

## Mission Statement

### Bring Quality Healthcare to All Inmates

KEEP US HEALTHY is a non-profit organization here to help improve the healthcare system behind the walls for inmates in California County Jails and Prisons.

*Have you or a loved one ever been incarcerated?*

*Maybe you have a loved one doing time right now?*

In these unfortunate situations we want what's best for our loved ones and ourselves when we make mistakes. We're all human no matter our backgrounds, race, gender, etc.

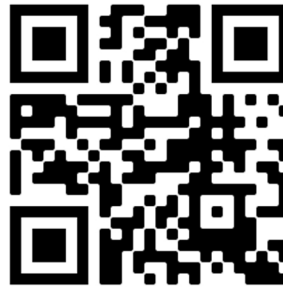
Our goal, with the help of people like you, is to get the laws changed where qualified medical professionals are hired. Qualified medical staff that do their job properly and with care just as if they were working at a top-notch hospital anywhere.

Our plan is to spread awareness by passing out flyers and brochures. We will raise money from donations and events with the help of volunteers.

Please check out our website for more information.

## Ways You Can Help

Visit our website to see how you can help improve and save lives.



[www.KeepUsHealthy.org](http://www.KeepUsHealthy.org)

## Donate to Keep Us Healthy, Inc.

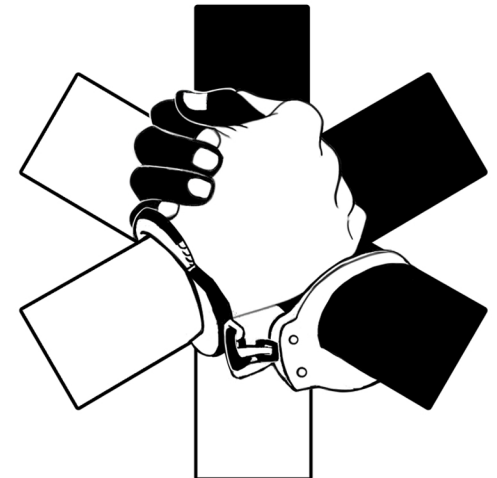


If you have a story you'd like to share please send it us.

[KeepUsHealthyInc@gmail.com](mailto:KeepUsHealthyInc@gmail.com)

**Keep Us Healthy, Inc.**  
2063 Main St., #132  
Oakley, CA 94561

# Keep Us Healthy



A non-profit organization  
to help ensure proper  
healthcare for inmates.

[www.KeepUsHealthy.org](http://www.KeepUsHealthy.org)

## Our Founder's Story

Hello, my name is Nick Jacobson and I'm the president and chairman of the KEEP US HEALTHY non-profit organization.

What inspired me to start this non-profit organization is my own personal experience while incarcerated that almost cost me my life.

I hope my story can help make a change so the next person won't have to go through what I did.

In 2017, I was detained in Martinez Detention Facility in Contra Costa County with a broken back from a car crash. They housed me on the top tier where I had to go up and down two flights of stairs everyday for recreation time, to use the phone and Diabetic checks.

I'm a type 1 Diabetic and started getting sick a couple days after my arrival at the jail. I started throwing up, couldn't eat and felt terrible. My blood glucose was in the range of 400-500 (normal range for an individual is 80-130). The insulin they were giving me was inadequate and had no effect on my blood sugar which is a sign of infection. I told the nurses and triage my issues, plus wrote request slips for help.

They denied all help until 11 days later. I started coughing up black blood and had a seizure. That's when they finally took me to the hospital where I fell into a coma. They told my family to come say good-bye. That I was not going to make it as my organs were shutting down.

Luckily, I came out of my coma, but still had to fight the infection and blood Sepsis that spread through my whole body. I ended up spending over 6 months in multiple hospitals and had over a dozen procedures and surgeries from heart and lung surgery to back surgery. The infection ate through my spine and I now have a metal spine. They miscalculated my original height when implanting the metal spine, so I am now 2 inches shorter than my original 6ft height. I lost 120lbs of body fat and ultimately almost my life.

I truly want to make a change so the next person and their family don't have to go through what I and my family went through.



## Vision Statement

### All Inmates Will Have Quality Healthcare

KEEP US HEALTHY will be recognized as a voice of the forgotten behind the wall.

A voice that makes change to medical staff, training and accountability in all of the California county jails and prisons.

Our goal is to raise awareness and funds to put towards this good cause. To expand our network and find the right ideas and people to really make a difference.

Could that person be you? Or maybe you know the right person to help us achieve our goals? Let's all work together and make a difference!