



# Hawk Health

Health & Wellness Information and  
Resources for HNU Students

So, How Do I Know if I Have.....

## Seasonal Flu

All types of flu can cause:

- **Fever (> 100F)**
- **Coughing**
- **Sore throat**
- **Runny/stuffy nose**
- **Headaches**
- **Body aches**
- **Chills**
- **Fatigue**

\*\*Flu symptoms come on strong and fast compared to a cold.

## H1N1 (Swine) Flu

H1N1 can cause more severe:

- **Fever (>100F)**
- **Coughing**
- **Sore throat**
- **Runny/stuffy nose**
- **Headaches**
- **Body aches**
- **Chills**
- **Fatigue**

As well as:

- **Nausea/Vomiting**
- **Fatigue**

## Cold

Cold symptoms usually have a slower onset, and are **less severe** than the flu:

- **Coughing (dry)**
- **Fever (mild)**
- **Sore throat**
- **Runny/stuffy nose**
- **Body aches**
- **Fatigue**

**If you have a fever, or any symptoms of the seasonal flu/H1N1, contact Residence Life immediately, and notify [wellness@hnu.edu](mailto:wellness@hnu.edu). Additionally, if you have a doctor in the area, make an appointment as soon as possible.**