

## Grabbed

You're held in place by another creature, making you immobile and giving you a -2 penalty to AC.

If you attempt a manipulate action, activity, free action, or reaction while grabbed, you must succeed at a DC 5 flat check or it is lost; attempt the check after using it but before any effects are applied.

## Sick

You feel ill. Sick always includes a value. You take a conditional penalty equal to this value on all your checks. You can't willingly ingest anything (including potions) while sick.

You can spend an action retching in an attempt to recover, which lets you attempt a Fortitude save against the DC of the effect that made you sick. On a success, you reduce your sickness value by 1 (or by 2 on a critical success).

## Slowed

You can spend fewer actions. Slowed always includes a value. When you regain your actions at the start of your turn, reduce that number of actions by your slowed value.

You can't Ready an action when you're slowed. If you become slowed during your turn, you don't lose any actions until the start of your next turn.