



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 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.

Martha's Table will continue to monitor guidance from federal and local health officials and consult with a health advisor when making decisions about our COVID-19 protocols. Our policies enforce social distancing, proper hygiene, and safe interactions during our hours of operation and volunteer shifts.

At this time, masks are required for volunteers, staff, and guests at all Martha's Table sites. All volunteers must complete a COVID-19 self-certification form upon entering any of our locations to affirm that they are not exhibiting any symptoms. While COVID-19 metrics are trending in the right direction, we ask that volunteers please continue to remain vigilant and adhere to all instructions provided by Martha's Table team members when volunteering with us.

As always, we encourage volunteers to make the right decision for themselves when it comes to volunteering their time during the pandemic.

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 wearing a face mask, 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 perform social distancing 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.

[For more information on how to prevent yourself from contracting coronavirus, visit: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

Will I be provided with a facemask?

As a precautionary measure, we require volunteers to wear a cloth face covering during their volunteer shift. We have a limited supply of facemasks on-site; therefore, we ask that volunteers bring their own.

Do I have to wear a mask if I'm fully vaccinated?

At this time, masks are required for volunteers, staff, and guests at all Martha's Table sites. While COVID-19 metrics are trending in the right direction, please continue to remain vigilant by adhering to all instructions from Martha's Table team members while you are volunteering with us.

[For more information on mask/face covering recommendations, visit: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html)

Do I have to quarantine if I travel now that I am fully vaccinated?

[In accordance with CDC guidelines](#), individuals returning from a trip should self-monitor for COVID-19 symptoms, isolate and get tested if symptoms develop. Volunteers who are traveling should follow all state and local recommendations or requirements.

Volunteers do NOT need to get tested or self-quarantine if they are fully vaccinated or if they have recovered from COVID-19 in the past 3 months.

If not fully vaccinated, volunteers must get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel. Even if you test negative, please stay home and self-quarantine for the full 7 days. If your test is positive, isolate yourself to protect others from getting infected. If you don't get tested, stay home and self-quarantine for 10 days after travel. Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.



Since D.C. is opening up, are you going back to the Maycroft?

At this time the majority of our operations are concentrated at our Commons location in SE D.C. Volunteer opportunities at our Maycroft location are limited. Visit <https://marthastable.org/volunteer/> to explore current volunteer shifts

Am I required to be vaccinated to volunteer?

At this time, we are not requiring volunteers to be vaccinated. For more information on where to get a vaccination, please visit <https://coronavirus.dc.gov/page/get-vaccinated>.

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 team member will be present to provide guidance and support.

May I volunteer if I have recovered from COVID-19?

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)

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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