

Allowed Activities

- Essential Services & chains
- Purchase / obtain essential goods or services
- Obtain health treatment & medicine
- Conducting official Government and judicial duties

Operation hours

24 hours

Allowed Activity Hours

As per rules set in Brief Description

Residents Movement

Conditional

ACTIVITIES & PROTOCOLS

Action	Brief Description
Involved Areas	THE WHOLE OF PENINSULA MALAYSIA, FEDERAL TERRITORY OF LABUAN, SABAH - Please Refer to Sabah State Movement Control Order (MCO) SOP AND SARAWAK (SIBU DIVISION, KAPIT DISTRICT AND SONG DISTRICT) - Please Refer to Sibul Division Movement Control Order (MCO) SOP and Kapit District and Song District Movement Control Order (MCO) SOP
Enforcement Period	<p>5 February 2021 (starts at 12:01 a.m.) until 18 February 2021 (11:59 p.m.)</p> <p>*For Sarawak (Sibu Division) starting from 30 January 2021 (starts at 12.01 am) until 14 February 2021 (11.59pm)</p> <p>*For Sarawak (Kapit District and Song District) starting from 2 February (starts at 12 a.m.) until 15 February 2021 (11:59 p.m.)</p>
Controlled Movement	<ul style="list-style-type: none"> • PDRM is responsible in enforcing control over local infection areas with the assistance of Malaysian Armed Forces, Malaysian Civil Defense & RELA. The entry and exit routes of MCO areas are closed and controlled by PDRM. • All residents in the MCO areas are NOT ALLOWED to leave their homes / residences except: <ul style="list-style-type: none"> ➤ Only two (2) household representatives are allowed to go out just to get food supplies, medicine, dietary supplement and basic necessities within a radius not exceeding 10 kilometers from their residence or to the nearest place from their residence if supply of necessities is not within a 10-kilometer radius of their residence; and ➤ A maximum of three (3) people including patients are allowed to go out to get health care or medical services within a radius not exceeding 10 kilometers from their residence or to the place nearest to their residence if health services or the medicine are not within a radius of 10 kilometers from their residence. ➤ Movement of private vehicles, Government departments or private companies for the purpose of going to and from work or conducting official government business is dependent on the seating capacity of the vehicle. ➤ Crossing state permission is allowed for long-distance married couples by obtaining PDRM permission ➤ Other movements allowed in this SOP.

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Fixed Instructions

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Control Movement	<ul style="list-style-type: none"> • Students and candidates sitting for the Sijil Pelajaran Malaysia (SPM) Examination year 2020 and 2021, Sijil Tinggi Persekolahan Malaysia (STPM), Sijil Vokasional Malaysia (SVM), Sijil Tinggi Agama Malaysia (STAM), Malaysian Skills Certificate (SKM), Malaysian Vocational Diploma (DVM), Assessment Admission to Special Schools for Form 1 and Form 4 and equivalent international examinations are allowed to attend schools across MCO or CMCO or RMCO areas in accordance to the school calendar prescribed by the Ministry of Education Malaysia (MOE) with confirmation documents from MOE and movement to and from school can be accompanied by a guardian. • Matriculation colleges are allowed during the MCO period. Students in boarding schools / universities / institutions are allowed to be in the respective boarding schools / universities / institutions and continue with hybrid learning. • International examinations and professional bodies as well as research activities that require laboratories facilities in the Institutions of Higher Learning (IPT) are allowed in compliance to the SOP of the IPT and movement must be accompanied by validation by the Ministry of Higher Education (MOHE) or the relevant IPT. • Movement for the lecturers / teachers / instructors for the purpose of Teaching and Learning of classes involved in the examination is allowed with confirmation from MOE and MOHE. • Movement for admission of students to dormitories for examination classes set by MOE and MOHE are allowed with confirmation from MOE and MOHE. • Students need to obtain a movement permit letter to cross states or districts to return to campus from the respective IPT. • Movement in / out of MCO area for emergency cases such as death is allowed after obtaining permission from PDRM. • Movement in / out of MCO area for emergency cases such as natural disasters is allowed. • Natural disaster aid/ humanitarian aid movement by NGOs need permission from State Disaster Management Committee or District Disaster Management Committee of the affected area and the aid must be channeled through the Disaster Operations Control Center (PKOB) in the respective area. • State Assemblymen and Members of Parliament are allowed to cross their respective districts and states throughout the MCO period for the purpose of official duties or visiting the area. • Control of movement in and out of Sabah during the MCO period is in accordance with the SOP of MOVEMENT CONTROL ORDER (MCO) FOR THE WHOLE STATE OF SABAH. • PCA and RGL between Malaysia and Singapore are to be continued based on the agreed agreement.

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Activities Within MCO Areas	<ul style="list-style-type: none"> • All activities other than those listed in the ESSENTIAL SERVICES LIST are NOT ALLOWED. • Restaurants (including in pub and night clubs), shops / food stalls, food trucks, roadside hawkers, circulating hawkers, food courts/ hawker centers, roadside stalls / kiosks are ALLOWED to operate between 6.00 am to 10.00 pm. • Food sale activities are only allowed for takeaway, drive-through or delivery starting between 6:00 am until 10:00 pm. • Grocery and convenience stores are ALLOWED to operate between 6.00 am until 10.00 pm • Hospitals, clinics and medical laboratories can operate for up to 24 hours or subject to terms of the license permit • Pharmacies can operate from 6:00 am to 10:00 pm. • Daily necessities shops can operate from 6:00 am to 10:00 pm. • Petrol stations can operate from 6:00 am to 10:00 pm except petrol stations located at the highway can operate for up to 24 hours. • Daily markets, farmers markets, public markets and Sunday markets can operate from 7:00 am to 2:00 pm • Night market can operate from 4:00 pm to 10:00 pm with SOP compliance and supervision by the members of RELA or Local Governing Authority. • Wholesale Markets can operate from 12:00 am to 6:00 am and 11:00 am to 4:00 pm. • Pet Clinics and Pet Shops are allowed to operate from 6.00 am to 10.00 pm. • Laundromats, optical shops, car wash services, barbershops and salon (barber service only) are allowed to operate from 6 am to 10 pm • Self-service laundromat premises to ensure employees that standard operating procedures (SOPs) are complied
Permission for operation and movement for essential need	<ul style="list-style-type: none"> • All sectors in the list of essential services registered with the Ministry /related Agency can operate during the MCO period. Employee movement is subject to the registration / operating approval letter and employee pass / employer confirmation letter. • The movement of the official Government duties must be accompanied by an employer confirmation document. • Employee attendance capacity for essential services should be limited to employees who need to be physically present to the workplace for the purpose of performing duties and other categories of employees in the essential services can work from home. (Employers are responsible for classifying categories to reduce number of people in the workplace to the necessary rate).

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ACTIVITIES & PROTOCOLS					
Action	Brief Description				
General Health Protocol	<ul style="list-style-type: none"> • The licensees and owner of the premises must ensure the control of the entry and exit of the premises with 1 meter social distancing • The licensees and owner of the premises are required to provide MySejahtera QR code facilities and provide customer with attendance registration book. • The licensees and owner of the premises must ensure that customers check in the premises using MySejahtera or by writing the name and phone number manually as well as scan body temperature. Body temperature 37.5 degrees Celsius and above is NOT ALLOWED to enter the premises. The owners of the premises need to ensure only customers with "Low Risk" status in MySejahtera, are allowed to enter their respective premises • The licensees and owner of the premises need to limit the number of customers in the premises with a social distancing of 1 meter radius at any given time and display the maximum number of customers in the premises. • Employees, suppliers and customers are required to wear face masks properly according to MOH recommendations while on premises. • It is mandatory to wear face mask, especially when in a crowded public place except for the following activities and places as follows: <ol style="list-style-type: none"> a. Own residence and involves same household members; b. Hotel Room/ Private Paid Accommodation involving members of the same household; c. Private workspace; d. Sports activities & Indoor and Outdoor recreational activities; e. Own vehicles involving members of the same household; f. Indoor / outdoor areas and public places without any other individuals; and g. While eating and drinking in public without any other individuals. 				

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Action	Brief Description
Meeting	<ul style="list-style-type: none"> • Face-to-face meeting of the Government and private agencies requiring the presence of representatives from external agencies is NOT ALLOWED and must be done through a video conference.
Mosque / Surau activities and houses of worship	<ul style="list-style-type: none"> • For the purpose of managing the mosque / surau and houses of worship, 5 committee members are allowed to attend. • Friday prayers in the Federal Territories of Kuala Lumpur, Labuan and Putrajaya are allowed with a maximum of 30 people while the other states are subject to the State Government and the State Islamic Religious Authority.
Relaxation of Leisure Activities	<ul style="list-style-type: none"> • Jogging activities are allowed in groups of not more than 2 people only in the neighbourhood. • Group cycling is NOT ALLOWED. Cycling activities alone not exceeding 10 km from the residence are ALLOWED. • The existing centralized training program implemented by the National Sports Council and the State Sports Council can be continued in a "Quarantine Based Approach" as done at the MSN Bukit Jalil Complex and the MSN Taman Keramat Complex, K. Lumpur, Paralympic Sports Excellence Center, Kampung Pandan, K. Lumpur, Malaysian Badminton Academy, Bukit Kiara, National Yacht Training Center, Langkawi, Kedah, National Velodrome Malaysia, Nilai, N. Sembilan and Mokhtar Dahari National Football Academy, Gambang, Pahang

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Action	Brief Description
Childcare Centres, Nurseries, Montessorios and Kindergartens	<ul style="list-style-type: none"> • Childcare centres, nurseries, montessorios and kindergartens are allowed to operate with the permission by the relevant Ministry / Agency. • Parents / guardians who send children to childcare centres are allowed to use vehicles with the number of child passengers according to the vehicle capacity. • Day care centre for the Disabled (OKU), Senior Citizens, Women and Various Care Centres are allowed to operate during the MCO period.
Social Activities	<ul style="list-style-type: none"> • Official and Non-Official Ceremonies of Government and Private, Social Events such as feasts (<i>kenduri</i>), weddings and engagements ceremonies, receptions, <i>aqiqah</i> ceremonies, holy ceremonies (<i>doa selamat</i>), <i>tahlil</i>, anniversary celebrations, birthdays, reunions, retreats and other social events) are NOT ALLOWED. • Seminars / Workshops / Courses / Training / Conferences / Talks / Exhibitions and related activities with Meetings, Incentives, Conventions and Exhibitions (MICE) are NOT ALLOWED. • All sports and leisure activities except relaxation for jogging and cycling activities as stated in this SOP. • Activities for organizing tournaments / sports competitions are NOT ALLOWED. • Tourism activities in / out of MCO areas and EMCO areas are NOT ALLOWED
Other activities	<ul style="list-style-type: none"> • Other matters decided by the Government from time to time

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ACTIVITIES & PROTOCOLS

LIST OF ESSENTIAL SERVICES

(Only 30% attendance from the management team while the number of employees is determined by the employer by ensuring social distancing practices and public health protocols can be implemented in the workplace)

Manufacturing:

1. Aerospace (component and maintenance, repair and overhaul (MRO));
2. Automotive (car vehicles and component)
3. Food, beverages and their chains;
4. Packaging and printing;
5. Household products, personal care items (FMCG - soap, personal cleansers etc.) and detergents including its chains;
6. Health and medical care including dietary supplements;
7. Personal protective equipment (PPE) and fire safety equipment;
8. Components for medical devices;
9. Electrical and electronics;
10. Oil and Gas;
11. Petrochemicals and petrochemical products;
12. Chemical products;
13. Machines and equipment;
14. Ceramics (ceramics as mold for making gloves);
15. Iron and steel;
16. Textiles involving PPE production only;
17. Furniture sector; and
18. Production, distillation, storage, supply and distribution of fuels and lubricants.

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Construction

19. Construction:

- i. Maintenance and critical repair works;
- ii. Major public infrastructure construction works; and
- iii. Building construction works that provide complete workers' accommodation on construction sites or employees placed in the Centralised Workers Quarters (CLQ).

Service

20. Automotive (Repair and Maintenance Only);

21. Financial Services and its chain:

- i. Financial Institutions (Banking, Insurance, Takaful and other licensed, formulated or registered entities by Bank Negara Malaysia); and
- ii. Capital market entities licensed, registered or regulated by the Securities Commission Malaysia.

22. Municipal and local government services:

- i. Pawnbroking/community credit (licensed moneylender company);
- ii. Management of solid/sewerage waste;
- iii. Public cleansing; and
- iv. Cleaning of premises and sanitation.

23. Communications including telecommunications and internet, postage and courier, and distributions;

24. Technology information including global business services and call centres..

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Service

25. E-Commerce and its chains include e-marketplace services, digital payment and local e-commerce internet centers;
26. Development of digital creative content in the studio including film editing;
27. Hotels and accommodation;
28. Agriculture, fisheries and livestock sectors including veterinary services:
 - i. Farm management/nest of swift birds/ horses/ animal processing plants/slaughterhouses/ livestock/ feed mills of livestock/suppliers of vaccination/management of livestock/pet stores (livestock transplant operations are at night);
 - ii. Disease control and regulated live livestock production, livestock inputs and related products livestock industry (including exports and imports); And
 - iii. Health management, diagnosis of diseases and animal treatment.
29. Utilities (water and energy);
30. Professional services (including accountants/ lawyers/ auditors/ engineers/ architects), scientific (including R&D) and technical (including maintenance);
31. Security Services;
32. Security and Defense;
33. Judicial and legal services;
34. Transportation by land, water and air;
35. Port services and entrepreneurship, shipyards and airports, including unloading and transfer of cargo, selling, storage or conversion of commodities.

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Distribution Trade

36. Warehousing and Logistics;

37. Food / Beverage Service / Sale / Delivery; and

38. Retail / Distribution / Wholesale and its chains:

- i. Shopping complex; supermarket / department store; daily necessities, infant and child needs, medical, electrical and related COVID-19 equipment protection);
- ii. pharmacy / personal care; convenience store / mini mart; laundromat (including self-service); restaurant; optical shop; telephone shop; furniture store; gold shop; electrical and electronic stores; bookshop & stationery; hardware shop; pet store; vehicle workshops, maintenance and spare parts; car distribution and sales centers; petrol stations; **prayer and funeral equipment stores; car wash shops; barbershops and salon (barber service only).**
- iii. **Online shopping is encouraged**

Plantation and Commodities

39. Agriculture, fisheries and livestock (including individual fishing activities for income purpose) and its chains; and

40. Plantations and commodities and their chains.

Others

41. Any services, work, industry and business as determined by the Minister of Health after consulting with the authorities regulating services, work, industry and business.