

Effective Period

24 hours

Permitted Hours for Activities

As prescribed in the brief descriptions

Movement of Residents

Permitted with conditions

Permitted Activities

- The economic and industrial supply chain
- Official Government Business
- To obtain treatment for health, emergency and funeral matters

Prohibited Activities

- List of prohibited activities

Standing Orders

- Regulation 16 P.U. (A) 65/2021
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ACTIVITY AND PROTOCOL

ACTIVITY	BRIEF DESCRIPTION
Areas Involved	SARAWAK, KEDAH, KELANTAN, PENANG, PERAK, SELANGOR, F.T. KUALA LUMPUR, NEGERI SEMBILAN AND JOHOR *For Sarawak, please refer to the State of Sarawak CMCO SOP
Effective Period	5 March 2021 (from 12:01 am) until 18 March 2021 (11:59 pm) For Sarawak, it begins from 2 March 2021 (from 12:01 am) until 15 March 2021 (11:59 pm)
Movement Control	<ul style="list-style-type: none"> • Movement within CMCO areas is ALLOWED. F.T. Kuala Lumpur and Selangor are considered as one zone and cross-border movement is allowed. • Movement to other CMCO areas, Movement Control Order (MCO), Recovery Movement Control Order (RMCO) and Enhanced Movement Control Order (EMCO) areas are NOT ALLOWED except with PERMISSION from the RMP. • The number of passengers in private vehicles is in accordance with the vehicle's capacity. However, high risk individuals and children are not encouraged to go out to public, open and congested areas. • The number of people permitted in vehicles transporting essential goods and services and the economic / industrial supply chain is dependent on the commercial vehicle registration license. • The movement of private, Government department or private company vehicles for the purpose of traveling to and from work or to conduct official government business is dependent on the seating capacity of the vehicle. • Activities and services at all airports and ports are ALLOWED to operate. • Public transportation services such as bus stops, express buses, LRT/MRT/ERL/monorail, ferries, airplanes, taxi / e-hailing services and other public transportation are ALLOWED to operate (operational hours in accordance with license terms) based on the capacity of the vehicle. • Food delivery services are ALLOWED to operate from 6:00 am to 12.00 midnight for the duration of the CMCO.



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ACTIVITY	BRIEF DESCRIPTION				
Activities in CMCO areas	<ul style="list-style-type: none"> • Business / economic / industrial activities are ALLOWED to operate as determined by the Government. • Supermarkets, shopping malls and retail stores are ALLOWED to operate according to the prescribed SOPs between 6:00 am and 12:00 am. • Restaurants, shops / dining outlets, food trucks, roadside hawkers, mobile hawkers, food court / hawker centres, roadside stalls / kiosks, grocery and convenience stores are ALLOWED to operate between 6:00am and 12:00 am with compliance to the Food Sector SOP. • Restaurants and eateries are ALLOWED to operate on a <i>dine-in</i> basis (WITH DISTANCING OF 1 METER BETWEEN CUSTOMERS in accordance with table size), take-away, delivery or drive-through with compliance to the Food Sector SOP (Premised Businesses, Non-Premised Hawkers, Indoor Markets and Retail / Convenience Stores). Operational hours are allowed from 6:00 am to 12.00 midnight (subject to license terms). • Day markets, wholesale markets, wet markets, night markets and Late Night Markets (uptown, downtown and the like) are in accordance with the starting operational hours set by the license / permit until 12.00 midnight with compliance to the SOP and supervision by the authorities as well as RELA / Local Authority personnel. • Petrol station operating hours are between 6:00am and 12.00 midnight (except for the operation of petrol stations on highways which can operate 24 hours). • Laundry services are ALLOWED from 6:00 am to 12.00 midnight. • Spa, reflexology, massage, wellness including pedicure and manicure services are ALLOWED from 6:00am to 12.00 midnight or in accordance with Local Authority license terms, whichever is earlier. • Other business operations for daily needs are ALLOWED from 6:00am to 12.00 midnight (subject to license terms). 				

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ACTIVITY AND PROTOCOL						
ACTIVITY		BRIEF DESCRIPTION				
Medical / Health Services		<ul style="list-style-type: none"> • Government and private clinics and hospitals are ALLOWED to operate for 24 hours or as permitted by the Government. • Pharmacies and drug stores can operate from 8:00 am to 12.00 midnight. 				
Health Protocols		<ul style="list-style-type: none"> • The license holder and premise owner to ensure the movement of customers in and out of the premises is with 1 meter physical distancing. • Hand sanitizer must be provided at entrances and to ensure it is used before entry. • It is mandatory for the license holder and premise owner to provide a MySejahtera QR code and a registration log book for customer attendance. • Use of the MySejahtera application is mandatory in areas with extensive internet access. Exemption is allowed for areas that do not have internet access, specifically villages and rural areas. • The license holder and premise owner to ensure customers check-in to the premises using MySejahtera or to manually write down their name and contact number. Those with a body temperature above 37.5 degree Celsius are NOT ALLOWED to enter the premises. Premise owners need to ensure that only customers with a "Low Risk" status in MySejahtera are allowed into their premises. • The premise owner to limit the number of customers in the premises with a 1 meter radius physical distancing at any given time and to display the maximum number of customers within the premises. • Employees, suppliers and customers are required to wear face masks correctly in accordance with MOH recommendations while on the premises. 				

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ACTIVITY	BRIEF DESCRIPTION
Health Protocols	<ul style="list-style-type: none"> To ensure there is ventilation and a good ventilation system on the premises. Mandatory wearing of face masks especially while in congested public areas EXCEPT for the following activities and areas: <ol style="list-style-type: none"> Own residence involving members of the same household; Privately Paid Hotel Room / Accommodation involving members of the same household; Individual workspaces; Indoor and Outdoor sports & recreational activities; Own vehicles involving members of the same household; Indoor / outdoor areas and public places without any other individuals; and While eating and drinking in public without any other individual.

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ACTIVITY	BRIEF DESCRIPTION
Employment Activity	<ul style="list-style-type: none"> • Movement in and out of MCO, CMCO and RMCO AREAS IS ALLOWED. Employee movement is subject to registration / an approval letter to operate and an employee pass / employer confirmation letter. • Movement into EMCO areas IS NOT ALLOWED. • Employee attendance capacity for the civil service is based on JPA Circulars / Orders. Whereas for the private sector it is based on 30% for the Management Group and number of operational / support staff as determined by the employer. • Vehicles carrying employees including private vehicles are ALLOWED to operate with SOP compliance.
Sports and Recreational Activities	<ul style="list-style-type: none"> • All individual and team sports and recreational activities for the purposes of health, fitness, training and games / matches are SUBJECT to the Sports and Recreational Sector SOP including the effective movement control order in place and permission from the relevant Authoritative Body. • The hosting of tournaments / competitions at the state / community level WITH permission from the Ministry of Youth and Sports (KBS). • The hosting of tournaments / competitions at national level involving inter-state movement with the PERMISSION of the RMP such as the MFL, MHL and STL Leagues must follow the Sports Bubble Model and WITHOUT the attendance of spectators / supporters. • It is MANDATORY to obtain permission from KBS for the hosting of national and international tournaments / competitions. • Phased Training Centre Programs for teams involved in MFL, MHL and STL through Home / Camp Quarantine. • Training Centre Programs run by the National Sports Council and State Sports Councils run with the Camp Quarantine concept. • Group activities conducted locally WITHOUT PHYSICAL CONTACT with a limit of 50% capacity of the total area capacity with compliance to physical distancing and WITH supervised control.



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<u>ACTIVITY AND PROTOCOL</u>					
ACTIVITY		BRIEF DESCRIPTION			
Economic and Industrial Sector Activities		<ul style="list-style-type: none"> • Economic and industrial sector activities in CMCO areas can operate as determined by the Government with compliance to prescribed SOPs. • All industrial, business and manufacturing related vehicles are ALLOWED to operate, including to cross districts and states. 			
Fisheries, Plantation and Agriculture Sectors		<ul style="list-style-type: none"> • The fisheries, plantation, agriculture and livestock and all other sectors related to the food supply chain are ALLOWED to operate. 			
Religious Activities		<ul style="list-style-type: none"> • Activities in the mosques and <i>suraus</i> are ALLOWED with restricted attendance as determined by the State Religious Authority. • Activities in non-Muslim houses of worship are ALLOWED with restricted attendance as determined by the Ministry of National Unity and the Ministry of Federal Territories for houses of worship in the Federal Territories. 			



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ACTIVITY AND PROTOCOL

ACTIVITY	BRIEF DESCRIPTION
Creative Industries	<ul style="list-style-type: none"> • All types of events, shows, performances, live music and live bands conducted live encompassing music, acting, comedy, performing arts, culture, heritage, multimedia and live streaming in halls, auditoriums, art premises, convention centers, studios, stadiums and hotel lounges are ALLOWED WITHOUT SPECTATORS. • The total number of management, artists and crew is limited to 70% of the normal capacity. • Creative Content Development activity including music production, animation and filming, drama and documentary filming conducted within and outside studios are ALLOWED. However, live television programs or recording within and outside studios is ALLOWED WITHOUT SPECTATORS. • Busking activity within building premises such as cafeterias, food courts, restaurants and shopping malls is ALLOWED. • Cinema and drive through cinema activity is ALLOWED in CMCO areas.
Day Care Centres, Tabikas, Kindergartens and Nurseries	<ul style="list-style-type: none"> • Day care centres, <i>tabikas</i>, kindergartens and nurseries are allowed to operate with permission to operate by the relevant Ministry / Agency. • Parents / guardians sending their children to day care centres are allowed to use vehicles with a number of child passengers according to the capacity of the vehicle. • Day care centres for People with Disabilities, Senior Citizens, Women and Multipurpose Care Centres are allowed to operate during the CMCO period.

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ACTIVITY AND PROTOCOL

ACTIVITY	BRIEF DESCRIPTION
Education	<ul style="list-style-type: none"> • Schools, Public and Private Institutes of Higher Learning (HEI), Vocational Institutes, <i>tahfiz</i> centers, private education institutions in the category of private kindergartens, schools and centers (such as tuition centers, language centers, skills centers, mental development centers and guidance centers) and other education institutions are ALLOWED with compliance to guidelines set by respective Ministries/Agencies. • All educational institutes and private education institutions registered with the Ministry of Education (MOE) are allowed to operate according to the decision and announcements from MOE from time to time. Other institutions are encouraged to begin operations based on the announcement from MOE. • Students and candidates sitting for the 2020 and 2021 <i>Sijil Pelajaran Malaysia</i> (SPM), <i>Sijil Tinggi Pelajaran Malaysia</i> (STPM), <i>Sijil Vokasional Malaysia</i> (SVM), <i>Sijil Tinggi Agama Malaysia</i> (STAM), <i>Sijil Kemahiran Malaysia</i> (SKM), <i>Diploma Vokasional Malaysia</i> (DVM), Admission to Special Schools for Form 1 and Form 4 Examinations and equivalent international examinations are allowed to attend school across MCO or CMCO or RMCO areas in accordance with the school calendar as set by the Malaysian Ministry of Education (MOE) with confirmation documents from MOE. • The movement of lecturers/teachers/instructors for the purpose of Lecturing and Teaching classes involved in examinations are allowed with confirmation from MOE and MOHE. • Movement for the admission of students to dormitories for examination classes set by MOH and MOHE are allowed with confirmation from MOH and MOHE. • Students must obtain a movement permission letter to cross states or districts to return to campus from the relevant HEI.



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ACTIVITY		BRIEF DESCRIPTION			
MICE (Meetings, Incentives, Conventions and Exhibitions)		<ul style="list-style-type: none"> • Business events in relation to meetings, incentives, conventions and exhibitions are allowed to operate at 50% of the premise capacity with compliance to physical distancing, mandatory wearing of face masks and based on the CMCO MICE SOP. 			
Tourism and Cultural Activities		<p>The following activities are allowed to be held at 50% of the premise capacity with compliance to physical distancing, mandatory wearing of face masks and based on the relevant CMCO SOPs:</p> <ul style="list-style-type: none"> • Public tourist attractions such as zoos, farms, aquariums, edutainment centers, recreational parks, extreme / adventure / nature parks and others; • Arts, culture and heritage premises such as museums, libraries, art galleries, cultural heritage villages / centers, cultural performance stages and others; • Theme parks and family entertainment centers. <p>Other tourist and cultural activities OTHER THAN those listed under the Negative List are subject to the available Cultural and Tourism CMCO SOP which is currently in force.</p>			
Meetings		<ul style="list-style-type: none"> • Face-to-face meetings for official business / work held at the office, hotel and other institutions is allowed with compliance to social distancing, mandatory face masks and only at 50% of the meeting room capacity. • Meetings are encouraged to be via video calls 			

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ACTIVITY AND PROTOCOL					
ACTIVITY		BRIEF DESCRIPTION			
Seminars / Conferences / Workshops / Courses / Training / Lectures / Exhibitions		<ul style="list-style-type: none"> • All Seminars / Conferences / Workshops / Courses / Training / Lectures / Exhibitions are allowed to be held at 50% of the premise capacity with compliance to physical distancing, mandatory wearing of face masks and based on the General SOP for the Execution of Government and Private Sector Official Events. • Ongoing internal training CAN BE HELD but only within the training institution area. 			
Mass Ceremonies		<ul style="list-style-type: none"> • Government and Private Official and Non-Official Events, Social Events such as ceremonies, <i>akad nikah</i> ceremonies, weddings and engagements, receptions, <i>aqiqah</i> ceremonies, <i>doa selamat</i>, <i>tahlil</i>, anniversaries, birthday celebrations, reunions, retreats and other social gatherings are allowed to be held at 50% of the premise capacity with compliance to physical distancing, mandatory wearing of face masks and based on the General SOP for the Execution of Social Events. 			
Other Permitted Activities		Other activities not listed in the Negative List are ALLOWED based on existing SOPs which have been prescribed.			



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List of Prohibited Activities (Negative List)							
Entertainment Activities	<ul style="list-style-type: none"> • Activities in nightclubs or pubs. • Concerts or live events with spectators. 						
Sports and Recreational Activities	<ul style="list-style-type: none"> • The hosting of tournaments / competitions WITHOUT the permission of the Ministry of Youth and Sports. • The hosting of tournaments / competitions WITH the attendance of spectators / supporters. Group activities with physical contact conducted OVER the 50% capacity limit of the area WITHOUT supervised control. • Activities conducted outside effective movement order areas except for those with permission. • Mass activities involving the movement and congregation in large numbers which would make physical distancing at any one time difficult such as fun runs, fun rides, marathons, triathlons and the like. 						
Tourism Activities	<ul style="list-style-type: none"> • Tourism activities to outside CMCO areas and within MCO and EMCO areas. • International travel by citizens and domestic tourism involving foreign tourists entering Malaysia except for foreign tourists as declared by the Minister. 						
Other Prohibited Activities	<ul style="list-style-type: none"> • Inter-state movement without permission from the RMP. • Any activity that can cause many people to attend in one place, making it difficult to conduct physical distancing and comply with orders by the Director-General of Health. • Others as decided by the Government from time to time. 						