

Keeping Our Volunteers and Community Healthy: COVID-19

As we strive to ensure the well-being, health, and safety of our staff, volunteers, and community, we recognize that many of our supporters have concerns about the impact that COVID-19 may have in our city and at Martha's Table. We are continuing to monitor the situation and heed recommendations from [the Centers for Disease Control](#) and [DC Health](#).

With the potential impact of COVID-19 on the local economy, we anticipate an increased need for Martha's Table's services in the D.C. community. We thank all volunteers who choose to support our expanded efforts during this time.

As always, we are taking the necessary health precautions during volunteer activities including:

- Diligent handwashing
- The use of gloves
- Disinfecting surfaces
- Volunteers in small groups

Guidelines for Martha's Table Volunteers:

Volunteers who experience changes in their health, including respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties should cancel or reschedule their volunteer shift. Volunteers should notify volunteer@marthastable.org or their Volunteer Manager if they are unable to fulfill their volunteer shift.

- To help prevent the spread of germs, please:
- Wash your hands multiple times a day with soap and water for at least 20 seconds
- Cover your mouth with a tissue when sneezing or coughing; throw away tissues immediately or sneeze or cough into your upper sleeve if no tissues are available
- Avoid touching your eyes, nose, and mouth with unwashed hands

We understand that you may have additional questions about COVID-19. We encourage you to read the [CDC's recommended precautions](#) to take to help stop the spread of the virus.

When new developments arise that may impact Martha's Table's volunteer programs, we will provide updates to our supporters. Thank you for your ongoing commitment to our community.