



NATIONAL RECOVERY PLAN – PHASE 1 SOP

EFFECTIVE DATE : 29 June 2021

Allowed Activities

- Allowed essential services sectors
- Purchase / obtain essential goods
- Obtain health treatment & medicine
- Conduct official Government and judicial duties

Non-Allowed Activities

- Inter-district movement within MCO areas and inter-state movement without the permission of PDRM
- Movement in and out of MCO areas without PDRM permission
- Please refer to List of Non-Allowable Activities

Standing Orders

- Regulation 16 P.U. (A) 265/2021
- Act 342
- Emergency Ordinance (Prevention and Control of Infectious Disease)(Revised) 2021.
- Subject to enforcement rules issued by NSC and MOH
- Instructions and rules under Local Governing Authorities
- Subject to Hotspot Identification for Dynamic Engagement (HIDE) reports and MOH risk assessment.
- Other instructions issued by DG of Health from time to time

Operation Hours	As Decided In Brief Description	Allowed Activity Hours	As Decided In Brief Description	Movement	Conditional
ACTIVITIES AND PROTOCOL					
Activities	Brief Description				
Involved Areas	WHOLE COUNTRY INCLUDING SABAH, SARAWAK AND FEDERAL TERRITORY LABUAN. *For Sabah, please refer Sabah National Recovery Plan – Sabah Phase 1 SOP *For Sarawak, please refer Sarawak National Recovery Plan – Sarawak Phase 1 SOP				
Effective Period	29 June 2021 (from 12.01 am)				
Movement Control	<ul style="list-style-type: none"> • No inter-state and inter-district crossing (based on the district boundaries set by the State Governments). • PDRM is responsible for implementing control over local areas of infection with the help of ATM, APM & RELA. The entrances and exits of the MCO areas will be closed and entries controlled by the PDRM. • Only two (2) household representatives are allowed to go out to get food supplies, medicine, dietary supplements and basic necessities within a radius not exceeding 10 kilometers from their residence. • A maximum of three (3) persons only including patients are allowed out for health care, medical, screening, safety or emergency services within a radius not exceeding 10 kilometers from their residence or to the nearest place from residence if such health or medical services are not within a radius of 10 kilometers from their residence. • The number of passengers in taxis and e-hailing is limited to two (2) people inclusive of driver, passenger must sit in the back. • The number of persons allowed in a vehicle carrying goods as well as economic or industrial chain of activities (excluding the transportation of workers) depend on the vehicle registration license. • The number of persons allowed in the Department Vehicle or the Official Position Car is based on the capacity of the vehicle. 				



UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA



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Activities		Brief Description			
Movement Control		<ul style="list-style-type: none"> • Activities and services at all airports and ports are allowed to operate. • Loading/unloading activities involving non -essential goods in factories are limited to delivery and receipt of goods or cargo in existing stockpile for import and export purposes only with a limited number of employees. Upload time is from 8.00 am to 8.00 pm on Mondays, Wednesdays and Fridays. • Unloading activities involving essential goods are not subject to these restrictions and proceed as usual. • Sea and land public transport services such as employee transport, stop buses, express buses, LRT, MRT, ERL, Monorail, ferries and other public transport are allowed to operate based on 50% vehicle capacity (operating hours and frequencies subject to the Ministry of Transport) . • Movement for cases of death and natural disasters is allowed after obtaining permission from the PDRM. • The movement for disaster or humanitarian aid by NGOs is required to obtain permission from the State Disaster Management Committee or District Disaster Management Committee in the area affected by the disaster and the aid is channeled through the Disaster Operations Control Center (PKOB) in the area. • Movement across districts and states for the purpose of COVID-19 vaccination at Vaccination Centers (PPVs) outside the district or state of residence is permitted by showing appointment details on the MySejahtera application, website or SMS. • Members of Parliament and State Assemblymen are allowed across states and districts to visit their respective areas without performance of any ceremony. • Crossing states are not allowed for long distance married couples. • Movement for Short Term Business Visitors under the approval of the One Stop Center Initiative (OSC) for official or business purposes is allowed after obtaining permission from PDRM. 			



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ACTIVITIES AND PROTOCOL

Activities	Brief Description
General Health Protocol	<ul style="list-style-type: none"> • Licensees and premise owners ensure control of customer entry and exit into premises with physical distancing of at least 1 meter. • Licensees and premise owners are required to provide MySejahtera QR Code facilities and provide customer attendance registration book. • Hand sanitizer is provided at the entrance and ensure of its use before entry. • The use of the MySejahtera application is mandatory in areas with wide internet access. The use of the customer attendance registration book is only allowed at areas without internet coverage or other reasonable grounds (senior citizens, the absence of smartphones etc.). • Licensees and premise owners ensure customers check in the premises using MySejahtera or manually write the name and phone no. in the absence of internet coverage. • It is mandatory for employers, workers, customers and visitors to check in with MySejahtera or to manually write down their names and telephone numbers legibly before entering the premises including at Government, private sector and individual offices. • For shopping malls, supermarkets or department stores, customers need to conduct a body temperature scan only once at the entrance of the complex and not at every business premise under one complex. • Body temperature above 37.5 degrees Celsius is not allowed to enter the complexes and premises. • The owners of the complexes and premises outside the complexes need to ensure only customers with "Low Risk" status including "Casual Contact Low Risk" in MySejahtera is allowed to enter their respective complexes or premises.



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AKTIVITILES AND PROTOCOL

Activities	Brief Description
Health Protocol General	<ul style="list-style-type: none"> • Children under the age of 12 are not allowed to be in public places and facilities except for emergency purposes, treatment, education and exercise. • Licensees and premises owners limit the number of customers on the premises with a physical confinement of at least 1 meter at a time. • Each premise needs to display the total number of customer entry limits at any one time. The use of a queue number system is encouraged for customers entering from a premise. • All building owners are required to provide a QR Code on each level. • Employees, suppliers and customers are required to wear face masks properly according to the MOH's recommendations while on the premises. • Ensure good ventilation and ventilation system in the premises. • It is mandatory to wear a face mask especially when in a public place crowded except for the following activities and places: <ol style="list-style-type: none"> a) Hotel rooms or accommodation pay alone and involve members of the household. b) Solitary work space. c) Outdoor sports and recreational activities. d) Own vehicle and involve household members. e) Indoor or outdoor public areas and places without any other individuals. f) When eating and drinking in public places without any other individual (other than in restaurants or food premises).



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ACTIVITIES AND PROTOCOL

Activities	Brief Description
Public Services	<ul style="list-style-type: none"> • Implementing the Work From Home (WFH) method completely excludes services front liners, security, defense and enforcement • Attendance at the Office is only allowed for necessary services and does not exceed 20% at a time based on priority to work processes that cannot be performed by WFH such as payment of contracts / invoices / salaries, payment / distribution of monthly / periodic assistance to the people, maintenance / security premises, ICT technical management for the purpose of system maintenance and online meetings and preparation of documents involving the Cabinet. • Attendance to the office must be accompanied by official instruction documents and employee pass
Private Services	<ul style="list-style-type: none"> • All necessary service sectors approved by the relevant Ministry or Agency can operate during the MCO period subject to the relevant Ministry's approval letter effective from 1 June 2021. Movement of employees is subject to registration or operating approval letter or employee pass or employer confirmation letter. • Employee attendance capacity for the private sector in services should include operations and management limited to 60%.
Meetings	<ul style="list-style-type: none"> • Meetings should be conducted by video conference.
Seminars, Workshops, Courses, Training and Talks	<ul style="list-style-type: none"> • Seminars, workshops, courses, trainings and talks are not allowed except for in-house training-on-going services can be implemented in the training area through Camp Based Training method. • Seminars, workshops, courses, trainings and talks conducted online is allowed.

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	Activity	Brief Description			
	Business and Services	<ul style="list-style-type: none"> • Restaurants, eateries, food stalls, food trucks, roadside hawkers, street hawkers, food courts, hawker centers, roadside food stalls or kiosks are allowed to operate between 8.00 am to 10.00 pm by takeaway, drive-in or delivery . • Dine-in and park & dine services are not allowed during the MCO period. • Picnic activities are not allowed. • Grocery stores and convenience stores are allowed to operate between 8.00 am to 8.00 pm. • Daily necessities stores such as hardware stores, vehicle workshops, baby goods stores and religious items are allowed to operate between 8.00 am to 8.00 pm. • Health services such as hospitals, clinics and medical laboratories can operate for up to 24 hours or according to operating approval license. • Pharmacies can operate from 8.00 am to 8.00 pm. • Petrol stations can operate from 6.00 am to 8.00 pm except petrol stations at toll highways able to operate for up to 24 hours. • Supermarkets, hypermarkets, pharmacies, personal care, convenience stores and mini marts as well as departmental stores are open LIMITED to the food, beverages and basic necessities section only from 8.00 am to 8.00 pm. • Pharmacies, personal care stores, convenience stores and mini marts are allowed to operate from 8.00 am to 8.00 pm. • Animal clinics and pet food shops are allowed to operate from 8.00 am to 8.00 pm. • Laundry shops, laundromats and eyewear shops are allowed to operate from 8.00 am to 8.00 pm. Self -service laundromats need to ensure that employees are on the premises in compliance with the prescribed SOPs. 			



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Market	<ul style="list-style-type: none"> • Daily markets and public markets are allowed to operate from 6.00 am to 2.00 pm subject to local governing authorities (PBT) with compliance to SOPs and supervision of RELA or PBT members. • The Controlled Fresh Markets (PST) are allowed to operate from 7.00 am to 12.00 noon. • Permanent Farmers' Market (PTK), MyFarm Outlet (MFO) and Area Farmers Organization Complex (PPK) are allowed to operate from 6.00 am to 4.00 pm. • Wholesale markets are allowed to operate from 12.01 am to 6.00 am and 11.00 am to 4.00 pm subject to local governing authorities (PBT) with compliance to SOP and supervision of RELA or PBT members. • Night markets, farmers markets, weekly markets and guest markets are not allowed to operate. 				
Agriculture, Fisheries, Livestock, Plantation and Commodities	<ul style="list-style-type: none"> • Refer to the List of Essential Services by Sector for approval to operate. • Fishing activities for subsistence purposes are allowed. 				
Mining and Quarrying	<ul style="list-style-type: none"> • The supply of minerals, rock materials and cement only from existing stockpiles as well as their movement from mines or quarries to premises or sites of major public infrastructure construction projects and building construction works are permitted in this SOP. • Mine and quarry maintenance works are allowed based on Mining and Quarrying SOPs. 				



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	Education	<ul style="list-style-type: none"> • All Public and Private Institutes of Higher Learning (IHL), Skills Training Institutes, schools other than under the MOE, tahfiz centers and other educational institutions are to be closed. IHLs under the supervision of MOHE will continue online. • All schools and educational institutions under the MOE, private educational institutions in the category of schools and tuition centers, language centers, skills centers, guidance centers and others registered under the MOE are closed from 29 June 2021. • Only students of international schools and expatriate schools involved with international examinations are allowed to attend to sit for the examination according to the examination schedule set by the international examination body. • All face -to -face Teaching and Learning (PdP) activities are not allowed except for IPT students who have need. • International examinations and professional bodies as well as research activities that require laboratory facilities in IHLs are allowed according to the SOPs of the IHLs and the movement must be accompanied by confirmation by the Ministry of Higher Education (MOHE) or the relevant IHLs. • Students who are in dormitories, universities or educational institutions are allowed to be in such dormitories, universities or educational institutions and continue learning in a hybrid manner. 			



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	Kindergartens, Nurseries and Residential Care Centers	<ul style="list-style-type: none"> • Kindergartens, nurseries, private kindergartens, kindergartens in private, international and expatriate schools as well as mind development centers for children aged 4 to 6 years are not allowed to operate except for children where both parents and guardians are frontline workers and work in the essential services. • Residential care centers or rehabilitation centers for children, the Disabled (OKU), the elderly, women and various care centers are allowed to operate in accordance with SOPs set under the relevant Ministry, Department or Agency. 			
	Religious Activity	<ul style="list-style-type: none"> • Prayer activities are limited to a maximum of 12 mosque and surau committee members only. Other activities are not allowed. • Islamic wedding ceremonies (<i>akad nikah</i>) are allowed only in the Islam Religious Offices / Departments with attendances in accordance with the ruling of the State Religious Authorities. • The management of the burial of the remains of Muslims is allowed in accordance with the ruling of the State Religious Authorities. • House of Worship activities other than Islam are limited to a maximum of 12 members of the house of worship committee only and the presence of believers is not allowed. • Marriage registration for non -Muslims at the National Registration Department (JPN), Houses of Worship and Religious Associations is allowed with attendance in accordance with the decision of the JPN. • Funeral management other than Islam is allowed in accordance with the ruling of the Ministry of National Unity (KPN). 			



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Sports and Leisure	<ul style="list-style-type: none"> • Sports and recreational activities performed individually in open areas without physical contact are RESTRICTED to jogging and exercise only by adhering to a physical confinement of at least 2 to 3 meters and performed in the neighborhood from 7.00 am to 8.00 pm. • Centralized training programs include quarantined closed tournaments or competitions implemented by the National Sports Council (NSC) using the Camp Based Training concept. • The quarantine-based training program implemented by the State Sports Councils (State NSC) using the Camp Based Training concept. • The centralized training program including quarantined training matches for teams in the Malaysian Football League (MFL) using the GELEMBUNG SUKAN (Camp Based Training) model. 				



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Creative Industry	<ul style="list-style-type: none"> • Development and broadcasting of creative content through recordings or livestreams including animations, filming, drama, promotions, sitcoms and similar, including dance performances, theatrical arts, musical arts, cultural and heritage performances and the likes are prohibited except in individual talks and <i>live streaming</i>. • Broadcasting through recordings or livestreams of informational programs (other than entertainment) such as news, forums, interviews are allowed. 				
Other Activities	ACTIVITIES WHICH WERE NOT STATED IN THIS SOP ARE PROHIBITED.				



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LIST OF ESSENTIAL SERVICES THAT ARE ALLOWED TO OPERATE

1. Food and beverages, including those for animals.
2. Healthcare and medication including supplements, personal care dan vets including veterinary services.
3. Water
4. Energy
5. Security and safety, defence, emergencies, welfare dan humanitarian support.
6. Waste management, public sanitation and sewerage.
7. Transportation through land, sea or air.
8. Port, shipyard and airport services and operations, including unloading, *laiter* transport, cargo handling and pilotage, and storage or bulk commodity.
9. Communications including media, telecommunications and internet, post and courier and broadcasting (for the purpose of conveying information, news and the like only).
10. Banking, insurance, *takaful* dan capital markets.
11. Pawn shops
12. E-Commerce dan information technology.
13. Production, distillation, storage, supply and distribution of fuel and lubricants.
14. Hotel dan accommodation (only for quarantine, isolation, jobs for essential services and not tourism)
15. Critical construction, maintenance and repair.
16. Forestry services (limited to enforcement) and wildlife.
17. Logistics, only limited to the delivery of essential services and goods.



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ESSENTIAL SERVICES ACCORDING TO SECTOR

A. Manufacturing (60% worker capacity)

1. Aerospace (components and maintenance, repair and overhaul - MRO)
2. Food and beverage
3. Packaging and printing only related to food and healthcare goods
4. Self-care items dan detergents
5. Health care and medical products
6. Personal safety items, personal protective equipment (including rubber gloves and fire safety equipment
7. Components for medical devices
8. Electrical and Electronics (global economic chain importance)
9. Oil and Gas including petrochemicals and petrochemical products
10. Machinery and equipment related only to health and food
11. Textiles for PPE production only
12. Production, distillation, storage, supply and distribution of fuels and lubricants



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ESSENTIAL SERVICES ACCORDING TO SECTOR

B. Agriculture, Fisheries, Livestock, Farming and Commodities (Optimal Capacity)

1. Agriculture, fisheries and farming as well as its supply chain
2. Farming and commodities as well as its supply chain (palm oil, rubber, pepper and cocoa)

C. Construction

1. Critical maintenance and repair work
2. Major public infrastructure construction works
3. Building construction work that provides complete employee accommodation on the construction site or workers which are stationed in Centralized Worker Quarters (CLQ).
4. Construction work for small scale projects conducted by G1 and G2 contractors



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- Subject to the ruling issued by the NSC and MOH.
- Instructions and regulations under the local authority.
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- MOH risk assessment.
- Other instructions from time to time issued by the Chief Director of Health.

Operation Hours	As Decided in Brief Description	Allowed Activity Hours	As Decided in Brief Description	Movement	Conditional
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LIST OF ESSENTIAL SERVICES THAT ARE ALLOWED TO OPERATE

D. Distribution Trade

1. Shopping complexes are CLOSED except for hypermarkets and supermarket premises and departmental stores which have sections of food and beverage, basic necessities, pharmacy stores, self –care, convenience stores, mini marts and restaurants to take home and delivery to residents.
2. Supermarkets, hypermarkets as well departmental stores at shopping malls are opened but **RESTRICTED** to food, beverage and basic necessities sections only
3. Pharmacies, personal care, convenience stores and mini marts
4. Restaurants
5. Laundry includes self –service
6. Other Specialty Retail Stores (gas stations)
7. Pet care and pet food shops
8. Eyeglass and optical goods shops
9. Hardware shops
10. Vehicle workshops, maintenance and spare parts
11. E-trade (all product categories)
12. Wholesale and distribution (all categories of essential service products only)

E. Others

Other services, work, industries and businesses as determined by the Government after consultation with the authorities that regulate these work, services, industries and businesses..

ANY ACTIVITY NOT STATED IN THIS SOP IS NOT PERMITTED



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NATIONAL RECOVERY PLAN – PHASE 1 SOP

EFFECTIVE DATE : 29 June 2021

Permitted Activities

- Permitted Essential Services sectors
- Purchasing or obtain necessities.
- Obtaining healthcare and medicine.
- Conducting official Government affairs and judicial duties.

Unauthorized Activities

- Cross -district movement in PKP areas and other cross -states without PDRM permission.
- Movement in and out of the PKP Area without the permission of PDRM.
- Please refer to the List of Unauthorized Activities.

Standing Orders

- Regulation 16 P.U. (A) 265/2021.
- Act 342.
- Emergency (Prevention and Control of Infectious Diseases) (Amendment) Ordinance 2021.
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- Other instructions from time to time issued by the Director General of Health.

Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As a stipulation in a brief description	Movement	Conditional
ACTIVITIES AND PROTOCOLS					
Activities		Brief Description			
LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)					
Economic Activities	<ul style="list-style-type: none"> • Spa operations, reflexology, massage centers, wellness, beauty salons, barbershops and pedicure and manicure services. • Operation of cyber cafes and cyber centers. • Driving Training Institute, Maritime Training Center and Aviation Training Center. • Photography activities. • Predictive number agencies, horse racing and casinos. • Factory and liquor store operations. 				
Entertainment Activities	<ul style="list-style-type: none"> • Activities in nightclubs or pubs. • Activities at the cinema. 				
Social Activities	<ul style="list-style-type: none"> • Government and private Formal or Informal Councils. • Social ceremonies such as feasts, festive celebrations, wedding or engagement celebrations, wedding ceremonies, receptions, aqiqah ceremonies, prayers, tahlil, birthday celebrations, anniversaries, reunions, retreats and other social ceremonies. • Receiving guests or visitors at the residence except in cases of emergency and delivery service. • Seminars, workshops, courses, trainings, conferences, talks, exhibitions and activities related to Meetings, Incentives, Conventions and Exhibitions (MICE) via face to face. 				



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Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As a stipulation in a brief description	Movement	Conditional
ACTIVITIES AND PROTOCOLS					
Activities	Brief Description				
LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)					
Tourism and Cultural Activities	<ul style="list-style-type: none"> • Public tourist attraction products such as zoos, farms, aquariums, edutainment centers, extreme, adventure, nature parks and others. • Premises of art, culture and heritage such as museums, libraries, art galleries, cultural heritage art centers or villages, cultural performance stages and others. • Theme Park, Family Entertainment Center, indoor playground and karaoke including family karaoke • Tourism activities outside the district and state. • Overseas tourism activities by citizens and domestic tourism activities involving foreign tourists entering Malaysia. 				
Sports Activities and Recreation	<ul style="list-style-type: none"> • All sports and recreational activities OTHER THAN those listed. • Operation of all sports and recreational facilities or premises EXCEPT public parks subject to the Local Authority (PBT). • Sports and recreational activities carried out in groups or involving physical contact. • Organization of local and international tournaments or competitions or matches EXCEPT indoor or indoor competitions / tournaments organized by the National Sports Council and training matches of teams under the Malaysian Football League (MFL). • Sports and recreational activities carried out outside or across the movement control command area that is in force UNLESS with the permission of PDRM. 				



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Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As a stipulation in a brief description	Movement	Conditional
ACTIVITIES AND PROTOCOLS					
Activities	Brief Description				
LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)					
Creative Industries	<ul style="list-style-type: none"> • Lounge performances at hotels. • Indoor or outdoor busking activities. 				
Other Prohibited Activities	<ul style="list-style-type: none"> • Any activity that could cause the attendance of many people in one place, rendering physical distancing and compliance with orders from the Director-General of Health. • Other matters decided by the Government from time to time. 				