

NEW NORMAL SOP FOR CONDITIONAL MOVEMENT CONTROL ORDER (CMCO)

Updated as of 15th March 2021

Includes:

- Individuals and families in public places and facilities
- Company/Operators/Premise Owners
- Organisers of Events/Ceremonies/Programs/Conferences/Meetings/Workshops/Talks/Courses
- Small and Medium Traders

Unauthorized activities :

- Activities listed in the Schedule of Prohibited Activities, enforced Infectious Diseases Control & Prevention Order (Declaration of Local Infected Areas)

Fixed Instructions

- Regulation 18 PUA 97 2021
- Emergency Ordinance (Prevention and Control of Infectious Diseases (Revision) 2021
- Guidelines of Ministries and Agencies
- Local Authority Instructions
- Other enforced rules

ACTIVITIES & PROTOCOLS

Action	Brief Description
1. Physical Distancing	<ul style="list-style-type: none">• Perform physical distancing of at least 1 meter between individuals according to the size of an area / premise / building• Not touching others such as shaking hands• Avoid being in public and crowded places.• Any form of public gathering should be regulated by prevention of Crowding, Narrowing and Chating within near distance
2. Face Mask Wearing	<ul style="list-style-type: none">• It is compulsory to wear a face mask when symptoms such as cough, flu or sore throat exist• It is compulsory to wear a face mask except for activities and places as follows :<ol style="list-style-type: none">a. Own residence and involving household membersb. Hotel room / private paid accommodation and involving household membersc. Solitary work spaced. Indoor/Outdoor sports & recreational activities;e. Own vehicle and involving household membersf. Indoor / outdoor public places without any other individuals ;andg. When eating and drinking in public places
3. Washing Hands	<ul style="list-style-type: none">• Washing hands often using soap / water or hand sanitiser

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4. Body Temperature Inspection	<ul style="list-style-type: none">• Customers, visitors, owners of premises, business operators, employees and others need to perform body temperature checks before entering premises. Individuals whose body temperature is above 37.5 degrees Celsius are not allowed to enter the premises.• One-time body temperature check only at the entrance of complexes and not at every business premise under one complex
5. Sports, Leisure and Recreational, Religious, Social, Culture, Education, Tourism, Economy, Transport and Agriculture Activities	<ul style="list-style-type: none">• To comply with the guidelines set by the relevant Ministries and Agencies
6. Buy Sell Activities <ul style="list-style-type: none">• Business premises/ Hawkers Without Premises/ Market Buildings/ Market Without Premises/ Retail/ Miscellaneous Foods and Drinks Outlets• Services	<ul style="list-style-type: none">• To comply with the guidelines set by the relevant Ministries and Agencies• Online trading transactions are encouraged

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7. Health Advice	<ul style="list-style-type: none">• If you have a fever or a cough, sore throat, flu or shortness of breath, do seek treatment at a nearby hospital or clinic• Children and the elderly are not encouraged to be public places and facilities except for essential needs only• Adopt 3W (Wash, Warn & Wear)
8. The use of MySejahtera App	<ul style="list-style-type: none">• Owners of premises/operators/companies/traders must download and register in the MySejahtera application• The use of the MySejahtera application is mandatory at internet accessible areas. Exceptions are provided for areas which do not have any internet access especially at villages and remote areas.• License holders and premise owners must ensure customers check in into their premises using MySejahtera or manually write their names and telephone numbers should there be no internet coverage.• Premise owners/premise operators/companies/traders must ensure only customers with Low Risk status in MySejahtera app, are allowed to enter respective complexes or premises.
9. Travelling outside the country	<ul style="list-style-type: none">• To follow Government's instructions and advice regarding traveling abroad.