	The target loses 2 healing surges and two small bumps appear on the forehead of the target.	The target grows horns superficially similar to those of a tiefling. The target gains a +2 to Charisma based skill checks involving tieflings. The disease must be cured in this stage or the horns become permanent.	As previous; and the target's horns become permanent.

## Level 6 Disease, Cont.

Warden's Skin		Level 6 Disease	
<p><i>Another fungal disease, Warden's Skin is thought to have its origins in the Feywild. The disease is characterized by dry bark-like scales that grow throughout the skin of the victim. The disease is painful, hinders movement, and gives the victim a frightening appearance.</i></p>		<p><b>Attack:</b> +9 vs. Fortitude  <b>Endurance:</b> improve DC 17, maintain DC 12, worsen DC 11 or lower</p>	
The target is cured!	The target loses 2 healing surges and suffers a -5 on Charisma based skill checks.	As previous, and the target's movement is reduced by 2 squares.	As previous; but the target gains a +2 <b>natural</b> bonus to his AC and is considered <b>slowed</b> . The disease persists until the target takes 7 extended rests or is cured.

## Level 7 Disease

Artificer's Croup		Level 7 Disease	
<p><i>This bacterial contagion is found in the oils and machine dust of arcane workshops and forges. The disease weakens the victim; and causes them to cough up a thick oily fluid. Eventually the poisonous oils cause the victim to enter a state of paralysis.</i></p>		<p><b>Attack:</b> +10 vs. Fortitude  <b>Endurance:</b> improve DC 19, maintain DC 14, worsen DC 13 or lower</p>	
The target is cured!	The target loses 2 healing surges and begins to feel a metallic oily taste in his mouth.	The target is considered <b>weakened</b> . In addition, the target begins to cough up a thick oily substance that stains his lips and clothing. At the beginning of any encounter; or at the beginning of any skill check where the target is using his voice, roll 1d6. If the result is a 1, the targets vomits a large quantity of black oily goo into a random adjacent square. Until the end of the encounter, that square is considered difficult terrain.	As previous; but the target vomits violently, spraying the black oily goo into a random direction, blast 3. The squares covered by the goo are considered difficult terrain. In addition, the target becomes <b>immobilized</b> and falls <b>prone</b> (if possible). Any creature within range of the blast takes ongoing 5 <b>poison</b> damage (save ends). The target remains <b>unconscious</b> and breathing, but cannot attend to other needs. The target remains in this condition until cured.

Flux Acidic		Level 7 Disease	
<p><i>The cause of this disease is unknown, and so most scholars simply consider it a magical infection. The disease is characterized by the victim emitting copious amounts of powerfully acidic tears and sweat. The acid burns the skin and eventually blinds the victim.</i></p>		<p><b>Attack:</b> +10 vs. Fortitude  <b>Endurance:</b> improve DC 19, maintain DC 14, worsen DC 13 or lower</p>	
The target is cured!	The target loses 2 healing surges. The target's eyes become red and itchy; granting the target's opponents <b>concealment</b> .	As previous; and the target takes 1 <b>acid</b> damage for every turn engaged in strenuous activity or combat.	Target is <b>blinded</b> and takes 5 <b>acid</b> damage for every turn engaged in strenuous activity or combat.

## Level 7 Disease, Cont.

Horse Bane		Level 7 Disease	
<i>Horse Bane is a nearly invisible mold that grows on grain crops; causing the disease that goes by the same name. The disease causes its victim to emit pheromones that horses find unappealing and even dangerous.</i>		<b>Attack:</b> +10 vs. Fortitude <b>Endurance:</b> improve DC 19, maintain DC 14, worsen DC 13 or lower	
The target is cured!	The target begins to emit pheromones that horses find unappealing. The target must make a successful Nature check to perform the simplest of actions with a horse, pony, or similar animal.	The target now actively repels horses. When the target comes within 2 squares of a horse, the horse will immediately seek to move away from the infected target. A mounted horse can resist this urge if its rider makes a DC 19 Nature check.	Horses now find the target dangerous and seek to destroy it. Any horse within 10 squares of the infected target will attack the target until the target is killed or the attacking horse is injured. Once injured, the attacking horse will flee. A mounted horse can resist this urge if its rider makes a DC 25 Nature check.

Rickets		Level 7 Disease	
<i>This opportunistic bacterial infection can be acquired as a result of poor nutrition. The disease eats away at the victim's bones, making them porous and brittle.</i>		<b>Attack:</b> +10 vs. Fortitude <b>Endurance:</b> improve DC 19, maintain DC 14, worsen DC 13 or lower	
The target is cured!	The victim loses 2 healing surges.	The victim loses 4 healing surges and loses access to the <b>Second Wind</b> encounter power.	The victim loses all healing surges; access to the <b>Second Wind</b> encounter power, and is <b>weakened</b> until cured.

Troll Skin		Level 7 Disease	
<i>Troll Skin is the result of a fungal infection acquired in living caves with an abundance of fungal life forms. The disease makes the skin of the victim take on the hue and texture of troll skin, hence the name. While not overly dangerous, Troll Skin increases the victim's vulnerability to fire; while simultaneously corrupting the look of the skin.</i>		<b>Attack:</b> +10 vs. Fortitude <b>Endurance:</b> improve DC 19, maintain DC 14, worsen DC 13 or lower	
The target is cured!	The target's skin manifests a number of warty bumps and lumps. The target suffers a -5 to all Charisma based skill checks.	As previous; and the target's skin takes on a greenish hue. The target gains <b>vulnerability 5 fire</b> .	As previous; but the target's skin takes on a greenish-black hue and the target gains <b>regeneration 1</b> . Damage with the <b>fire</b> type cannot be regenerated. This condition persists until cured.

Viper's Dance		Level 7 Disease	
<i>This viral infection attacks the motor control areas of the brain causing unintended movement. Eventually the victim vibrates in one place, much like a rattlesnake. Thought to be caused by exposure to reptiles, the actual source of the disease is unknown.</i>		<b>Attack:</b> +10 vs. Fortitude <b>Endurance:</b> improve DC 19, maintain DC 14, worsen DC 13 or lower	
The target is cured!	Random unintended movements cause the target to suffer a -5 to all Dexterity based skill checks.	As previous; and during combat, roll 1d6 at the beginning of the target's turn. If the result is a 1 or 2, the victim slides to a random adjacent square.	As previous; but the target is <b>immobilized</b> , shaking in place (save ends). This condition persists until cured.

## Level 8 Disease

### Baleful Weeps

Level 8 Disease

*The viral spore that causes this infection lurks in the aging dust of abandoned homes and churches. The virus attacks the emotional centers of the brain, causing severe depression and emotional outbursts.*

**Attack:** +11 vs. Fortitude

**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!

The target becomes increasingly sad, suffering a -2 to all Charisma based skill checks.

As previous; and the target begins to emotionally shut down after periods of stress. After an encounter, the target rolls a saving throw. If the saving throw fails, the target curls up in a location less than 10 squares away, sobbing uncontrollably. Target is considered **prone** and **restrained** until the target takes an extended rest.

Target is reduced to a permanent melancholy state. Target can be forced to eat and drink a little; but is otherwise considered **prone** and **restrained** until cured.

### Faerie's Fire

Level 8 Disease

*Faerie's Fire is a fungal condition native to the Feywild. Like the name suggests, the disease causes the victim to glow increasingly bright as if by faerie fire. The fungus grows in a light layer over the entire skin, sapping the energy of the victim and making the victim easier to see in the dark.*

**Attack:** +11 vs. Fortitude

**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!

The target loses 1 healing surge and sheds light as if holding a torch. The target suffers a -5 to visual Stealth checks.

As previous; but the target glows brighter, suffering a -10 to visual Stealth checks.

As previous; but the target's glow now obscures his vision. Target's opponents now have partial concealment in reference to the target. The target suffers a -20 to visual Stealth checks. These conditions remain on the target until cured.

### Miasma Glacialis

Level 8 Disease

*This magical disease is thought to be native to the Elemental Chaos. The victim gains vulnerability to cold and eventually freezes motionless when under stress. If left untreated, the ice can spread the disease to others and eventually freeze the victim solid.*

**Attack:** +11 vs. Fortitude

**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!

Target gains **vulnerability 5 cold**.

As previous; and at the beginning of each encounter, roll 1d6. If the result is a 1 or 2, the target becomes **slowed** suffering 5 **cold** damage each turn (save ends). While the target is **slowed**, the disease makes an attack roll against any creature within 1 square of the target.

As previous; but instead roll 1d6 at the beginning of each turn. If the result is a 1 or 2, the target becomes **slowed** suffering 5 **cold** damage each turn (save ends). While the target is **slowed**, the disease makes an attack roll against any creature within 1 square of the target. A target reduced to 0 hit points by this disease is frozen solid and dies.

## Level 8 Disease, Cont.

### Rogue Finger

Level 8 Disease

*This bacterial infection effects the finger joints, causing them to become gnarled; forcing the hand into a crude claw shape. The disease makes even the simplest tasks difficult.*

**Attack:** +11 vs. Fortitude  
**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!	The target's fingers begin to go numb, causing the target to suffer a -5 on all Thievery checks and a -2 on all other Dexterity based skill checks.	Intense pain effects the target's hands. The target loses 1 healing surge and suffers a -10 on all Thievery checks and a -5 on all other Dexterity based skill checks.	As previous; plus the target suffers a -5 to all melee attack rolls until cured.
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### Scrivener's Palsy

Level 8 Disease

*This virus contaminates inks that are commonly found in the possession of scribes and libraries. The virus attacks motor control centers of the brain, causing the hands to shake uncontrollably.*

**Attack:** +11 vs. Fortitude  
**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!	The target suffers a -2 on all skill checks involving writing, or drawing.	As previous; and the target suffers a -5 on all Dexterity based skill checks and a -2 on all ranged attack rolls.	As previous; but the target suffers a -10 on all Dexterity based skill checks and a -5 on all ranged attack rolls until cured.
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### Shifter's Plague

Level 8 Disease

*This magical disease seems to infect only those with either a natural or acquired ability to shift. The disease causes the victim to lose control over his shifting, so that the victim cannot be certain of his destination.*

**Attack:** +11 vs. Fortitude  
**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!	Whenever the target utilizes a shifting ability or power, roll 1d6. If the result is a 1, the target shifts to a random square, 1 square away from the target's intended square.	Whenever the target utilizes a shifting ability or power, roll 1d6. If the result is a 1, 2, or 3; the target shifts to a random square, 3 squares away from the target's intended square.	Whenever the target utilizes a shifting ability or power, the target automatically shifts to a random square. Roll 1d10. The result is the number of squares away the target shifts from the target's intended square. This condition persists until cured.
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## Level 9 Disease

### Cleric's Knees

Level 9 Disease

*This viral infection attacks the knee joints; painfully weakening them and forcing the victim to a kneeling position at inopportune moments. The source of the disease is unknown, but common belief holds that the condition is picked up in abandoned monasteries and ruined temples.*

**Attack:** +12 vs. Fortitude  
**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!	The target loses 1 healing surge and has his normal movement reduced by 1 square.	Target loses 2 healing surges and is considered <b>slowed</b> .	Target loses 3 healing surges. At the beginning of every turn of combat or before beginning a movement based skill check, roll 1d6. If the result is a 1 or 2, the subject is forced into a kneeling position and is considered <b>immobilized</b> (save ends). This disease condition persists until cured.
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## Level 9 Disease, Cont.

### Ferrous Bane

#### Level 9 Disease

*Thought to be a magical disease contracted by prolonged exposure to rust monsters, Ferrous Bane causes the skin of the victim to rust metal. Eventually, the iron in the victim's blood is effected, causing internal bleeding.*

**Attack:** +12 vs. Fortitude  
**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!	The target's skin rusts metal. For every day that a metallic item is worn or handled by the target, the item loses 1 point from its effectiveness. For example: chain mail has an armor bonus of +6. If that armor is worn for one day, it will lose 1 from its armor bonus; becoming chain mail with an armor bonus of +5, instead. Metallic armor with a 0 armor bonus crumbles and becomes useless. Weapons suffer a -1 on damage for every day they are used. When the damage penalty equals the maximum base damage of the weapon, the weapon becomes useless. For example: a dagger does 1d4 points of base damage. If the weapon is handled for 4 days, the dagger crumbles and becomes useless.	As previous; and the target loses 2 healing surges and suffers 25 <b>necrotic</b> damage daily.	As previous, but the target suffers 10 <b>necrotic</b> damage hourly until cured.
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### Flux Cogito

#### Level 9 Disease

*This magical disease is thought to have originated in the Far Realm. The disease characterizes itself by revealing the thoughts of the victim. These thoughts are revealed casually at first, then by increasing force; stunning both the victim and nearby creatures.*

**Attack:** +12 vs. Fortitude  
**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!	The target suffers a -5 on all Wisdom or Charisma based opposed skill checks.	As previous; and the target loses 1 healing surge and suffers a -2 on all attack rolls.	As previous; plus the target suffers 25 <b>psychic</b> damage daily. In addition, at the beginning of the target's combat turn, roll 1d6. If the result is a 1, the target is considered <b>stunned</b> , (save ends) and every creature within 3 squares of the target is considered <b>dazed</b> (save ends). This condition persists until the disease is cured.
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### Gangrene

#### Level 9 Disease

*Gangrene is a dangerous bacterial infection that causes flesh to necrotize after being wounded. Gangrene can infect a wound at any time, but usually strikes victims with unattended wounds in unclean environments.*

**Attack:** +12 vs. Fortitude  
**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

The target is cured!	Target loses access to his <b>Second Wind</b> ability.	As previous; and the target can use no more than 1 healing surge per short rest. In addition, the target suffers 10 <b>necrotic</b> damage per day.	As previous; but the target suffers 10 <b>necrotic</b> damage per hour until cured.
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## Level 9 Diseases, Cont.

### Troubadour's Infatuation

Level 9 Disease

*Another magical disease, Troubadour's Infatuation causes the victim to become susceptible to the suggestions of a nearby companion. While not dangerous in and of itself, the disease can cause damage when the subject of the infatuation dismisses or harms the victim of the disease.*

**Attack:** +12 vs. Fortitude

**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

<p>The target is cured!</p>	<p>The target becomes infatuated with the first ally within 5 squares of the victim. The target is then compelled to be within 1 square of the ally at all times. For every hour the target is beyond this range, the target suffers 10 <b>psychic</b> damage.</p>	<p>As previous; but the target suffers 20 <b>psychic</b> damage every hour the ally is beyond 1 square from the target. In addition, melee attacks intended for the ally strike the target instead, if the target is within range of the attack.</p>	<p>As previous; and the target is now considered <b>dominated</b> by the ally. If the ally refuses or is unable to give a command to the target at least once per hour, the target suffers 20 <b>psychic</b> damage.</p>
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### Woeful Iterations

Level 9 Disease

*Woeful iterations is a viral infection that affects the memory centers of the brain. During stressful situations, victims of the disease repeat their actions, having forgotten their previous action. Eventually, the victim locks up completely, falling into a catatonic state.*

**Attack:** +12 vs. Fortitude

**Endurance:** improve DC 19, maintain DC 14, worsen DC 13 or lower

<p>The target is cured!</p>	<p>The target repeats his last previous action. In the case of minor or move actions, the target takes the minor or move action and then immediately repeats that action. If the action is a standard action, the target repeats that action at the next available opportunity and before taking any other actions. If for some reason the repeated action cannot be physically completed, the target suffers 5 <b>psychic</b> damage.</p>	<p>As previous; but the target repeats the action twice (thus performing three of the same action). If for some reason the repeated actions cannot be physically completed, the target suffers 10 <b>psychic</b> damage.</p>	<p>Target falls <b>prone</b>, into a catatonic state. Target is considered to have an <b>unconscious</b> status, but is aware of his surroundings.</p>
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## Level 10 Diseases

### Laughing Curses

Level 10 Disease

*This magical virus attacks the speech and certain motor control portions of the brain. The disease begins with the victim laughing quietly. As the disease progresses, the laughing becomes louder and more maniacal. The laughter emanating from the victim becomes so disturbing that it can effect others, throwing off (in essence) minor curses that effect nearby allies.*

**Attack:** +13 vs. Fortitude

**Endurance:** improve DC 21, maintain DC 16, worsen DC 15 or lower

The target is cured!

The target begins to laugh quietly to himself, as if perpetually amused by a private joke. The target suffers a -5 on Charisma based skill checks.

As previous; and the target's laughing becomes louder. The target suffers a -10 on all Stealth checks.

As previous; and the target's laughter is now so hideous and strange that it effects his allies. At the beginning of his turn in combat, roll 1d4 for each ally within 3 squares of the target. The result of the die roll determines the effect on the nearby ally. If the result is a **1**, the ally suffers a -2 on his attack rolls on his next turn. If the result is a **2**, the ally is **slowed** during his next turn. If the result is a **3**, the ally cannot use a healing surge ability on his next turn. If the result is a **4**, the ally is **dazed** on his next turn. The hideous laughter of the target continues until the disease is cured or the target is silenced.

### Miasma Mortalitis

Level 10 Disease

*Like all miasmas, Miasma Mortalitis is a disease of magical origin. Thought to be contracted from the stale air of arcane tombs, this disease causes its victim to rot from the inside out. When the target dies, the victim explodes in a puff of putrescence; harming nearby allies and potentially infecting them with the same disease.*

**Attack:** +13 vs. Fortitude

**Endurance:** improve DC 21, maintain DC 16, worsen DC 15 or lower

The target is cured!

The target loses 2 healing surges and is considered **slowed**.

The target loses one half of his maximum number of healing surges and is considered **slowed** and **weakened**.

Target is **unconscious** and considered to be **dying**. When the target fails three death saving throws, the target dies; exploding in a cloud (burst 5) of putrescence. This cloud does 4d8+5 **necrotic** damage and makes an immediate disease attack against all creatures caught in the cloud. This disease track persists until the disease is cured.

## Level 10 Diseases, Cont.

### Miner's Petrification

Level 10 Disease

*This horrible infection is caused by a silicon-based parasitic life form. Contracted within deep mines, the disease is a nightmare for dwarves and other creatures that dig beneath the earth. The disease is simple as it does nothing but eventually turn the victim to stone.*

**Attack:** +13 vs. Fortitude  
**Endurance:** improve DC 21, maintain DC 16, worsen DC 15 or lower

The target is cured!	The target loses 2 healing surges and complains of the taste of dust in his mouth (even in a clean environment).	As previous; and the target is <b>slowed</b> .	Target is considered <b>petrified</b> until cured.
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### Pox Variola

Level 10 Disease

*A viral infection known to the ancients, Pox Variola is thought to be contracted from infected livestock or birds. The disease gets its name from the varied-sized pustules that appear on the body during the second stage of the disease. The disease usually results in a high fever which eventually causes death.*

**Attack:** +13 vs. Fortitude  
**Endurance:** improve DC 21, maintain DC 16, worsen DC 15 or lower

The target is cured!	The target loses 2 healing surges and suffers a -2 to attack rolls, initiative checks, and skill checks.	The target's skin breaks out into small pustules (pox). The target loses one half of his maximum number of healing surges and is considered <b>weakened</b> and <b>slowed</b> . The disease makes an attack against any creature that makes physical contact with the target during this stage of the disease.	The target is <b>unconscious</b> with fever and considered to be <b>dying</b> . When the target fails three death saving throws, the target dies.
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### Slow Slime

Level 10 Disease

*Slow slime is a hideous disease that is caused by breathing in microscopic particles of green slime or other ooze-like creatures. Under certain special conditions, the particles are not destroyed by the victim's immune system, and can grow to take over the victim's body. Eventually, the victim explodes into a horrible patch of **green slime**.*

**Attack:** +13 vs. Fortitude  
**Endurance:** improve DC 21, maintain DC 16, worsen DC 15 or lower

The target is cured!	The target loses 2 healing surges and is considered <b>weakened</b> .	As previous; and the target rolls 1d6 at the beginning of each turn in combat. If the result is a 1, the target vomits <b>green slime</b> into a random square, 1 square away from the target. Any ally that begins his turn in a patch of <b>green slime</b> is attacked by the <b>green slime</b> .	As previous; and the target also rolls a 1d10 at the beginning of every encounter. If the result is a 1, the target explodes (burst 2) into a patch of <b>green slime</b> and dies. Any ally that begins his turn in a patch of <b>green slime</b> is attacked by the <b>green slime</b> .
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### Warlord's Lament

Level 10 Disease

*This bacterial infection attacks the language and logic centers of the brain. The disease causes the victim to lose abilities based on his voice; and is a particular bane to clerics, bards, and warlords.*

**Attack:** +13 vs. Fortitude  
**Endurance:** improve DC 21, maintain DC 16, worsen DC 15 or lower

The target is cured!	Whenever the target utilizes an attack power that effects an ally, roll the attack die again. The target must use the lower of the two rolls to resolve the attack.	As previous; and the target suffers a -5 to all attack rolls with powers that effect an ally.	The target loses all access to powers that directly effect an ally. The power can still be attempted, but the power is treated only as a basic melee or basic ranged attack, with no secondary benefits to an ally. The disease's final state persists until cured.
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Thank you again for your interest in my little foray into the world of diseases for 4th Edition. Even if you don't immediately find any of the diseases useful as is; hopefully, they'll be able to spur your own imagination in order for you to create your own.

Game excellently with one another.

R.M. Walker -- Member, Role-Playing Game Bloggers Network For further information, you can view my blog, "Initiative Or What?" at [www.initorwhat.blogspot.com](http://www.initorwhat.blogspot.com) If you would like to leave me a comment, please do so at [rwalker12@gmail.com](mailto:rwalker12@gmail.com)

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