



NATIONAL RECOVERY PLAN (NRP) – PHASE 4 SOP

EFFECTIVE DATE: 26 AUGUST 2021

Authorised Activities
<ul style="list-style-type: none"> All sectors and activities except items in the Negative List.
Unauthorised Activities
<ul style="list-style-type: none"> Please refer to the List of Activities Unauthorised Allowed (Negative List).
Fixed Instructions
<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 the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment. Other instructions from time to time issued by the Director General of Health.

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<u>ACTIVITY AND PROTOCOL</u>					
Activity		Brief Description			
1. Area Involved		<p>FEDERAL TERRITORY OF LABUAN.</p> <p>*This SOP must be read together with the Special SOP of the Federal Territory of Labuan.</p> <p>** For areas enforced by EMCO, the EMCO SOP in the area is effective until the expiry date of the EMCO.</p>			
2. Effective Period		Starting August 26, 2021 (starting at 12.01 am)			
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"> i. For vaccine types that require two doses of injection (such as Cormirnaty (Pfizer-BioNTech), COVID-19 AstraZeneca (Oxford-AstraZeneca), CoronaVac (Sinovac), Spikevax (Moderna) and Covilo (Sinopharm)), the individual must have passed the th day. -14 from the date of injection of the second dose; or ii. For vaccine types that require only one dose of injection (such as COVID-19 Janssen (Johnson & Johnson) and Convidecia (CanSino)), the individual must have passed the 28th day from the date of injection. 			



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4. Citizens and Non -Citizens Returning/ Arriving from Abroad	<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 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 risk assessment of the Ministry of Health Malaysia (MOH) and details issued by the MOH <ul style="list-style-type: none"> ➤ Show evidence of RT PCR test report with negative result conducted 3 the day before departure. ➤ Have a valid certificate of vaccination COVID-19 complete dose (depending on the type of vaccine). ➤ There were no symptoms during the health screening at the National International Gateway (PMA). ➤ Have a suitable residence to carry out quarantine. 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). 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. Travelers are required to make a daily self -assessment through Home Assessment Tool (HAT) in the MySejahtera app and this activity should continue until the end of the quarantine period (either 14 days or 21 days from the date of arrival). Travelers are required to undergo a COVID-19 infection detection test screening viz COVID-19 RT-PCR test upon arrival at PMA. A repeat screening test of the COVID-19, RT-PCR COVID-19 infection detection test was performed on the 10th or 18th day (for travelers who had to undergo quarantine for 21 days). 				



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5. Public Health Protocol	<ul style="list-style-type: none"> 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. 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. Licensees and premises owners ensure control of customer entry and exit to the premises with a physical confinement of at least 1 meter. 				



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5. Public Health Protocol	<ul style="list-style-type: none"> Individuals 17 years of age and under are not encouraged to be in public places and facilities. Licensees and premises owners limit the number of customers being on the premises with physical confinement of at least 1 meter at a time. 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 according to the MOH's recommendations while on the premises. Ensure good VENTILATION AND VENTILATION 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"> a) Hotel rooms or accommodation pay alone and involve members of the household. b) Solitary work space. c) Sports and recreational activities. d) Own vehicle and involve household members. e) Indoor or outdoor public areas and places without any other individuals. f) When eating and drinking in a public place without any other individual (other than in a restaurant or food premises). 				



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6. Movement Control	<ul style="list-style-type: none"> Cross -state is allowed between Phase 4 states only. State -to -state Phase 1, Phase 2 and Phase 3 are allowed with the permission of PDRM and submission of relevant documents. The movement of workers across the state to Phase 1, Phase 2 and Phase 3 is subject to registration or operating approval letter or employee pass or employer confirmation letter. Cross-state movement 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 the state to visit their respective areas Individual movement, transportation of goods and public transportation of all types of vehicles are allowed based on the total capacity of the vehicle and vehicle registration license. Activities and services at all airports and ports are allowed operates 24 hours. 				



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<u>ACTIVITY AND PROTOCOL</u>					
Activity		Brief Description			
7. Public services and Private		<ul style="list-style-type: none"> 100% attendance capacity. The Civil Service is subject to the current direction of the Chief Secretary to the Government. 			
8. Meetings and Interviews		<ul style="list-style-type: none"> Meetings and face -to -face interviews are allowed with physical distancing. 			
9. Seminars, Workshops, Courses, Training and Talks		<ul style="list-style-type: none"> Seminars, workshops, courses, trainings and talks are allowed with 50% space capacity and physical distancing. 			
10. Official ceremony		<ul style="list-style-type: none"> Formal councils are allowed with 50% capacity of the space with physical distancing. 			
11. Social Activities		<ul style="list-style-type: none"> 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 are allowed with 50 % space capacity and physical distancing. 			



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Activity			Brief Description		
12. Business, Services, Agriculture, Fisheries, Livestock, Plantation, Commodities, Logging, Manufacturing, Construction, Mining and Quarrying			<ul style="list-style-type: none"> All activities and their chains are allowed to operate in accordance with the conditions of the license except as stated in the List of Unauthorized Activities (Negative List). 		
13. The market			<ul style="list-style-type: none"> All types of markets are allowed to operate according to licenses or permits subject to the local authority (PBT) with compliance with SOPs and supervision of RELA or PBT members. 		



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Activity	Brief Description				
14. Education	<ul style="list-style-type: none"> All Public and Private Institutes of Higher Learning (IPT), Skills Training Institutes, schools other than under the Ministry of Education Malaysia (MOE), tahfiz centers and other educational institutions are open. All schools and educational institutions under the MOE and educational institutions registered under the MOE are opened with the admission of pupils/ students in stages subject to the determination of the MOE by taking into account the risk assessment by the MOH/ NSC. Movement for the admission of pupils/ students to hostels is allowed by using a letter of confirmation from KPM/ MARA or the relevant ministry/ agency for cross -state purposes. Pupils/ students who cross the state from Peninsular Malaysia to Sabah, Sarawak and the Federal Territory (FT) of Labuan or vice versa must comply with the rules related to COVID-19 screening and quarantine implemented. International schools and expatriate schools are allowed to open. The movement of teachers or instructors to schools/ educational institutions for cross -state purposes to implement Teaching and Learning (PdP) is allowed with a confirmation document from the school/ educational institution under KPM/ MARA or the relevant ministry/ agency. All face -to -face/ group/ group PdP activities are allowed by adhering to the prescribed SOPs. International examinations and professional bodies as well as research activities that require laboratory facilities in HEIs are allowed according to the SOPs of the HEIs and the movement must be accompanied by confirmation by the Ministry of Higher Education (MOHE) or the relevant HEIs. Industrial Training is allowed in accordance with the SOPs in force. 				



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ACTIVITY AND PROTOCOL

Activity	Brief Description
15. Kindergartens, Nurseries, Kindergartens, Day Care Centers and Residential Care Centers	<ul style="list-style-type: none"> Nurseries and Day Care Centers under the Social Welfare Department (JKM) are allowed to operate in accordance with the SOPs set. 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. 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.
16. Religious	<ul style="list-style-type: none"> Activities in mosques and suraus are allowed according to the ruling of the State Religious Authority. Islamic wedding ceremonies (akad nikah) are allowed according to the ruling of the party 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. Non -Islamic House of Worship activities are allowed according to the ruling of 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 IGP's ruling.



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Activity	Brief Description				
17. Sports and Leisure	<ul style="list-style-type: none"> All sports and recreational activities are permitted including physical contact sports. Activities that can be done are jogging, exercise, football, badminton, rugby, combat sports, air sports, water sports, swimming, cycling, golf, motoring and the like. Sports and recreational activities performed in groups are NOT MORE THAN 1,000 people at a time subject to the size of the area. Group activities are like aerobics, zumba, sports dance and the like. The operation of all commercial sports and recreational facilities with 100% capacity includes use by customers/ users and employee attendance. Hours of operation are SUBJECT to license conditions. Meanwhile, the operation of public sports and recreation facilities is SUBJECT to the Local Authority (PBT) and the Authority that related. Organizing ALL levels of sports and recreational tournaments/ competitions WITH permission of the Ministry of Youth and Sports (KBS). Organizing tournaments/ competitions/ mass sports events WITH the permission of KBS LIMITED with participation not exceeding 1,000 people at a time. Organizations are like triathlon, open swim, marathon, trail run, obstacle run, cycling and the like. Attendance of spectators/ supporters to sports and recreation venues SUBJECT to 50% area/ seating capacity or 10,000 people (whichever is lower). The 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. 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. 				



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17. Sports and Leisure	<ul style="list-style-type: none"> Quarantine centralized training program implemented by the National Sports Council (MSN) and State Sports Councils (MSN Negeri) using the SPORTS BUBBLE (Camp/ Home Based Training) model. The centralized training program includes quarantine and closed training matches for teams in the Malaysian Football League (MFL) and any WITH KBS special permission only using the SPORTS BUBBLE (Camp/ Home Based Training) model. The 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. 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. 				
18. Creative and Entertainment 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 like, including dance activities, theater, musical arts, cultural and heritage performances and musical arts are allowed with the audience subject to space and physical distancing. Creative content filming activities inside and outside the studio (outdoor) are allowed with strict compliance with SOPs issued by FINAS. Indoor / outdoor busking activities are allowed with physical imprisonment. Performances in the hotel lounge are allowed with physical confinement. Drive -in cinema activities are allowed. Cinema activities are allowed with physical distancing. 				



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Activity		Brief Description			
19. Activity Tourism and Culture		<ul style="list-style-type: none"> Tourism and cultural activities in the same state are allowed to operate with physical distancing subject to the space capacity of the permitted premises as well as compliance with the relevant SOPs: <ul style="list-style-type: none"> ✓ The main tourist attraction products such as beach activities, water sports, snorkeling, scuba diving, fishing tourism, edutainment centers, recreation parks, extreme/ adventure/ nature parks, farms, aquariums, zoos, and other leisure, recreational and social activities. ✓ Special Interest Tourism Activities (golfing, scuba diving, cycling, angling, yatching etc). ✓ Eco-Adventure activities (bird watching, caving, mountain climbing, white-water rafting, hiking, jungle trekking, camping and so on). ✓ Premises of art, culture and heritage such as museums, libraries, art galleries, cultural heritage art centers/ villages, staging of cultural performances and others. ✓ Theme Parks and Family Entertainment Centers. ✓ Academic Visits (Science Center, Planetarium, Petrosience). ✓ Bussines Events (MICE), Tourism and Cultural Events. Cross-state tourism activities to VAT Phase 4 states are allowed except for areas declared by EMCO or not allowed by the Government. Accommodation in licensed and registered hotels and homestays. Other tourism and cultural activities other than those under the Negative List must follow the existing Tourism and Culture SOP SOPs in force. 			



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20. Other Activities		<ul style="list-style-type: none"> Other activities are allowed except as decided by the Government from time to time. 			



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ACTIVITY AND PROTOCOL

Activity	Brief Description
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NEGATIVE LIST

1. Entertainment Activities	Activities in nightclubs or pubs.
2. Tourism and Cultural Activities	<ul style="list-style-type: none"> Overseas tourism activities. Tourism activities into the country involving foreign tourists entering Malaysia.
3. Sports and Recreational Activities	<ul style="list-style-type: none"> Sports and recreational activities performed EXCEED the prescribed capacity. Operation of sports and recreational facilities that do NOT comply with the Sports and Recreation Sector SOP. Organizing all tournaments/ competitions/ sports and recreational events WITHOUT KBS permission. Attendance of spectators/ supporters to sports and recreation venues EXCEEDS the prescribed capacity. 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. 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.
4. Others Not Permitted	<ul style="list-style-type: none"> Any activity that could cause so many people to be present somewhere that it complicates physical incarceration and compliance with the instructions of the Director General of Health. Other matters decided by the Government from time to time.