

Allowed Activities

- Economic and industry activity chains
- Conduct Government Official Tasks
- Obtain health treatment, emergency matters and death

Operation hours	24 hours	Allowed Activity Hours	As per rules set in Brief Description	Residents Movement	Permitted with conditions
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ACTIVITIES & PROTOCOLS

Action	Brief Description
Involved Areas	SARAWAK, KEDAH (EXCEPT FOR LANGKAWI) , KELANTAN, PENANG, PERAK, SELANGOR, WP KUALA LUMPUR, NEGERI SEMBILAN AND JOHOR. * For Sarawak, please refer to Sarawak State SOP CMCO
Enforcement Period	March 5, 2021 (from 12.01am) to March 18, 2021 (11.59pm) * For Sarawak from 16th March 2021 (from 12.01 am) to 29th March 2021 (11.59 pm)
Controlled Movement	<ul style="list-style-type: none"> • Movement within the same CMCO district is ALLOWED, WP Kuala Lumpur and Selangor are considered one zone and cross -movement is allowed. • Movement to other CMCO district / area, Movement Control Order (MCO) area, Recovery Movement Control Order (RMCO) area and Enhanced Movement Control Order (EMCO) area are NOT ALLOWED except with the permission of PDRM • The number of passengers in a private vehicle is in accordance with the capacity of the vehicle. However, high risk individuals and children are not encouraged to go out to public, open and crowded areas. • The number of people allowed in vehicles carrying essential goods and services as well the chain of economic / industrial activities is dependent on the commercial vehicle registration license. • Movement of private vehicles, Government departments or private companies for the purpose of going to and from workplace or to carry out official government affairs 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 and other public transports are ALLOWED to operate (operating hours subject to license terms) based on the vehicle capacity. • Food delivery service is ALLOWED to operate from 6.00 am to 12.00 midnight throughout the period of the Conditional Movement Control Order CMCO.

Prohibited Activities

- List of Non-Allowable Activities

Fixed Instructions

- **Regulation 18 P.U. (A) 97/2021**
- **Emergency Ordinance (Prevention and Infectious Disease Control)(Revised) 2021**
- Subject to enforcement rules issued by NSC and MOH
- Orders, rules and SOPs under Ministries/ Departments / Agencies
- MCO SOP for the entire State of Sabah
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GENERAL SOP FOR CONDITIONAL MOVEMENT CONTROL ORDER (CMCO)

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ACTIVITIES & PROTOCOLS

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Activities Within MCO Areas	<ul style="list-style-type: none"> • Business / economy / industry activities are ALLOWED to operate as determined by the Government. • Supermarkets, Shopping Malls and Retail Stores are ALLOWED to operate according to the determined SOP between 6.00am to 12.00 midnight. • Restaurants, shops / food stalls, food trucks, roadside hawkers, circulating hawkers, food courts / hawker centers, roadside stalls / kiosks, grocery stores and convenience stores are ALLOWED to operate between 6.00 am to 12.00 midnight with compliance to the SOP of Food Sector. • Restaurants and eateries are ALLOWED to operate dine-in (WITH 1 METER SOCIAL DISTANCING BETWEEN CUSTOMERS according to the table size), take away, delivery or drive-through with compliance to the Food Sector SOP(Premised Business, Non-Premised Hawkers, Indoor Markets and Retail / Food & Beverage Convenience Stores). Operational hours are allowed from 6.00am to 12.00 midnight (subject to license terms). • Daily markets, wholesale markets, farmers markets, night markets and Late Night Bazaars (uptown, downtown and the like) are in accordance with the starting operational hours set by the license / permit until 12.00 midnight with SOP compliance and supervision by the authorities as well as RELA / Local Governing Authority members. • Petrol stations operating hours are between 6.00 am to 12.00 midnight (except for the operation of petrol station on the highway is allowed to operate for 24 hours). • Laundry services are ALLOWED to between 6.00 am to 12.00 midnight. • SPA, reflexology, massage, wellness including pedicure and manicure services are ALLOWED from 6.00 am to 12.00am midnight or according to the conditions of the local authority license that whichever is earlier. • Operations of other businesses for daily needs are ALLOWED starting from 6.00 am until 12.00 midnight (subject to license terms).

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ACTIVITIES & PROTOCOLS

Action	Brief Description
Health / Medical Services	<ul style="list-style-type: none"> • Government and private clinics and hospital operating hours are ALLOWED to operate 24 hours or according to the time set by the Government. • Pharmacies and drug stores can operate from 8.00 am to 12.00 midnight.
Healthcare Services Protocol	<ul style="list-style-type: none"> • The owner of the premises must ensure the control of the entry and exit of the premises with 1-meter physical distancing. • Hand sanitizer is provided at the entrance and ensured to use it before entering. • Licensees and premise owners are required to provide MySejahtera QR code facilities and customer attendance registration book. • The use of MySejahtera application is mandatory in areas with internet access. Exceptions are given for areas that do not have internet access especially in villages and rural areas • The licensees and premise owner must ensure that customers check in the premises using MySejahtera or by writing the name and no. phone manually as well as scan body temperature. • For departmental store supermarket shopping complexes customers only need to run body temperature scans only once at the entrance of the complex and not at every business premises under one complex • 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.

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Healthcare Services Protocol	<ul style="list-style-type: none"> • License holders and premise owners limit the number of customers in the premises with physical distancing of 1 meter radius at any time and display the maximum number of customers allowed in the premises • Suppliers, employees and customers are required to wear face masks properly as recommended by KKM while in the premises • Ensure good ventilation and airing system in the premises • It is mandatory to wear a face mask especially when in a crowded public place EXCEPT for activities and places as follow : <ol style="list-style-type: none"> a. Own residence and involving household members; b. Hotel Room/ Private Paid Accommodation and involving members of the household; c. Solitary work space; d. Indoor and Outdoor recreational & sports activities; e. Own vehicle and involving household members; f. Indoor and outdoor areas and public areas without any other individuals; and g. While eating and drinking in a public place without any other individual.

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ACTIVITIES & PROTOCOLS

Action	Brief Description
Work Activities	<ul style="list-style-type: none"> • Movement in / out of MCO, CMCO and RMCO areas is ALLOWED. Employee movement is subject to registration / operation approval letter and employee pass / employer confirmation letter. • Movement in / out of EMCO areas is ALLOWED is NOT ALLOWED. • Attendance capacity of employees for the public service based on the Circular/ Instruction of the Public Service Department (JPA). While for the private sector based on 30% for the Management group and number of operational/ support employees as determined by the employer. • For vehicles carrying employees including private vehicles are ALLOWED to operate with SOP compliance.
Sports and Recreation Activities	<ul style="list-style-type: none"> • All individual and team sports and recreational activities for the purpose of health, fitness, training and games / matches are SUBJECT to the SOP of the Sports and Recreation Sector including movement control instructions in force and the authority of the relevant Authority. • Organizing tournaments/ competitions at the state/ community level WITH the permission of KBS. • Organizing tournaments/ competitions at the national level involving cross -state movements with PDRM PERMISSION such as MFL League, MHL and STL must follow the Sports Bubble model and WITHOUT the presence of spectators/ supporters. • Organizing national and international tournaments / competitions MUST obtain permission of KBS. • Phased Center Training Program for teams involved in MFL, MHL and STL on a "Home/ Camp Quarantine" basis. • Centralized Training Program implemented by the National Sports Council and State Sports Councils are implemented with the concept of "Camp Quarantine". • Group activities performed locally WITHOUT PHYSICAL CONTACT within capacity limit of 50% of area capacity with compliance of physical distancing and under supervisory control.

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ACTIVITIES & PROTOCOLS

Action	Brief Description
Economic and Industrial Sector Activities	<ul style="list-style-type: none"> • Economic and industrial sector activities in the PKPB (CMCO) areas can be carried out as determined by the Government with compliance to prescribed SOPs. • All vehicles related to industry, business and manufacturing are ALLOWED to operate including across districts and states.
Fisheries, Plantation and Agriculture Sector Activities	<ul style="list-style-type: none"> • The fisheries, plantation, agriculture, livestock and other industries related to the food chain are ALLOWED to operate.
Religious Activities	<ul style="list-style-type: none"> • Activities in mosques and suraus are ALLOWED with attendance limit set by the Religious Authority State Party. • Activities in non-Muslim synagogues are ALLOWED with attendance limit set by Ministry of National Unity and Ministry of Federal Territories for houses of worship under Federal Territory.

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ACTIVITIES & PROTOCOLS

Action	Brief Description
Creative industry	<ul style="list-style-type: none"> •All types of live events/ performances include official Government programs/music arts/ dance arts/ theater arts/ musical arts/ comedy/ cultural and heritage performances/livestreaming ALLOWED WITH AUDIENCE limited to 50 % space capacity and by adhering to physical distancing. •Restricted to designated locations and to licensed event spaces only, such as convention centres, exhibition galleries, trade centres, art premises and other MICE licensed premises. •Performances in the hotel lounge are ALLOWED WITH A LIMITED AUDIENCE OF 50% SPACE CAPACITY and by adhering to physical distancing. •Total artist and crew management is limited to 70% out of normal capacity. •Creative Content Development activities including animated music production and filming, drama films and documentaries made inside and outside the studio are PERMITTED. However television programs made live or recorded inside and outside the studio is ALLOWED WITH AUDIENCE but is limited to 50% space capacity with physical distancing •‘Activities’ in the premises area of the building such as cafeterias food courts and eateries shopping malls ALLOWED •Cinema and drive -in cinema activities are ALLOWED in the CMCO area
Day Care Centers, Child Care Centers, Nurseries, Montessories and Kindergartens	<ul style="list-style-type: none"> • Childcare centers, montessories, kindergartens and nurseries are allowed to operate with the permission of the relevant Ministry / Agency. • Parents / guardians who send children to childcare centers are allowed to use the vehicle with the number of child passengers according to the capacity of the vehicle. • Day care centers for the Disabled (OKU), Senior Citizens, Women and Miscellaneous Care Centers are allowed to operate during the CMCO period.

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ACTIVITIES & PROTOCOLS

Action	Brief Description
Education	<ul style="list-style-type: none"> • Schools, Public & Private Institutes of Higher Learning, Skills Training Institutes, tahfiz centers, private educational institutions in the category of private kindergartens, schools and centers (such as tuition centers, Language centers, skills centers, mind development centers and guidance centers) and educational institutions others are ALLOWED with compliance to the Guidelines set by the respective Ministries / Agencies. • All educational institutions and private educational institutions registered with the MOE operate based on the MOE's results and announcements from time to time. Other institutions are encouraged to start operations based on the MOE announcement. • Students and candidates sitting for the Sijil Pelajaran Malaysia (SPM) Examination 2020 and 2021, Sijil Tinggi Persekolahan Malaysia (STPM), Sijil Vokasional Malaysia (SVM), Sijil Tinggi Agama Malaysia (STAM), Sijil Kemahiran Malaysia (SKM), Vocational Diploma Malaysia (DVM), Special School Admission Assessment for Form 1 and Form 4 and equivalent international examinations are allowed to attend schools across MCO or CMCO or RMCO areas according to the school calendar set by the Ministry of Education Malaysia (MOE) with confirmation documents from MOE and movement going to and from school can be accompanied by a guardian. • The movement of lecturers / teachers / instructors for the purpose of Teaching and Learning of the classes involved is allowed with confirmation from KPM and KPT. • Movement for admission of students to hostels set by KPM and KPT is allowed with confirmation from KPM and KPT. • Students who need to obtain a movement permit letter to cross the state or district to return to campus from the relevant IPT.

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ACTIVITIES & PROTOCOLS

Action	Brief Description
MICE (Meetings, Incentives, Conventions and Exhibitions)	<ul style="list-style-type: none"> • Business events related to meetings, incentives, conventions and exhibitions are allowed to operate at 50% of the capacity of the premises in compliance with social distancing, mandatory use of face masks and based on CMCO MICE SOP.
Tourism and Culture Activities	<p>The following activities are allowed to operate at 50% of the capacity of the premises by complying with social distancing, mandating the 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; • Premises of art, culture and heritage such as museums, libraries, art galleries, cultural heritage centers / villages, cultural performance stages and others; • Theme Parks and Family Entertainment Centers. <p>Other tourism and cultural activities OTHER THAN the Negative List are subject to the existing CMCO SOPs of Tourism and Culture Sector which are in force.</p>
Meetings	<ul style="list-style-type: none"> • Face-to-face meetings for official business / work held in offices, hotels and other institutions are allowed by adherence to social distancing, mandatory use of face masks and only 50% of meeting room capacity. • Meetings are encouraged to be held in a video conference.

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Seminars / workshops / conferences / exhibitions	<ul style="list-style-type: none"> • All Seminars / Workshops / Courses / Training / Conferences / Talks are allowed to operate at 50% of the capacity of the premises by complying with social distancing, mandatory the wearing of face masks and based on the General SOP of the Implementation of Official Government and Private Councils.
Mass Ceremonies	<ul style="list-style-type: none"> • Official and non-official Ceremonies of Government and Private, Social Ceremonies such as feasts , wedding ceremonies, weddings and engagements, receptions, <i>aqiqah</i> ceremonies, holy ceremony (<i>doa selamat</i>), <i>tahlil</i>, anniversaries, birthday celebrations, reunions, retreats and other social ceremonies are allowed to operate at 50% of the capacity of the premises by complying with social distancing, mandatory wearing of face masks and based on the General SOP of the Implementation of the Social Council.
Other permitted activities	<ul style="list-style-type: none"> • Other activities that are not included in the Negative List are ALLOWED based on the existing SOP that has been set.

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ACTIVITIES & PROTOCOLS

Action	Brief Description
List of Non-Allowable Activities (Negative List)	
Entertainment Activities	<ul style="list-style-type: none"> • Activities at nightclubs or pubs.
Sports and Recreational Activities	<ul style="list-style-type: none"> • Tournament / competition WITHOUT PERMISSION from KBS. • Tournament / competition with the presence of supporters / audience. Group activities with physical contact that are performed EXCEEDING the capacity limit of 50% of the area capacity WITHOUT supervisory control. • Activities carried out outside the directed movement areas that are in force unless permission is obtained. • Mass activities involving mass movements and gatherings that complicate physical distancing at a time such as fun run, fun ride, marathon, triathlon and so on.
Tourism Activities	<ul style="list-style-type: none"> • Tourism activities to outside of the CMCO area as well as in the MCO and EMCO area. • International tourism activities by citizens and domestic tourism activities involving foreign tourists entering Malaysia except foreign tourists from the countries as determined by the Minister.
Other Activities Not Allowed	<ul style="list-style-type: none"> • Cross-state movement without permission from PDRM. • Any activity that can cause many people to be present at one place until implications to social distancing and compliance with the instructions of the Director General of Health. • Other matters decided by the Government from time to time.

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