

Running the shadows isn't only about firefights, magic, hacking, and big fireballs—well, okay, the fireballs make it fun. It's not enough to steal prototypes and information, extract personnel from unwilling hosts, plant evidence or maybe blow up research laboratories—there are other issues to contend with as well. Health and healing, for example, can spell the difference between a living but hurt shadowrunner and a dead one. Then there is the dangerous allure of recreational and combat drugs, or keeping oneself protected from the next generation nerve gas a target corporation may be waiting to spring on infiltrators in their security system. Even if your character successfully navigates these issues, what is her reputation like? What kind of lifestyle does she lead? What are her goals; what skills or abilities does she want to improve herself in? Gamemasters may want to be aware of these issues as well, and find some advice for running their games. This section covers these and other loose ends that are just as important to making a shadowrun enjoyable.

HEALTH

In the world of *Shadowrun*, health plays an important role in a character's ability to continue doing the jobs, legal and illegal, that she does best. This spans from healing the wounds taken in a firefight to recovering from nerve gas inhalation, and even to the kind of damage a character can do to herself through recreational drug use and abuse. What kind of damage, how bad an injury is, and how much it affects the character varies greatly depending on the situation.

The various types of damage and condition monitors are discussed in the *Combat* chapter, p. 152; healing this damage is covered below.

HEALING

Stun and Physical damage both heal naturally, though at different rates. Medical attention can help hasten the process. In both cases, healing is handled as an Extended Test.

Stun Damage

Make a Body + Willpower (1 hour) Extended Test. The character must rest for the entire hour for it to count (forced naps and unconsciousness also count). Each hit heals 1 box of Stun damage.

Fatima, a mage, is jumped by Humanis goons and badly beaten, sustaining 8 boxes of Stun damage (ouch). She decides to rest for an hour at a nearby friend's tesma shop. Her player rolls 4 (Body) + 5 (Willpower), and gets three hits. Three boxes of Stun damage are healed, leaving her with five yet to heal. She's not in the greatest shape, but she should be able to stumble home to finish healing.

Physical Damage

Make a Body x 2 (1 day) Extended Test. The character must rest for the entire day for it to count (forced naps and unconsciousness also count). Each hit heals 1 box of Physical damage.

Physical damage cannot be healed through rest if the character has Stun damage; the Stun damage must be healed first.

Glitches and Healing

A glitch on a healing test (Stun or Physical) doubles the resting time (the damage is still healed—it just takes longer). A critical glitch *increases* the damage by 1D3 boxes in addition to doubling the resting time.

Using First Aid

Characters with the First Aid skill may immediately help reduce the trauma of wounds (Stun or Physical). First Aid may only be applied within 12 hours of when the damage was taken. Roll a First Aid + Logic (2) Test, applying appropriate situational modifiers. (Characters using First Aid on themselves must apply their wound modifiers to the test.) Using the First Aid skill is a Complex Action, and takes a number of Combat Turns equal to the amount of damage the character is attempting to heal. Each net hit over the threshold reduces 1 box of damage.

A critical glitch on a First Aid Test increases the damage by 1D3 boxes; time is increased accordingly.

The maximum damage healable with the First Aid skill is equal to the skill's rating. First Aid may only be applied to a character once (for that set of wounds), and it may not be applied if the character has been magically healed.

First Aid may also be used to simply diagnose a character's health, the extent of wounds taken, or the effect of other ailments. The gamemaster sets the threshold as appropriate to the character's health or affliction, and awards information appropriate to the net hits scored.

Later in the week, Fatima is hit with 4 boxes of Physical damage (gunshot wound) in the course of evading the law. It looks like she may need to lay low for a few days to heal. After the first day of rest, her player rolls a healing test and gets 2 hits—but glitches! Fatima can heal 2 boxes of the damage, but it'll take an extra day of rest first.

On the other hand, if Rosy finds Fatima within 12 hours of originally receiving the wound, she may use the First Aid skill to treat her ork friend. Applying first aid to a wound of 4 damage boxes takes 4 Combat Turns. Rosy rolls her First Aid + Logic and scores 3 hits; she's got 1 net hit over the threshold. This reduces Fatima's damage down to 3 boxes.

Using Medicine

Characters with the Medicine skill may help speed the healing process. Medicine is not meant to be applied in combat situations (First Aid applies to medical help in combat). The character makes a Medicine + Logic Test; apply appropriate situational modifiers, including wound modifiers if a character is applying the Medicine skill to her own wounds. Each hit provides +1 die to any subsequent healing tests the character makes for healing through rest, as noted above.