




# NATIONAL RECOVERY PLAN (NRP) – SOP PHASE 3

EFFECTIVE DATE : 10 AUGUST 2021

Allowed Activities
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Non-Allowed Activities
<ul style="list-style-type: none"> <li>• Entry and exit movements to/from NRP areas except with approval as stated in NRP SOP Phase 3</li> <li>• Please refer to List of Non-Allowable Activities</li> </ul>
Fixed Instructions
<ul style="list-style-type: none"> <li>• Regulations 16 P.U. (A) 293/2021.</li> <li>• Act 342.</li> <li>• Subject to enforcement rules issued by NSC and MOH</li> <li>• Instructions and rules under Local Governing Authorities</li> <li>• Subject to Hotspot Identification for Dynamic Engagement (HIDE) reports and MOH risk assessment.</li> <li>• Other instructions issued by DG of Health from time to time</li> </ul>


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<b>ACTIVITIES AND PROTOCOLS</b>  <span style="float: right;"><b>UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA</b></span>					
Activities	Brief Description				
1. Involved Areas	<p><b>PERLIS, SARAWAK AND FEDERAL TERRITORY LABUAN.</b></p> <p><b>*For Sarawak, please refer to National Recovery Plan – SOP Phase 3 Sarawak.</b></p> <p><b>**For F.T. Labuan, this SOP needs to be read with National Recovery Plan – SOP Phase 3 F.T. Labuan.</b></p> <p><b>**For areas under enforcement of EMCO, the EMCO SOP for the areas is in force until the expiry date of the EMCO.</b></p>				
2. Effective Period	<p><b>Starts from 4 August 2021 (from 12.01 am)</b></p>				
3. Complete Vaccination	<p>Individuals who have been fully vaccinated are individuals who have met the following criteria:</p> <ul style="list-style-type: none"> <li>i. <b>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 injection of the second dose; or</b></li> <li>ii. <b>For vaccine types that require only one dose of injection (Johnson &amp; Johnson and CanSino), the individual must have passed the 28th day from the date of injection.</b></li> </ul>				



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4. General Health Protocol	<ul style="list-style-type: none"> <li>• Licensees and premise owners ensure control of customer entry and exit into premises with physical distancing of at least 1 meter.</li> <li>• Licensees and premise owners are required to provide MySejahtera QR Code facilities and provide customer attendance registration book.</li> <li>• Hand sanitizer is provided at the entrance and ensure of its use before entry.</li> <li>• 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.).</li> <li>• 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.</li> <li>• It is <b>mandatory</b> 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.</li> <li>• 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.</li> <li>• Body temperature above 37.5 degrees Celsius is not allowed to enter the complexes and premises.</li> <li>• 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.</li> </ul>				



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		 <small>EUROCHAM MALAYSIA FEDERATION OF MALAYSIAN CHAMBERS OF COMMERCE AND INDUSTRY</small>	<b>UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA</b>		

## FACILITIES FOR COMPLETE VACCINATION RECIPIENTS

ACTIVITY	BRIEF DESCRIPTION
<b>5. Cross -State for Long Distance Husband and Wife Couples (PJJ)</b>	<ul style="list-style-type: none"> <li>• Long-distance spouses are allowed to cross the state for the purpose of meeting their spouses provided that both must have been fully vaccinated with PDRM confirmation and submit;               <ul style="list-style-type: none"> <li>➤ Copy of husband and wife's identity card</li> <li>➤ Copy of marriage certificate/ card</li> <li>➤ Copy of COVID-19 Digital Vaccination Certificate of husband and wife</li> <li>➤ Copy of proof of residence of husband/ wife or employer's confirmation letter.</li> </ul> </li> <li>• Show a letter of permission that has been approved by PDRM when passing through the Road Blockade (SJR).</li> </ul>
<b>6. Cross -State for Parents/ Guardians with Children (Under 18 Years) Long Distance (AJJ)</b>	<ul style="list-style-type: none"> <li>• Parents / guardians who have children under the age of 18 and reside in different states are allowed across the state to see their children provided both parents / guardians must have been fully vaccinated with PDRM confirmation and submit;               <ul style="list-style-type: none"> <li>➤ Copy of mother's, father's identity card and child's birth certificate/ document</li> <li>➤ Copy of COVID-19 Digital Vaccination Certificate of parents / guardians</li> <li>➤ Child's school information (if applicable)</li> </ul> </li> <li>• Show a letter of permission that has been approved by PDRM when going through the Restriction Highway (SJR).</li> </ul>



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## FACILITIES FOR COMPLETE VACCINATION RECIPIENTS

ACTIVITY	BRIEF DESCRIPTION
7. Citizens and Non-Citizens Returning/ Arriving from Abroad	<ul style="list-style-type: none"> <li>• Citizen and non -citizen travelers who have a residence in Malaysia (including PR and Malaysia MY Second Home) who return or arrive from abroad and have been fully vaccinated, are allowed to undergo mandatory quarantine at home and are given a digital Home Surveillance and Observation Order (HSO) subject to the details issued by the Ministry of Health Malaysia (MOH).               <ul style="list-style-type: none"> <li>➤ Demonstrate evidence of a valid negative RT PCR test report and conducted 3 days before departure.</li> <li>➤ Have a complete COVID-19 vaccination validity certificate (depending on the type of vaccine).</li> <li>➤ No symptoms during the health screening at the National International Gateway.</li> <li>➤ Have a suitable residence to carry out quarantine.</li> </ul> </li> <li>• Individuals who return / arrive from abroad and have not been fully vaccinated or not vaccinated must undergo quarantine at a designated quarantine center and subject to the details issued by the Ministry of Health Malaysia (MOH).</li> <li>• 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.</li> <li>• For travelers from India, Sri Lanka, Bangladesh, Nepal and Pakistan, the quarantine period is 21 days or as stipulated by the MOH.</li> </ul>





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## ACTIVITIES AND PROTOCOLS



UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA

### FACILITIES FOR COMPLETE VACCINATION RECIPIENTS


ACTIVITY	BRIEF DESCRIPTION
8. Religious	<ul style="list-style-type: none"> <li>• Prayer activities in mosques and suraus for individuals who have been fully vaccinated are allowed subject to regulations and SOPs by the State Religious Authority.</li> <li>• Prayer activities at Houses of Worship Other than Islam (RISI) for individuals who have been fully vaccinated are allowed subject to regulations and SOPs by the Ministry of National Unity (IGP).</li> </ul>
9. Tourism Activities	<ul style="list-style-type: none"> <li>• Tourism activities are only allowed in the same state involving hotels and homestays.</li> <li>• Guests who have been fully vaccinated are allowed to undertake tourism activities in the same state by presenting the COVID-19 Digital Vaccination Certificate upon check-in.</li> <li>• Hotel and homestay operators need to ensure individuals who wish to enter the premises MUST show a COVID-19 Digital Vaccination Certificate proving that the individual has been fully vaccinated.</li> <li>• For couples who have received a complete vaccination are allowed to bring children aged 17 years and below for tourism activities in hotels and homestays by adhering to general health protocols.</li> </ul>



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10. Movement Control	<ul style="list-style-type: none"> <li>• Inter-district travel within same state is <b>allowed</b>.</li> <li>• <b>Inter-state (based on district borders determined by State Government) travel is not allowed except long-distance couples &amp; children and individuals approved by MOH and PDRM.</b></li> <li>• PDRM is responsible for implementing control over local areas of infection with the help of ATM, APM &amp; RELA. The entrances and exits of the NRP areas will be closed and entries controlled by the PDRM.</li> <li>• <b>Movement for fully vaccinated individuals are allowed based on vehicle capacity.</b></li> <li>• Only <b>three (3) non fully vaccinated</b> household representatives are allowed to go out to get food supplies, medicine, dietary supplements and necessities.</li> <li>• A maximum of <b>three (3) non fully vaccinated persons</b> only including patients are allowed out for health care, medical, screening, safety or emergency services.</li> <li>• The number of passengers in taxis and e-hailing is limited to <b>three (3) people</b> inclusive of driver, passenger must sit in the back.</li> <li>• 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.</li> <li>• The number of persons allowed in the Department Vehicle or the Official Position Car is based on the capacity of the vehicle.</li> <li>• Activities and services at all airports and sea ports are <b>allowed</b> for 24 hours operation.</li> </ul>				



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10. Movement Control	<ul style="list-style-type: none"> <li>• Loading/unloading activities at premises, factories and ports are <b>allowed</b>.</li> <li>• Sea and land public transport services such as stop buses, express buses, ferries and other public transport are <b>allowed</b> to operate based on full vehicle capacity.</li> <li>• Movement for cases of death and natural disasters is allowed after obtaining permission from the PDRM.</li> <li>• 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.</li> <li>• 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.</li> <li>• Members of Parliament and State Assemblymen are allowed across states and districts to visit their respective areas.</li> <li>• Movement for Short Term Business Visitors under the approval of the One Stop Center Initiative (OSC) for official or business purposes is <b>allowed</b> after obtaining permission from PDRM.</li> <li>• <b>Cross-state travel for long-distance married couples who have not received a complete vaccine are allowed between Phases 2 &amp; 3 states with the permission of PDRM and submit;</b> <ul style="list-style-type: none"> <li>➢ Copy of husband and wife's identity card</li> <li>➢ Copy of marriage certificate/ card</li> <li>➢ Copy of COVID-19 Digital Vaccination Certificate of husband and wife</li> <li>➢ Copy of proof of residence of husband/ wife or employer's confirmation letter.</li> </ul> </li> </ul>				






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11. Public Services	<ul style="list-style-type: none"> <li>• Subject to current instructions from National Chief Secretary.</li> <li>• The operation of Government offices is carried out in a hybrid manner through presence at offices and Work From Home (WFH) using the following approach:               <ul style="list-style-type: none"> <li>• Attendance at the office does not exceed 80% on the whole (excluding services of frontliners, security, defense and enforcement) and 20% WFH on rotation.</li> <li>• Counter services are open subject to the current instructions of the National Chief Secretary.</li> <li>• Attendance at the office must be accompanied by official instruction documents and employee pass.</li> </ul> </li> </ul>				
12. Private Services	<ul style="list-style-type: none"> <li>• The movement of employees is subject to registration or operating approval letter or employee pass or employer confirmation letter.</li> <li>• Employee attendance capacity for the private sector is limited to 80%.</li> </ul>				



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13. Meetings	<ul style="list-style-type: none"> <li>• Face to face meetings for government agencies and private sectors <b>WITHOUT</b> involving attendance of outside parties are <b>allowed</b> with 50% capacity and social distancing.</li> <li>• Meetings involving outside parties are encouraged using video conference.</li> </ul>				
14. Seminars, Workshops, Courses, Trainings and Talks	<ul style="list-style-type: none"> <li>• Seminars, workshops, courses, trainings and talks are <b>not allowed</b> except for training for on-going services can be implemented in the training area through Camp Based Training method.</li> <li>• Seminars, workshops, courses, trainings and talks conducted online is allowed.</li> <li>• Necessary critical interviews are allowed face to face and online.</li> </ul>				
15. Official Ceremonies	<ul style="list-style-type: none"> <li>• Official ceremonies are <b>allowed</b> with 50% premise capacity and social distancing.</li> </ul>				



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16. Businesses and Services	<ul style="list-style-type: none"> <li>• Restaurant operators including hotels, sports and recreation club houses, eateries, food stalls, food trucks, roadside hawkers, circulating hawkers, food courts, hawker centers, roadside food stalls or kiosks are <b>allowed</b> to operate from <b>6.00 am to 12.00 midnight</b>.</li> <li>• Food sales activities are <b>via dine-in, take-home, drive-by or delivery</b>.</li> <li>• <b>Dine-in</b> activities with physical distancing of at least 1 meter are subject to SOP KPDNHEP NRP Phase 3-Distribution Trade.</li> <li>• Health services such as hospitals, clinics, medical laboratories, veterinary hospitals and veterinary clinics can operate for up to 24 hours or according to operating license.</li> <li>• Petrol stations are allowed to operate from <b>6.00 am to 12.00 midnight</b> except petrol stations on toll highways can operate for up to <b>24 hours</b>.</li> <li>• All distribution trade sectors are <b>allowed</b> to operate from <b>6.00 am until 12.00 midnight</b> or in accordance with the terms of the license.</li> <li>• Spas, reflexology, massage centers, wellness and pedicure and manicure services are <b>not allowed</b> to operate.</li> </ul>				



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<ul style="list-style-type: none"> <li>• Purchase / obtain essential goods</li> <li>• Obtain health treatment &amp; medicine</li> <li>• Conduct official Government duties</li> </ul>
Non-Allowed Activities
<ul style="list-style-type: none"> <li>• Entry and exit movements to/from NRP areas except with approval as stated in NRP SOP Phase 3</li> <li>• Please refer to List of Non-Allowable Activities</li> </ul>
Fixed Instructions
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<b>ACTIVITIES AND PROTOCOLS</b>  <b>UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA</b>					
Activities	Brief Description				
17. Markets	<ul style="list-style-type: none"> <li>• Daily markets and public markets <b>are allowed</b> to operate from <b>6.00 am to 4.00 pm</b> subject to local governing authorities (PBT) with compliance to SOPs and supervision of RELA or PBT members.</li> <li>• The Controlled Fresh Markets (PST) are <b>allowed</b> to operate from <b>7.00 am to 2.00 pm</b>.</li> <li>• Permanent Farmers' Market (PTK), MyFarm Outlet (MFO) and Area Farmers Organization Complex (PPK) are allowed to operate from <b>6.00 am to 6.00 pm</b>.</li> <li>• Wholesale markets are <b>allowed</b> to operate from <b>12.01 am to 6.00 am and 11.00 am to 4.00 pm</b> subject to local governing authorities (PBT) with compliance to SOP and supervision of RELA or PBT members.</li> <li>• Farmers' Markets and Morning Markets are allowed to operate from <b>7.00 am to 1.00 pm</b>.</li> <li>• Night markets, farmers' markets, morning markets and weekly markets are <b>allowed</b> to operate according to licenses/permits until 12.00 midnight with compliance to SOP and supervision of relevant authorities and RELA or PBT members.</li> </ul>				
18. Agriculture, Fisheries, Livestock, Plantation, Commodities, Logging, Manufacturing & Construction	<ul style="list-style-type: none"> <li>• <b>Agriculture, Fisheries, Livestock, Plantations, Commodities and Logging</b> and their chains are allowed to operate.</li> <li>• <b>Manufacturing and Construction</b> and their chains are allowed to operate.</li> </ul>				
19. Mining and Quarrying	<ul style="list-style-type: none"> <li>• The operation of mines and quarries is permitted with the capacity of workers up to 80% subject to Mining and Quarrying SOPs.</li> </ul>				



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Activities	Brief Description				
20. Education	<ul style="list-style-type: none"> <li>• 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 open.</li> <li>• All schools and educational institutions under/registered under the MOE, are open with admission of students in stages subject to instructions by MOE, taking into account risk assessment by MOH and NSC.</li> <li>• Movement for admission of students to dormitories is allowed by using confirmation letter from MOE, MARA or the relevant Ministry / Agency for inter-district and state travel purpose.</li> <li>• For students who need to cross the state from Peninsular Malaysia to Sabah, Sarawak and WP Labuan or vice versa must comply with the COVID-19 screening and quarantine rules that are in force.</li> <li>• International and expatriate schools are allowed to open.</li> <li>• The movement of teachers or instructors to schools/education institutes to conduct Teaching and Learning (PdP) is allowed with the confirmation document from schools/education institutes under MOE, MARA or the relevant Ministry / Agency.</li> <li>• All face-to-face/group/cluster Teaching and Learning (PdP) activities are allowed subject to SOP compliance and limited to 70% students capacity at IHLs.</li> <li>• 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.</li> <li>• Industrial Training is allowed in accordance with the SOPs in force.</li> <li>• Students who are in dormitories, universities or educational institutions are allowed to be in dormitories, universities or educational institutions and continue learning in a hybrid manner.</li> </ul>				






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<p><b>ACTIVITIES AND PROTOCOLS</b></p> <p style="text-align: right;">  <b>UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA</b> </p>					
Activities	Brief Description				
21. Kindergartens, Nurseries, Day Care Centers and Residential Care Centers	<ul style="list-style-type: none"> <li>• Nurseries and Day Care Centers under the Social Welfare Department (JKM) are allowed to operate in accordance with the prescribed SOPs.</li> <li>• Kindergartens, private kindergartens, kindergartens in private, international and expatriate schools as well as mind development centers for children aged 4 to 6 years are allowed to operate in accordance with the prescribed SOPs.</li> <li>• 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.</li> </ul>				
22. Religious	<ul style="list-style-type: none"> <li>• Activities in mosques and suraus are allowed according to the ruling of the State Religious Authority.</li> <li>• Islamic marriage ceremonies (Akad Nikah) are allowed according to the ruling of the State Religious Authority.</li> <li>• The management of the burial of the remains of Muslims is allowed by following resolution of the State Religious Authority.</li> <li>• Non -Islamic House of Worship activities are allowed according to the ruling of the Ministry of National Unity (KPN).</li> <li>• 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.</li> <li>• Funeral management other than Muslims is allowed in accordance with the KPN's ruling.</li> </ul>				



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<b>ACTIVITIES AND PROTOCOLS</b>  <b>UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA</b>					
Activities	Brief Description				
23. Sports and Leisure	<ul style="list-style-type: none"> <li>• All individual sports and recreational activities that are not in physical contact for the purpose of health, fitness and self-skills by adhering to a physical distance of at least 2 to 3 meters from 6.00 am to 12.00 midnight are subject to the movement control instructions in force. Such activities are jogging, exercise, gym activities, swimming, jetski, taichi, cycling, skate boarding, fishing, equestrian, archery, climbing, tennis/ badminton (singles), golf, motoring and activities similar to the list</li> <li>• Individual activities performed in small groups are subject to 50% capacity use/ area or not more than 50 people including coaches/ instructors (whichever is lower). Group activities such as aerobics, zumba, sports dance, taekwondo without physical contact (poomsae) and activities similar to the list.</li> <li>• <b>Operation of outdoor and semi-open sports and recreational facilities including outdoor swimming pools with compliance to 60% of utilization capacity/ area WITH supervisory control. Employee attendance is not more than 80% of the workforce covering management and operations.</b></li> <li>• <b>Operation of indoor commercial sports and recreational facilities including indoor swimming pools with compliance to 50% of utilization capacity/ area WITH supervisory control. Employee attendance is not more than 80% of the workforce covering management and operations.</b></li> <li>• <b>The operation of public sports and recreational facilities are SUBJECT to Local Governing Authorities.</b></li> <li>• The organization of national or international level tournaments or competitions according to the SPORTS BUBBLE model is subject to the PERMISSION of the Ministry of Youth and Sports (KBS) WITHOUT the presence of spectators or supporters.</li> </ul>				



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<b>ACTIVITIES AND PROTOCOLS</b>  <b>UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA</b>					
Activities	Brief Description				
23. Sports and Leisure	<ul style="list-style-type: none"> <li>• Quarantine centralized training program implemented by the National Sports Council (MSN) and State Sports Councils (state MSN) using the SPORTS BUBBLE (Camp/ Home Based Training) model.</li> <li>• The centralized training program includes quarantine training matches for Malaysian Football League (MFL) using the SPORTS BUBBLE(Camp/ Home Based Training) model.</li> <li>• Participation of Malaysian athletes/ coaches/ officials/ technicians to tournaments or competitions or matches abroad IS SUBJECT to the approval of the Malaysian Immigration Department (JIM) WITH the support of KBS/ MSN</li> <li>• Entry of foreign athletes/ coaches/ officers/ technicians into Malaysia is SUBJECT to the approval of the Malaysian Immigration Department (JIM) WITH the support of KBS/ MSN and compliance with the rules for the entry of foreigners into Malaysia.</li> </ul>				
24. Creative and Entertainment Industry Activities	<ul style="list-style-type: none"> <li>• Development and broadcasting of creative content by recording or live broadcast including animation, filming, drama, promotion, sitcoms and the like, including dance arts activities, theater arts, musical arts, cultural and heritage performances and musical arts are allowed without spectators with total management attendance and crew is limited to 70%.</li> <li>• Creative content filming activities inside and outside the studio (outdoor) are allowed with strict compliance with SOPs issued by FINAS.</li> <li>• Indoor / outdoor busking activities are permitted with physical distance compliance.</li> <li>• Performances in the hotel lounge are allowed with a capacity of 50% of the premises space and physical distancing.</li> <li>• Drive -in cinema activities are allowed.</li> </ul>				



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<b>ACTIVITIES AND PROTOCOLS</b>  <b>UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA</b>					
Activities	Brief Description				
25. Tourism and Cultural Activities	<ul style="list-style-type: none"> <li>• Tourism and cultural activities in the same state are allowed to operate with a visitor capacity of 50% of the premises space and compliance to the relevant SOPs:               <ul style="list-style-type: none"> <li>✓ Products of public tourist attractions such as zoos, farms, aquariums, snorkeling, scuba diving, fishing tourism, edutainment centers, recreational parks, extreme / adventure / nature parks and others.</li> <li>✓ Premises of art, culture and heritage such as museums, libraries, art galleries, cultural heritage art centers / villages, cultural performance stages and others.</li> <li>✓ Theme Parks and Family Entertainment Centers.</li> </ul> </li> <li>• Other tourism and cultural activities OTHER THAN under the Negative List must follow the existing Tourism and Culture SOPs that are in force.</li> </ul>				
26. Other Activities	<ul style="list-style-type: none"> <li>• Other activities are allowed except as decided by the Government from time to time.</li> </ul>				



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<b>ACTIVITIES AND PROTOCOLS</b>  <b>UNOFFICIAL TRANSLATED VERSION BY EUROCHAM MALAYSIA</b>					
Activities	Brief Descriptions				
<b>ACTIVITIES THAT ARE NOT ALLOWED (NEGATIVE LIST)</b>					
1. Economic Activities	<ul style="list-style-type: none"> <li>• Spa operations, reflexology, massage center, wellness and pedicure and manicure services.</li> </ul>				
2. Creative Industry and Entertainment Activities	<ul style="list-style-type: none"> <li>• Activities at the cinema.</li> <li>• Activities in nightclubs or pubs.</li> </ul>				
3. Social Activities	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Seminars, workshops, courses, trainings, conferences, talks, exhibitions and activities related to Meetings, Incentives, Conventions and Exhibitions (MICE) face to face.</li> </ul>				
4. Tourism Activities and Culture	<ul style="list-style-type: none"> <li>• Cross -state tourism activities.</li> <li>• Overseas tourism activities.</li> <li>• In -country tourism activities involving foreign tourists entering Malaysia.</li> </ul>				






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<b>ACTIVITIES THAT ARE NOT ALLOWED (NEGATIVE LIST)</b>					
5. Sports and Recreational Activities	<ul style="list-style-type: none"> <li>• All sports and recreational activities having physical contact EXCEPT for the organization of national or international level tournaments or competitions WHICH OBTAIN KBS permission only.</li> <li>• Organizing all tournaments or competitions EXCEPT those obtained permission of the Ministry of Youth and Sports (KBS) only.</li> <li>• The presence of spectators or supporters to sports and recreation venues.</li> <li>• Participation of Malaysian athletes/ coaches/ officials/ technicians to tournaments or competitions or matches abroad WITHOUT the approval of the Malaysian Immigration Department (JIM) and the support of KBS/ MSN.</li> <li>• Entry of foreign athletes/ coaches/ officers/ technicians into Malaysia WITHOUT the approval of the Malaysian Immigration Department (JIM) and the support of KBS/ MSN and does not comply with the rules for the entry of foreigners into Malaysia.</li> <li>• Sports and recreational activities carried out outside or across the movement control command area that is in force EXCEPT with the permission of PDRM.</li> </ul>				
6. Others Not Permitted	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Other matters decided by the Government from time to time.</li> </ul>				