

NATIONAL RECOVERY PLAN (NRP) – SOP PHASE 1

DATE OF UPDATE: 10 AUGUST 2021



Activities Allowed
<ul style="list-style-type: none"> Permitted Essential Services Sector Purchase or obtain necessities. Obtain health care and medicine. Carrying out Official Government affairs.
Unauthorized Activities
<ul style="list-style-type: none"> Movements of inter-district within NRP areas and inter-state without PDRM approval. Movement in and out of NRP areas without PDRM approval. Please refer to the List of Not Allowed Activities.
Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to the ruling issued by the NSC and MOH. Instructions and regulations under the local authority. Subject to Hotspot Identification for Dynamic Engagement (HIDE) reports and MOH risk assessment. Other instructions issued from time to time by the Director General of Health.

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ACTIVITIES AND PROTOCOL					
Activities		Brief Description			
1. Involved Areas	KEDAH, SELANGOR, NEGERI SEMBILAN, MELAKA, JOHOR, W.P. KUALA LUMPUR AND W.P. PUTRAJAYA ** For areas under enforcement of EMCO, the EMCO SOP for the areas is in force until the expiry date of the EMCO.				
2. Effective Period	Starting August 10, 2021 (from 12.01 am)				
3. Complete Vaccination	<ul style="list-style-type: none"> Individuals who have been fully vaccinated are individuals who have met the following criteria : <ol style="list-style-type: none"> For vaccine types that require two doses of injection (Pfizer, AstraZeneca and Sinovac) the individual must have passed the 14th day from the date of second dose injection; or For vaccine types that require only one dose of injection (Johnson Johnson and CanSino) the individual must have passed the 28th day from the date of injection 				

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4. Public Health Protocol	<ul style="list-style-type: none"> Licensees and premises owners ensure control of customers' entry and exit to the premises with physical distancing of at least 1 meter. Licensees and premises owners are required to provide the MySejahtera QR Code facility and provide a customer attendance registration book. Hand sanitizer is provided at the entrance and its use is ensured before entering. The use of the MySejahtera application is mandatory in the area of wide internet access. The use of customer attendance registration books is only allowed in areas where there is no internet coverage or other reasonable reasons (senior citizens, absence of smartphones etc.). The licensee and the owner of the premises ensure that customers check in the premises using MySejahtera or manually write the name and no. phone if there is no internet coverage. Employers, employees, customers and visitors are required to check in MySejahtera or write manually the name and phone number that can be read (if there is no internet coverage) before entering the premises, including in Government offices, private and private. For shopping malls, supermarkets or department stores, customers only need to perform a body temperature scan once at the entrance of the complex and not at every business premises under one complex. 				



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Public Health Protocol	<ul style="list-style-type: none"> Body temperatures above 37.5 degrees Celsius are not allowed to enter the complex and premises. The owners of complexes and premises outside the complex must ensure that only customers with "Low Risk" status including "Casual Contact Low Risk" in MySejahtera are allowed to enter their respective complexes or premises. Children under the age of 12 are not allowed to be in public places and facilities except for emergency purposes, treatment, education and exercise. Each premise must 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 as recommended by MOH while on the premises. Ensure good VENTILATION AND AIRING SYSTEM in the premises based on the guidelines for ventilation and indoor air quality issued by the Department of Occupational Safety and Health (DOSH). It is mandatory to wear a face mask especially when in a crowded public place except for the following activities and places: <ol style="list-style-type: none"> Hotel rooms or accommodation pay alone and involve members of the household. Solitary workspace. Outdoor sports and recreation activities. Own vehicle and involve household members. Indoor or outdoor public areas and places without any other individuals. When eating and drinking in public places without any other individual (other than in a restaurant or food premise).



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FACILITIES FOR FULLY VACCINATED RECIPIENTS					
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5. Cross District/State for Long Distance Married Couple	<ul style="list-style-type: none"> Long -distance married couples are allowed to cross counties and states for the purpose of meeting each other's spouses provided both must have been fully vaccinated with PDRM approval and submit: <ul style="list-style-type: none"> ➤ Copy of husband and wife's identity card ➤ Copy of marriage certificate / card ➤ Copy of COVID-19 Digital Vaccination Certificate of husband and wife ➤ Copy of proof of residence of husband / wife or confirmation letter from employer Show a letter of permission that has been approved by PDRM when passing by roadblocks 				
6. Cross District/State for Parents/Guardians having Long Distance Children (Below 18 Years)	<ul style="list-style-type: none"> Guardian/Parents who have children under the age of 18 as well as residing at different district or states are allowed to cross district/states to meet their respective children on the condition that both parents and guardians must be fully vaccinated along with PDRM approval and must submit: <ul style="list-style-type: none"> ➤ Copy of parent's identity card and child's birth document certificate ➤ Copy of Digital Certificate of Vaccination COVID 19 parents and guardians ➤ Child's school information if relevant Show a letter of permission that has been approved by PDRM when passing by roadblocks 				



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FACILITIES FOR FULLY VACCINATED RECIPIENTS	
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7. Citizen and Non Citizens that are Returning/ Arriving from Overseas	<ul style="list-style-type: none"> Citizen and non -citizen travelers who have a residence in Malaysia (including PR and Malaysia MY Second Home) who returned or arrived from abroad and are fully vaccinated are allowed to undergo mandatory quarantine at home and are given an Order Home Surveillance and Observation (digital subject to the details issued by the Ministry of Health Malaysia (MOH) <ul style="list-style-type: none"> ➤ Issue evidence of a valid negative RT PCR test report and tested 3 days before departure. ➤ Have a complete COVID 19 vaccination validation certificate depending on the type of vaccine. ➤ No symptoms during the health screening performed at the International Entrance Gate Malaysia. ➤ Have a suitable residence to carry out quarantine Individuals who return from abroad and have not been fully vaccinated or not vaccinated need to undergo quarantine at a designated quarantine center subject to details issued by the Ministry of Health Malaysia (MOH) The mandatory quarantine period for travelers from all countries is 14 days and can be extended for another 7 days if there is a need based on the results of the risk assessment conducted on the 14th day. For travelers from India, Sri Lanka, Bangladesh, Nepal and Pakistan, the quarantine period is 21 days or as determined by the MOH





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ACTIVITIES AND PROTOCOL

FACILITIES FOR COMPLETE VACCINATION RECIPIENTS	
Activities	Brief Description
8. Religious	<ul style="list-style-type: none"> Prayer activities in mosques and surau for individuals who have been fully vaccinated are allowed subject to regulations and SOPs by the State Religious Authority. Prayer activities in Houses of Worship Other than Islam (RISI) for individuals who have been fully vaccinated is allowed subject to regulations and SOPs by the Ministry of Unity.



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9. Movement Control	<ul style="list-style-type: none"> No cross of inter-district and state (based on district boundaries set by the State Government). PDRM is responsible for implementing control over local areas of infection with the help of ATM, APM & RELA. The entrance and exit of the NRP areas are closed and entry is controlled by the PDRM. Only two (2) household representatives are allowed to go out only to get food supplies, medicine, dietary supplements and basic necessities within a radius not exceeding 10 kilometres from their residence. A maximum of three (3) persons only including patients are allowed out for health care services, medical, screening tests, vaccination programs, safety or emergency within a radius not exceeding 10 kilometres from their residence or to the nearest place of residence if such health or medical services are not available within a radius of 10 kilometres from their residence. The number of passengers in taxis and e-hailing is limited to two (2) people only including the driver, passengers must sit in the back. The number of people allowed in the vehicle carrying goods as well as chains of economic or industrial activities (except the transportation of workers) depend on the vehicle registration license. The number of people allowed in the Department Vehicle or the Official Position Vehicle is based on the capacity of the vehicle. Activities and services at all airports and ports are allowed to operate 24 hours. 				

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ACTIVITIES AND PROTOCOL

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Movement Control	<ul style="list-style-type: none"> Unloading activities involving non-essential goods in factories are limited to the delivery and receipt of goods or cargo in the existing stockpile for the purpose of import and export only with a limited number of employees. Unloading time is from 8.00 am to 8.00 pm on Monday, Wednesday and Friday. Unloading activities involving essential items 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 PDRM. The movement of disaster or humanitarian aid by NGOs need 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 channelled through the Disaster Operations Control Centre (PKOB) in the area. Movement across districts and states for the purpose of COVID-19 vaccination at Vaccination Centres (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 districts and states to visit their respective constituencies without performing any ceremony. Movement for Short Term Business Visitors under the approval of the One Stop Centre Initiative (OSC) for official or business purposes is allowed after obtaining permission from PDRM.



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10. Public services	<ul style="list-style-type: none"> Implementing the Work From Home (WFH) method completely excluding frontliners, security, defence and enforcement services Attendance at the Office is only allowed for essential services and does not exceed 40% at any one time based on the priority of work processes that cannot be performed by WFH such as payment of contracts / invoices / salaries, payments/ distribution of monthly / periodic assistance to the people, maintenance / security of premises, ICT technical management for the purpose of system maintenance and online meetings and preparation of documents involving the Cabinet. Government service counters are allowed to operate physically from 1 July 2021, involving: <ol style="list-style-type: none"> Services that cannot be performed online; Counter staff capacity does not exceed 50%; and 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. 				
11. Private Sector	<ul style="list-style-type: none"> All essential services sectors approved by the relevant Ministry or Agency can operate during the NRP 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%. 				



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12. Meetings	<ul style="list-style-type: none"> Meetings must be conducted by video conference. 				
13. Seminars, Workshops, Courses, Training and Talks	<ul style="list-style-type: none"> Seminars, workshops, courses, trainings and talks are not allowed unless ongoing in - service training can be implemented in the training area through the Camp Based Training method. Seminars, workshops, courses, trainings and talks conducted online is allowed. Critical interviews that need to be conducted are allowed in person and online. 				

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14. Business and services	<ul style="list-style-type: none"> Restaurants, eateries, food stalls, food trucks, roadside hawkers, street hawkers, food courts, hawker centres, roadside food stalls or kiosks are allowed to operate between 6.00 am to 10.00 pm by takeaway, drive or delivery . Dine-in and park & dine services are not allowed. Picnic activities are not allowed. Grocery stores, convenience stores, personal care shops and mini marts are allowed to operate between 8.00 am to 8.00 pm. Daily necessities shops such as hardware shops, vehicle workshops, baby goods shops and religious goods 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 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 oil on tolled highways can operate for up to 24 hours. Supermarkets, hypermarkets and department stores are open from 8.00 am to 8.00 pm. Book and stationery stores, computer stores and telecommunications are allowed to operate from the hour 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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15. Market	<ul style="list-style-type: none"> Daily markets and public markets are allowed to operate from 6.00 am to 4.00 pm subject to the local authority (PBT) with compliance with SOPs and supervision of RELA or PBT members. The Controlled Fresh Market (PST) is allowed to operate from 7.00 am to 2.00 pm. 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 the local authority (PBT) with compliance with SOP and supervision of RELA or PBT members. Night markets, morning markets, farmers markets and weekend markets are not allowed to operate.
16. Mining and Quarrying	<ul style="list-style-type: none"> The supply of minerals and rock materials and their movement from mines or quarries to the premises or sites of major public infrastructure construction projects and building construction works are permitted in this SOP. The supply of cement as well as its movement to the premises or sites of major public infrastructure construction projects and building construction works is permitted in this SOP. Mine and quarry maintenance works are allowed based on SOPs Mining and Quarrying. The operation of mines and quarries is permitted with an employee capacity of up to 60% subject to the Mining and Quarrying SOP.
17. Agriculture, Fisheries, Livestock, Plantation and Commodities	<ul style="list-style-type: none"> Refer to the List of Necessary Services by Sector that is allowed to operate. Fishing activities for subsistence purposes are allowed.



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18. 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 closed. IHLs under the supervision of MOHE continue online. All schools and educational institutions under the MOE, private educational institutions in the category of schools and tuition centres, language centres, skills centres, guidance centres 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 are in 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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19. Kindergartens, Nurseries, Day Care Centres and Residential Care Centres	<ul style="list-style-type: none"> Kindergartens, nurseries, day care centres, private kindergartens, kindergartens in private, international and expatriate schools as well as mind development centres for children aged 4 to 6 years are not allowed to operate except for children where both parents and guardians are front-line workers and working in the essential service. Residential care centres or rehabilitation centres for children, the Disabled (OKU), the elderly, women and various care centres are allowed to operate in accordance with SOPs set under the relevant Ministry, Department or Agency. Parents or guardians who send children to child care centres are allowed according to vehicle capacity. 				
20. Religious	<ul style="list-style-type: none"> Prayer activities at mosques and surau are allowed for individuals who have completed vaccination subject to rules and SOP by the State Religious Authority. Islamic wedding ceremonies (akad nikah) are allowed only at the Islamic Religious Office / Department with the presence in accordance with the ruling of the State Religious Authority. The management of the burial of the remains of Muslims is allowed in accordance with the ruling of the State Religious Authority. House of Worship activities other than Islam are allowed for individuals who have completed vaccination subject to rules and SOP by the Ministry of National Unity (KPN). Marriage registration for non-Muslims at the National Registration Department (JPN), Houses of Worship and Religious Associations is allowed with attendance according to the decision of the JPN. Funeral management other than Muslims is allowed in accordance with the KPN's ruling. 				

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<ul style="list-style-type: none"> Movements of inter-district within NRP areas and inter-state without PDRM approval. Movement in and out of NRP areas without PDRM approval. Please refer to the List of Not Allowed Activities.
Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to the ruling issued by the NSC and MOH. Instructions and regulations under the local authority. Subject to Hotspot Identification for Dynamic Engagement (HIDE) reports and MOH risk assessment. Other instructions issued from time to time by the Director General of Health.

Effective Time	As Decided In Brief Description	Allowed Activity Hours	As Decided In Brief Description	Movement	Conditional
ACTIVITIES AND PROTOCOL					
Activities	Brief Description				
21. Sports and Leisure	<ul style="list-style-type: none"> Individual sports and recreational activities performed in open areas without physical contact RESTRICTED to jogging, cycling, exercise and individual games without involving the operation of sports and recreational facilities which can be played leisurely near the residence only by complying with a physical confinement of at least 2 to 3 meters and performed in the neighbourhood from 7.00 am to 8.00 pm. Such individual game activities are skateboarding, inline skating and the likes. Centralized training programs include quarantined closed tournaments or competitions implemented by the National Sports Council (NSC) using the Camp Based Training concept. A quarantine-based training program implemented by the State Sports Councils (State NSC) using the Camp Based Training concept. A quarantine-based training program for teams in the Malaysian Football League (MFL) using the SPORTS BUBBLE (Camp Based Training) model. The organization of the Malaysian Football League match organized by the Malaysian Football League (MFL) in private according to the SPORTS BUBBLE model without the presence of spectators or supporters. 				

NATIONAL RECOVERY PLAN (NRP) – SOP PHASE 1

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Activities Allowed
<ul style="list-style-type: none"> Permitted Essential Services Sector Purchase or obtain necessities. Obtain health care and medicine. Carrying out Official Government affairs.
Unauthorized Activities
<ul style="list-style-type: none"> Movements of inter-district within NRP areas and inter-state without PDRM approval. Movement in and out of NRP areas without PDRM approval. Please refer to the List of Not Allowed Activities.
Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to the ruling issued by the NSC and MOH. Instructions and regulations under the local authority. Subject to Hotspot Identification for Dynamic Engagement (HIDE) reports and MOH risk assessment. Other instructions issued from time to time by the Director General of Health.

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ACTIVITIES AND PROTOCOL					
Activities	Brief Description				
22. Creative Industry Activities	<ul style="list-style-type: none"> Development and broadcasting of creative content by recording or live broadcast including animation, filming, drama, promotion, sitcoms and the likes, including dance activities, theatre arts, musical arts, cultural and heritage performances and music arts are not permitted except for talk shows and live streaming as an individual. 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. 				
23. Other Activities	ANY ACTIVITY NOT STATED IN THIS SOP IS NOT PERMITTED.				

Activities Allowed
<ul style="list-style-type: none"> Permitted Essential Services Sector Purchase or obtain necessities. Obtain health care and medicine. Carrying out Official Government affairs.
Unauthorized Activities
<ul style="list-style-type: none"> Movements of inter-district within NRP areas and inter-state without PDRM approval. Movement in and out of NRP areas without PDRM approval. Please refer to the List of Not Allowed Activities.
Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to the ruling issued by the NSC and MOH. Instructions and regulations under the local authority. Subject to Hotspot Identification for Dynamic Engagement (HIDE) reports and MOH risk assessment. Other instructions issued from time to time by the Director General of Health.

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ACTIVITIES AND PROTOCOL

LIST OF NECESSARY SERVICES THAT ARE ALLOWED TO OPERATE

1. Food and beverages including for animals.
2. Health and medical care including dietary supplements, animal care and clinics as well as veterinary services.
3. Air.
4. Energy.
5. Security and safety, defence, emergency, welfare and humanitarian aid.
6. Solid waste management and public cleaning and sewerage.
7. Transportation by land, water or air.
8. Port, shipyard and airport services and operations, including loading, laiter transport, cargo handling and piloting, and storage or loading of commodities.
9. Communications include media, telecommunications and internet, post and courier as well as broadcasting (for purpose of delivery of information, news and the like only).
10. Banking, insurance, takaful and capital market (total capacity 60% subject to Financial Services Sector SOP by Bank Negara Malaysia).
11. Community loans and mortgages.
12. E-commerce and information technology.
13. Production, distillation, storage, supply and distribution of fuels and lubricants
14. Hotel and accommodation (only for the purpose of quarantine, segregation, employment for necessary services and not for tourism purposes).
15. Critical construction, maintenance and repair.
16. Forestry services (limited to enforcement) and wildlife.
17. Legislation and judiciary.
18. Lawyers and commissioners of oaths.
19. Accounting services.
20. Limited logistics to delivery of essential services.



Activities Allowed
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Unauthorized Activities
<ul style="list-style-type: none"> Movements of inter-district within NRP areas and inter-state without PDRM approval. Movement in and out of NRP areas without PDRM approval. Please refer to the List of Not Allowed Activities.
Standing Orders
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ACTIVITIES AND PROTOCOL

ESSENTIAL SERVICES ACCORDING TO SECTOR

- A. Manufacturing (60% capacity of workers)**
1. Aerospace (components and maintenance, repair and overhaul - MRO)
 2. Food and drinks
 3. Packaging and printing materials - only related to food and health materials
 4. Personal care items and detergents
 5. Health care and medical products
 6. Personal care items, personal protective equipment (PPE) including rubber gloves and fire safety equipment
 7. Components for medical devices
 8. Electrical and Electronics (importance of global economic chain)
 9. Oil and Gas include 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 Allowed
<ul style="list-style-type: none"> Permitted Essential Services Sector Purchase or obtain necessities. Obtain health care and medicine. Carrying out Official Government affairs.
Unauthorized Activities
<ul style="list-style-type: none"> Movements of inter-district within NRP areas and inter-state without PDRM approval. Movement in and out of NRP areas without PDRM approval. Please refer to the List of Not Allowed Activities.
Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to the ruling issued by the NSC and MOH. Instructions and regulations under the local authority. Subject to Hotspot Identification for Dynamic Engagement (HIDE) reports and MOH risk assessment. Other instructions issued from time to time by the Director General of Health.

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ACTIVITIES AND PROTOCOL

ESSENTIAL SERVICES ACCORDING TO SECTOR

- B. Agriculture, Fisheries, Livestock, Plantation and Commodities (Optimal Capacity)**
- Agriculture, fisheries and livestock and their chains.
 - Plantation and its commodities and chains (oil palm, rubber, pepper and cocoa).
- C. Construction**
- Critical maintenance and repair works.
 - Public infrastructure construction works.
 - Construction work that provides accommodation for approved workers on construction sites or that places workers in approved Centralized Workers Quarters (CLQs).
 - Construction works carried out by contractors G1, G2, G3 and G4.
 - Renovation work of a single residential house.
 - Government Funded Project construction works.
 - Land investigation work.
 - Professionals/ consultants services involving for permitted construction work.
 - Services in the supply chain involved for construction works that are allowed to operate.



Activities Allowed
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ACTIVITIES AND PROTOCOL

ESSENTIAL SERVICES ACCORDING TO SECTOR

- #### D. Distribution Trade
- Shopping complexes are **CLOSED** except supermarkets, hypermarkets and department stores **INCLUDING** all listed essential services listed.
 - Supermarkets and hypermarkets.
 - Departmental store EXCEPT the clothing, jewellery, cosmetics and children's toys sections.
 - Pharmacy, personal care, convenience store and mini mart.
 - Restaurant
 - Laundry (including self -service)
 - Pet care and pet food stores
 - Eyeglass and optical goods store
 - Hardware shop
 - Ecommerce (all product categories)
 - Wholesale and distribution (all essential service product categories only)
 - Vehicle workshop, maintenance and spare parts
 - Other Specialty Retail Stores* (gas stations)
 - Bookstore and stationery
 - Computer and telecommunications stores

E. Others

Such services, works, industries and businesses as may be determined by the Government after consultation with the authorities regulating the service, work, industry and business.

ANY ACTIVITIES NOT STATED IN THIS SOP IS NOT PERMITTED.

NATIONAL RECOVERY PLAN (NRP) – SOP PHASE 1

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Activities Allowed
<ul style="list-style-type: none"> Permitted Essential Services Sector Purchase or obtain necessities. Obtain health care and medicine. Carrying out Official Government affairs.
Unauthorized Activities
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ACTIVITIES AND PROTOCOL					
Activities	Brief Description				
List of Prohibited Activities (NEGATIVE LIST)					
1. Economic Activity	<ul style="list-style-type: none"> Spa operations, reflexology, massage centres, wellness, beauty salons, barbershops and pedicure and manicure services. Operation of cyber cafes and cyber centres. Driving Training Institute, Maritime Training Centre and Aviation Training Centre. Photography activities. Predictive number agencies, horse racing and casinos. Factory and liquor store operations. 				
2. Social Activities	<ul style="list-style-type: none"> Government and private Formal or Informal Ceremonies. Social ceremonies such as feasts, festive celebrations, wedding or engagement celebrations, wedding ceremonies, receptions, aqiqah ceremonies, prayers, tahlil, birthday celebrations, birthday celebrations, reunions, retreats and other social ceremonies. Receiving guests or visitors at the residence except for emergencies and delivery services. Seminars, workshops, courses, trainings, conferences, talks, exhibitions and activities related to Meetings, Incentives, Conventions and Exhibitions (MICE) face to face. 				



Activities Allowed
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ACTIVITIES AND PROTOCOL					
Activities	Brief Description				
List of Prohibited Activities (NEGATIVE LIST)					
3. Tourism and Cultural Activities	<ul style="list-style-type: none"> Public tourist attraction products such as zoos, farms, aquariums, edutainment centres, extreme, adventure, nature parks and others. Premises of art, culture and heritage such as museums, libraries, art galleries, centres or cultural heritage art village, cultural performance stage and others. Theme Park, Family Entertainment Centre, indoor playground and karaoke including family karaoke Tourism activities across districts and states. Overseas tourism activities by citizens and domestic tourism activities involving foreign tourists entering Malaysia. 				
4. Sports and Recreational Activities	<ul style="list-style-type: none"> All sports and recreational activities conducted in groups or involving physical contact. All water sports and recreational activities. Operation of ALL sports and recreational facilities or premises EXCEPT public parks subject to Local Authorities (PBT) and sports and recreation venues involving the National Sports Council (MSN), State Sports Councils (MSN Negeri) and the teams below Malaysian Football League (MFL). Organization of local and international tournaments or competitions or matches EXCEPT internal or indoor competitions/ tournaments organized by the National Sports Council (NSC) and league 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 obtained permission from PDRM. 				

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Unauthorized Activities
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Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to the ruling issued by the NSC and MOH. Instructions and regulations under the local authority. Subject to Hotspot Identification for Dynamic Engagement (HIDE) reports and MOH risk assessment. Other instructions issued from time to time by the Director General of Health.

Effective Time	As Decided In Brief Description	Allowed Activity Hours	As Decided In Brief Description	Movement	Conditional
ACTIVITIES AND PROTOCOL					
Activities	Brief Description				
List of Prohibited Activities (NEGATIVE LIST)					
5. Creative Industries and Entertainment Activities	<ul style="list-style-type: none"> Presentation in hotel lounge. Indoor or outdoor busking activities (except at Vaccination Centres). Activities in nightclubs or pubs. Activities at the cinema. Indoor filming. 				
6. Others Not Permitted	<ul style="list-style-type: none"> Any activity that could cause many people to be present somewhere that it complicates physical distancing and compliance with the instructions of the Director General of Health. Other matters decided by the Government from time to time. 				