



Midcoast Recreation Center - **MASK UPDATE**

The level of community transmission for COVID-19 in Knox County has risen to “substantial/high” per CDC. This level is indicated as RED as listed on the maine.gov website.

The CDC is now recommending that ALL individual wear masks in public indoor settings.

For the safety of our community and the safety of our staff, please follow these MRC policies.

- **Masks are required for all unvaccinated individuals**
- Practice frequent handwashing and use of hand sanitizer
- Avoid close contact with people when possible
- Stay home if you have a cold or flu-like symptoms

Please check our website for the latest rules and policies for participating at MRC. Thank you for your patience and understanding.