



NATIONAL RECOVERY PLAN – PHASE 1 SOP

EFFECTIVE DATE : 09 July 2021

Permitted Activities

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

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) 293/2021
- 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	KEDAH, SELANGOR, NEGERI SEMBILAN, MELAKA, JOHOR, SARAWAK, W.P. KUALA LUMPUR, W.P. PUTRAJAYA DAN W.P. LABUAN *For Sarawak, please refer National Recovery Plan – Sarawak Phase 1 SOP ** For areas under enforcement of EMCO, the EMCO SOP for the areas is in force until the expiry date of the EMCO.				
Effective Period	5 July 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, medication, screening, vaccination, 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 the driver, passenger must sit at 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 Vehicle of Position is based on the capacity of the vehicle. 				



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ACTIVITIES AND PROTOCOL

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 are 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 events. • 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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Allowed Activity Hours

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Conditional

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 used 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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ACTIVITIES 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 need 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 airing 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) Self paid hotel rooms or accommodation and involves members of the household. b) Solitary work space. c) Outdoor sports and recreational activities. d) Own vehicle and involves 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 essential 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. • Government service counters allowed to operate physically from 1 July 2021 involves: <ol style="list-style-type: none"> a) Services that cannot be performed online; b) Counter staff capacity does not exceed 50%; and c) The physical presence of the client is only through scheduled appointments. • Attendance to the office must be accompanied by official instruction documents and employee pass
Private Services	<ul style="list-style-type: none"> • All essential 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 including operations and management is 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 services on-going in-house trainings 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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ACTIVITIES AND PROTOCOL

Activity	Brief Description
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. • 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 IHL students who have requirements. • 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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ACTIVITIES AND PROTOCOL

Activity	Brief Description
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 worshippers are 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 rules of the Ministry of National Unity (KPN).



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ACTIVITIES AND PROTOCOL

Activity	Brief Description
Business and Services	<ul style="list-style-type: none"> • Restaurants, eateries, food stalls, food trucks, roadside hawkers, mobile hawkers, food courts, hawker centers, roadside food stalls or kiosks are allowed operates between 6.00 am to 10.00 pm on a take away, drive through 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 8.00am to 8.00 pm. • Daily necessities stores such as hardware stores, vehicle workshops, baby goods stores and religious items are allowed to operate between 8.00am to 8.00pm. • Health services such as hospitals, clinics and medical laboratories can operate up to 24 hours or according to the operating permit 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 stations along highways can operate for up to 24 hours. • Supermarkets, hypermarkets and department stores are open from 8.00 am to 8.00 pm (subject to List of Essential Services According to Sectors – Trade Distribution). • 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 until 8.00 pm. Self -service laundromats need to make sure employees are on the premises by adhering to the prescribed SOPs.



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Activity		Brief Description			
Markets		<ul style="list-style-type: none"> • Daily markets and public markets are allowed to operate from 6.00 am to 2.00 am evening subject to local authority (PBT) with SOP compliance and supervision of RELA or PBT members. • Controlled Fresh Market (PST) is allowed to operate from 7.00 am to 12.00pm. • 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. • The wholesale market is allowed to operate from 12.01 am to 6.00 am and 11.00 am to 4.00 pm subject to local authority (PBT) with compliance with SOPs 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 that is allowed to operate. • Fishing activities for subsistence purposes are allowed. 			



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ACTIVITIES AND PROTOCOL

Activity	Brief Description
Sports and Leisure	<ul style="list-style-type: none"> • Sports and recreational activities performed individually in open areas without physical contact is RESTRICTED to jogging and exercise only in compliance with physical distancing of at least 2 to 3 meters and performed in the neighborhood area from 7.00 am until 8.00 pm. • Centralized training programs including indoor tournaments or competitions through quarantine implemented by the National Sports Council (NSC) using the concept of Camp Based Training. • Quarantine centralized training program implemented by Sports Councils Negeri (MSN Negeri) uses the concept of Camp Based Training. • Centralized quarantine training program for teams in Malaysia Football League (MFL) uses the SPORTS BUBBLE model (Camp Based Training). • Organization of Malaysia Football League matches organized by the Malaysian Football League (MFL) privately according to the SPORTS BUBBLE model without the presence of spectators or supporters.



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Activity	Brief Description
Creative Industry	<ul style="list-style-type: none"> • Development and broadcasting of creative content by recording or live broadcast includes animation, filming, drama, promotion, sitcoms and the like, including dance arts activities, theater arts, musical arts, cultural performances and heritage as well as the art of music are not allowed except for talk and live streaming individuals. • Broadcast by recording or live broadcast of a program in the form of a presentation information (other than entertainment) such as news, forums, chats are allowed.
Mining and Quarrying	<ul style="list-style-type: none"> • Supply of minerals, rock material and cement only from existing stockpile as well as its movement from the mine or quarry to the project premises or site construction of major public infrastructure and building construction works are allowed in this SOP. • Mine and quarry maintenance works are allowed based on Mining and Quarrying SOPs. • The operation of mines and quarries is permitted with a capacity of workers up to 60% subject to Mining and Quarrying SOPs.
Other Activities	<ul style="list-style-type: none"> • ANY ACTIVITIES NOT STATED IN THIS SOP ARE NOT ALLOWED.



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ACTIVITIES AND PROTOCOL

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* and capital markets (60% total capacity subject to Finance Services Sector SOP by Malaysian National Bank (BNM)).
11. Pawn shops and community credit.
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. Construction, maintenance and repair.
16. Forestry services (limited to enforcement) and wildlife.
17. Legislation and judiciary.
18. Legal services and commissioners of oaths.
19. Logistics, only limited to the delivery of essential services and goods.



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ACTIVITIES AND PROTOCOL

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 only related 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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ACTIVITIES AND PROTOCOL

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, G2, G3 and G4 contractors



NATIONAL RECOVERY PLAN – PHASE 1 SOP

EFFECTIVE DATE : 09 July 2021

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Non- Allowed Activities

- Inter-district movement in MCO areas and inter-state movement without permission from the RMP
- Movement in and out of MCO areas without permission from the RMP
- Please refer to the List of Prohibited Activities

Standing Orders

- Regulation 16 P.U. (A) 293/2021
- 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
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ACTIVITIES AND PROTOCOL

LIST OF ESSENTIAL SERVICES THAT ARE ALLOWED TO OPERATE

D. Distribution Trade

1. Shopping complexes are **CLOSED** except for supermarkets, hypermarkets and department stores **INCLUDING** all listed essential services.
2. Supermarkets, hypermarkets and departmental stores
3. Pharmacies, personal care, convenience stores and mini marts
4. Restaurants
5. Laundry (including self –service)
6. Pet care and pet food shops
7. Eyeglass and optical goods shops
8. Hardware shops
9. E-commerce (all product categories)
10. Wholesale and distribution (all categories of essential service products only)
11. Vehicle workshops, maintenance and spare parts
12. Other specialty retail stores (gas stations)
13. **Telecommunication shops (customer service centres – authorized representatives/dealers of telecommunication companies 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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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"> • Formal or Informal Government and private functions. • 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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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 Local Authorities (and sports and recreation venues involving the National Sports Council (State Sports Council Council (State NSC) and teams under the Malaysian Football League. • 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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<u>ACTIVITIES AND PROTOCOLS</u>					
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 (except at Vaccination Centers). 				
Other Prohibited Activities	<ul style="list-style-type: none"> • Any activity that could cause the attendance of many people in one place, effect physical distancing and compliance of the Director General's order. • Health. • Other matters decided by the Government from time to time. 				