

Volunteer Health and Safety Guidelines

At Martha's Table, the health and wellbeing of our volunteers, staff, and neighbors are our highest priority. Thank you for your commitment to Martha's Table in standing with and alongside our neighbors, especially during these critical times for all. It is with your help that we are able to continue our work to support strong children, strong families and strong communities.

With the trajectory of confirmed positive tests in the D.C. metro area, Martha's Table is particularly committed to holding the safety and wellbeing of all volunteers, staff and community members as our highest priority.

Therefore, **effective immediately and in accordance with Mayor Bowser's orders on travel during the COVID-19 public health emergency, Martha's Table has amended its safety procedure guidelines.** Prior to volunteering with us, we ask that any person who has travelled outside of the District of Columbia to either:

- Self-quarantine for 14 days upon their return; or
- Get tested for COVID-19 (within 3-5 days after their return) and receive a negative result.

Maryland, Virginia, Hawaii and Vermont are all exempt states. For more information on the Mayor's Order, please visit <https://coronavirus.dc.gov/phasetwo>.

We will also continue to ask all volunteers to complete our COVID-19 Self-Certification Form upon entering any of our locations to affirm that they have not exhibited any symptoms within the last 14 days nor travelled to any high-risk states without a negative test result.

Under the guidance of the Centers for Disease Control and DC Health, we are taking precautions to protect our community. Our policies enforce social distancing, proper hygiene, and safe interactions during our hours of operation and volunteer shifts. As always, we encourage volunteers to make the right decision for themselves when it comes to volunteering their time during this crisis.

Individuals should only volunteer if they are well and not showing any symptoms. Volunteers who experience changes in their health, including respiratory symptoms, fever, cough, shortness of breath and breathing difficulties should cancel or reschedule their volunteer shifts. Volunteers should notify volunteer@marthastable.org or their Volunteer Manager if they are unable to fulfill their volunteer shift.

Below, please find answers to some frequently asked questions.

What is Martha's Table doing to protect me?

Martha's Table is following guidance from the Centers for Disease Control and DC Health to implement policies that protect the health of our volunteers, our team, and our community.

We ask all volunteers to adhere to our hygiene protocol, including washing hands upon arrival, wearing gloves when handling food, washing hands, and changing gloves anytime you change activities and after you touch your face or use the restroom or your phone.

We also ask that all volunteers follow social distancing guidelines whenever possible, maintaining a minimum of 6 feet of space between you and your fellow volunteers. We have revised our operating procedures to ensure social distancing is possible. We've also altered our food distribution model, eliminating person-to-person contact with our guests and using physical markers to keep distance between volunteers, our guests, and each other.

Will I be provided with a facemask?

[The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain](#) (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

As a precautionary measure, we require volunteers to wear a cloth face covering during their volunteer shift. The cloth face coverings recommended by the CDC are not surgical masks or N95 respirators. We have a limited supply of facemasks on-site; therefore, we ask that volunteers bring their own. Masks are required before entering The Commons.

[Click here to learn more about the CDC's Recommendation Regarding the Use of Cloth Face Coverings.](#)

Will I interact with the community?

Martha's Table has changed its distribution models to eliminate person-to-person contact and promote social distancing during volunteer shifts. Behind-the-scenes shifts that require no community interaction include "Joyful Grocery Bagging," "Food Order Support," "Food Preparation", and "Food Tidy Up." Volunteer shifts that are community-facing include "Martha's Table Market", "Maycroft Mini Market", and "McKenna's Wagon." In these roles, volunteers will interact with community members at a distance. A Martha's Table staff member will be present to provide guidance and support.

With the "stay-at-home" order in D.C., am I allowed to volunteer?

Under the stay-at-home order issued by the Mayor of the District of Columbia, [volunteering with a nonprofit that performs essential service is permitted.](#)

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 slow 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.

Volunteers who have previously exhibited COVID-19 symptoms or are in recovery should follow the recommended [CDC guidelines](#).

Please consult with your healthcare provider and state and local health departments in determining when to stop home isolation. In alignment with guidelines from the Centers for Disease Control, we ask that individuals who have recovered from COVID-19 only volunteer under the following conditions:

- If you have successfully home isolated during the duration of your symptoms
- If at least 10 days have passed since your COVID-19 symptoms first appeared, and there are no longer any symptoms (including fever, cough, shortness of breath).

[We are committed to following CDC guidelines](#) and will continue to make adjustments related to COVID as the situation unfolds.