



^	NSC OF DAILD. IOA	00031 2021				Halisiatic	MALAYSIA
	Permitted Activities • Purchasing / obtaining essential goods	Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional
	and services.	ACTIVITY AND PRO	TOCOL		·		
	 Obtaining healthcare treatment & medicine. 	Activity		Ві	rief Description		
	 Conducting Official Government business. 	1. Areas Involved	PERLIS, SARAWAK	AND THE FEDERAL T	ERRITORY OF LABUAN.		
	Prohibited Activities					000 0	
	 Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP. Please refer to the List of Prohibited Activities Standing Orders		• For the Federal Tell Recovery Plan Pha	rritory of Labuan, this ase 3 - Special SOP fo	SOP needs to be read togen read togen read togen rederal Territory of Labuar SOP in those areas are in the solutions.	ther with the N	
	Regulation 16 P.U. (A) 293/2021.Act 342.						
	Emergency Ordinance (Prevention and Control of Infectious Diseases)	2. Effective Period	Commencing 16 Aug	<mark>just 2021 (commencin</mark>	lg 12:01 am)		
•	(Amendment) 2021. Subject to conditions issued by the NSC and MOH. Orders and rules under the Local Authorities. Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment. Other orders issued from time to time by	3. Fully Vaccinated	i. For vaccine types question must havii. For vaccine types	that require two doses ye passed the 14th day s that require only one o	re individuals who have met the (Pfizer, AstraZeneca, and Single from the date second dose in dose (Johnson & Johnson and from the date of injection.	novac), the indivipection; or	<mark>ridual in</mark>
	the Director General of Health						



Unofficial Translation

MALAYSIA

Permitted Activities

- Purchasing / obtaining essential goods and services.
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Prohibited Activities

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Effective Period	AS
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As prescribed in the brief description

Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

ACTIVITY AND PROTOCOL

	ACTIVITY AND PROTOCOL				
	Activity	Brief Description			
	4. General Health Protocol	• It is mandatory for the license holder and premise owner to provide a MySejahtera QR code and a customer attendance registration book.			
		 Hand sanitizers are to be provided at entrances and to ensure its use before entry. 			
		 Use of the MySejahtera app is mandatory in areas with extensive internet access. Use of the customer attendance registration book is only allowed for areas without internet access or for other reasonable reasons (senior citizens, no smartphone and others). 			
		 The license holder and premise owner to ensure customers check-in to the premises using MySejahtera or to manually write down their name and telephone number if there is no internet access. 			
		 It is mandatory for employers, workers, customers and visitors to check in with MySejahtera or to manually write down their name and telephone number legibly before entering the premises including at Government, private sector and individual offices. 			
		 For shopping centres, supermarkets or departmental stores, customers only need to scan their body temperature once at the entrance to the complex and not at every business premise within one complex. 			
		 A person with a body temperature of above 37.5 degree Celsius is not allowed to enter the complex and premises. 			
,		 The owner of the complex and premises outside the complex must ensure that only customers with the status "Low Risk" including "Casual Contact Low Risk" in the MySejahtera app are allowed inside their respective complex / premises. 			
		• The license holder and premise owner to ensure control on the entry and exit movement of			

customers on the premises with at least 1 meter physical distancing.





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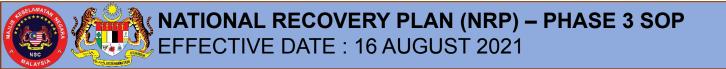
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	brief description	for Activities	brief description		

Activity	
Activity	Brief Description
4. General Health	 Individuals from ages 17 and under are not encouraged to be in public areas and facilities.
Protocol	 The license holder and premise owner to limit the number of customers on the premises with physical distancing of at least 1 meter radius at any given time.
	• Every premise must display the maximum number of customers at any given time. The use of a queue numbering system is encouraged for customers entering a premise.
	All building owners must provide a QR code for each floor.
	• Employees, suppliers and customers are required to wear face masks correctly in accordance with MOH recommendations while on the premises.
	 To ensure there is VENTILATION AND a good VENTILATION SYSTEM on the premises based on the ventilation and indoor air quality guidelines issued by the Department of Occupational Safety and Health (DOSH).
	• It is mandatory to wear face masks especially while in congested public areas except for the following activities and areas:
	 a) Hotel rooms or privately paid accommodation involving members of the same household. b) Individual workspaces. c) Outdoor sports and recreational activities.
	d) Own vehicles involving members of the same household.
	e) Indoor or outdoor areas and public places without any other individual.
	 f) While eating and drinking in public without any other individual (other than in restaurants or eateries).





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	FREEDOMS FOR FULLY VACCINATED INDIVIDUALS				
Activity	Brief Description				
5. Inter-District and Inter-State Movement for Long Distance Married Couples (PJJ)	 Long-distance married couples are allowed to cross districts and states for the purpose of meeting their respective partners with the condition that both must have been fully vaccinated with PDRM confirmation and produce: A copy of the husband and wife's identity card A copy of the marriage certificate/ card A copy of the husband and wife's COVID-19 Vaccination Card/ Digital Certificate A copy of documentary evidence of the husband/ wife's residence or employer confirmation letter. Showing a permission letter approved by PDRM when passing roadblocks (SJR). 				
6. Inter-District and Inter-State Movement for Parents/ Guardians with Long Distance Children (Below 18 Years)	 Parents/ guardians who have children under the age of 18 residing in a different district or state are allowed to cross districts and states to meet their respective children with the condition that both parents / guardian must be fully vaccinated with PDRM confirmation and produce: A copy of the parents' identity card and child's birth certificate/ document A copy of the parents' / guardian's COVID-19 Vaccination Card/ Digital Certificate The child's schooling information (if relevant) Showing a permission letter approved by PDRM when passing roadblocks (SJR). 				



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Activity	Activity Brief Description						
7. Citizens and Foreigners Returning/ Arriving from Overseas	 Citizens and foreign travellers with a residence in Malaysia (including PR and Malaysia MY Second Home) returning or arriving from abroad who are fully vaccinated are allowed to undergo mandatory quarantine at home and will be given a digital Home Surveillance and Observation Order (HSO) subject to further details issued by the Ministry of Health (MOH). Showing evidence of a negative RT-PCR test report that is valid and conducted 3 days before departure. Having a valid and complete COVID-19 vaccination certificate (dependent on the type of vaccine). No symptoms during the health screening conducted at Malaysia's International Arrival Gate. Having a suitable residence to carry out quarantine. 						
	 Individuals returning / arriving from abroad who have not been fully vaccinated or vaccinated at all must undergo quarantine at a designated quarantine center subject to further details issued by the Ministry of Health (MOH). The mandatory quarantine period for travellers from all countries is 14 days and can be extended for another 7 days if required based on the risk assessment result conducted on the 14th day 						
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ł		brief description	for Activities	brief description		

	FREEDOMS FOR FULLY VACCINATED INDIVIDUALS					
Activity	Brief Description					
8. Religion	 Prayer activities in mosques and suraus for fully vaccinated individuals are allowed subject to the regulations and SOPs prescribed by the State Religious Authority. 					
	 Prayer activities in Non-Muslim Houses of Worship (RISI) for fully vaccinated individuals are allowed subject to the regulations and SOPs prescribed by the Ministry of Unity. 					
9. Tourism Activities	 Tourism activities are only allowed in the same state only that involving hotels and homestays. 					
	 Guests who have been fully vaccinated are allowed domestic tourism activities by submitting COVID-19 Vaccination Card/ Digital Certificate upon checking-in. 					
	 Hotel and homestay operators need to ensure individuals who wish to enter the premises MUST show a COVID-19 Digital Vaccination Certificate proving the individual have been fully vaccinated. 					
	 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. 					



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	FREEDOMS FOR FULLY VACCINATED INDIVIDUALS				
Activity	Brief Description				
10. Manufacturing and Construction Sector, Mining and	 For the manufacturing and construction sector that have achieved a full vaccination rate for the workforce as follows: a) 80%: Allowed to operate with 100% workforce capacity. 				
Quarrying	b) Less than 80%: Allowed to operate with up to 80% workforce capacity only.RTK Antigen tests to be conducted on workers every 2 weeks with the cost borne by the employer.				





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Activity	Brief Description
11. Movement	Inter-district movement within the same state is allowed .
Control	 Inter-state movement (based on district boundaries set by the State Government) is not allowed except for long -distance spouses, long-distance children and individuals who have approved travel permission by MOH and RMP.
	 The Royal Malaysian Police (RMP) is responsible for exercising control over infected areas with the assistance of ATM, APM & RELA. Entry and exit routes of MCO areas are closed and entry is controlled by the RMP.
	 Movement for individuals who have been fully vaccinated is allowed based on the capacity of the vehicle.
	 However, for those who have not been fully vaccinated: Only three (3) people from the same household are allowed to go out to only obtain food supplies, medicine, supplements and basic necessities. A maximum of three (3) people including the patient is allowed to go out to obtain healthcare services, medication, test screening, vaccination program, safety or emergency.
	 The number of passengers allowed in a taxi and e-hailing is limited to only three (3) people including the driver, the passenger must be seated at the back.
	 The number of people allowed in a vehicle carrying goods as well as for the economic or industry activity chain including worker transport is dependent on the commercial vehicle registration license.
	 The number of people allowed in a Department Vehicle or an Official Post Car 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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Activity	Brief Description
11. Movement Control	 Public land and sea transportation services such as bus stops, express buses, ferries and other public transport are allowed to operate based on full vehicle capacity.
	 Unloading activities on premises, at factories and ports are allowed.
	• Movement in cases of death, natural disaster is allowed after obtaining permission from the RMP.
	 Movement for disaster or humanitarian relief by NGOs must obtain permission from the State Disaster Management Committee or District Disaster Management Committee in the affected area and the assistance must be channelled through the Disaster Operations Control Center in that area.
	• Inter-district and inter-state movement for the purpose of COVID-19 vaccination in Vaccination Centres (<i>Pusat Pemberian Vaksin [PPV]</i>) in a district or state outside their residential area is allowed by showing appointment details through the MySejahtera app, online or SMS.
	• State Assemblymen and Members of Parliament are allowed to cross districts and states to visit their respective constituency.
	• Movement for Short Term Business Travellers under the One Stop Centre (OSC) Initiative for official or business purposes is allowed subject to permission from the RMP.
	 Crossing states and districts for long distance married couples who have been fully vaccinated are allowed between Phase 3 and Phase 2 states with the RMP permission and presenting below: Copy of couples identification cards Copy of marriage certificate/card Copy of proof of residence of husband/ wife or employer's confirmation letter.



• Other orders issued from time to time by

the Director General of Health

NATIONAL RECOVERY PLAN – PHASE 3 SOP UPDATED : 16 AUGUST 2021



	-					MALAYSIA
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and services.	ACTIVITY AND PR	OTOCOL				•
Obtaining healthcare treatment & medicine.	Activity		Brie	f Description		
Conducting Official Government business.	12. Civil Service	Subject to the current or	rders of the Chief Secre	etary to the Government (KSN).	
Prohibited Activities Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.		 Government office oper and Work From Home (on a hybrid basis through ph ng approach:	ysical presenc	e at the office
		☐ Attendance at the off	, <u> </u>	0% of the total (not including	frontliners, sec	curity, defence
Please refer to the List of Prohibited Activities		☐ Counter services are (KSN).	e open subject to the	current orders of the Chief S	ecretary to the	e Government
Standing Orders		☐ Attendance to the offi	ice must be accompani	ed by an official order docume	ent and employ	ee pass.
• Regulation 16 P.U. (A) 293/2021.						
 Act 342. Emergency Ordinance (Prevention and Control of Infectious Diseases) 	13. Private Sector	 Inter-state movement of pass or employer confined 		the registration or operating	approval lette	r or employee
 (Amendment) 2021. Subject to conditions issued by the NSC and MOH. Orders, and rules, under the Legal 		Employee attendance of management is limited to		sector in the essential service	ces including o	pperations and
 Orders and rules under the Local Authorities. 						
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Activity	Brief Description
14. Meetings	 Face-to-face meetings of Government and private agencies are allowed WITHOUT involving the presence of external agency representatives with 50% capacity and physical distancing. Meetings involving external agencies are encouraged to be carried out through video conferencing.
15. Seminars, Workshops, Courses, Training and Lectures	 Seminars, workshops, courses, trainings and talks are not allowed except for ongoing internal training that can be conducted in training areas through the Camp Based Training method. Seminars, workshops, courses, trainings and talks conducted online are allowed. Critical interviews which must be conducted face-to-face and online are allowed.
16. Official Ceremonies	 Official ceremonies are allowed with 50% capacity of the premises with physical distancing.





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Activity	Brief Description
17. Business and Services	 Restaurant operators including those at hotels, sports and recreation club houses, eateries, food stalls, food trucks, roadside hawkers, mobile hawkers, food courts, hawker centers, roadside food stalls or kiosks are allowed operate from 6.00 am to 12.00 midnight.
	 Food sale activities can be on a dine-in, take-away, drive-through or delivery basis.
	 Dine-in activities must be with physical distancing of at least 1 meter subject to the MDTCA NRP Phase 3 – Distributive Trade SOP.
	 Healthcare services such as hospitals, clinics, medical laboratories, veterinary hospitals and veterinary clinics can operate up to 24 hours or in accordance with their operating permit license.
	 Petrol stations are allowed to operate from 6.00am to 12.00 midnight except for petrol stations on highways which can operate 24 hours.
	 All distributive trade sectors are allowed operate from 6.00am to 12.00 midnight or in accordance with the terms of the license.
	 Spas, reflexology, massage centers, wellness and pedicure and manicure services are not allowed to operate.





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	Activity	Brief Description
	18. Markets	 Daily markets and public markets are allowed to operate from 6:00am to 4:00pm subject to the local authorities (LA) with compliance to SOPs and supervision of RELA or LA officers.
		 Controlled Fresh Markets (Pasar Segar Terkawal – PST) are allowed to operate from 7:00am to 2:00pm.
		 Permanent Farmers' Markets (Pasar Tani Kekal – PTK), MyFarm Outlets (MFO) and Local Farmer Organization Complexes (Komplex Pertubuhan Peladang Kawasan – PPK) are allowed to operate from 6:00am to 6:00pm.
		 Wholesale markets are allowed to operate from 12:01 am to 6:00am and 11:00am to 4:00pm subject to the local authorities (LA) with compliance to SOPs and supervision of RELA or LA officers.
		 Farmers' markets and morning markets are allowed to operate from 7:00am to 1:00pm.
		 Night markets and weekly markets are allowed to operate in accordance with their license/permit up to 12:00 midnight with compliance to SOPs and supervision of the authorities as well as RELA/LA officers.
	19. Agriculture, Fisheries, Livestock, Farming,	 Agriculture, fisheries, livestock, farming, commodities and logging as well as their supply chains are allowed to operate.
,	Commodities, Logging, Manufacturing and Construction	 Manufacturing and construction as well as their supply chains are allowed to operate.
	20. Mining and Quarrying	 Mining and quarry operations are allowed subject to the Mining and Quarrying SOP.





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	Activity	Brief Description
	21. Education	 All schools and educational institutions under the MOE and registered educational institutions under KPM to open with the admission of pupils/students in stages subject to MOE's ruling by taking into account the risk assessment by MOH and NSC
		 Movement for the admission of students to dormitories for examination classes set by MOE is allowed with confirmation from MOE, MARA or relevant Ministry / Agency.
		 For students who need to cross states from Peninsular Malaysia to Sabah, Sarawak and F.T. Labuan or vice versa must comply with the current quarantine rules.
		 International schools and expatriate schools are allowed to open.
		 The movement of teachers or lecturers for the purpose of Teaching and Learning classes involved in examinations are allowed with confirmation from MOE, MARA or relevant Ministry / Agency.
)		 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 institutions other education is opened.
I		 All Teaching and Learning activities face to face/ group/ clustering is allowed by complying with the SOP set limited to 70% student capacity in higher education institutions.
^ /		 International examinations and professional bodies as well as research activities which require laboratory facilities at HEIs are allowed in accordance with the relevant HEI SOP and movement must be accompanied by confirmation from the Ministry of Higher Education (MOHE) or relevant HEI.
		Industrial Training is allowed in accordance with the enforced SOPs
		• Students in boarding school, universities or educational institutes are allowed to be in the boarding school, university or institution and continue hybrid learning.





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As prescribed in the brief description

Movement

Conditional

	ACTIVITY AND PROTOCOL					
	Activity	Brief Description				
22. Tabikas, Childcare Centers, Kindergartens, Daycare Centers and Residential Daycare Centers	 Childcare Centers and Daycare Centers under the Department of Social Welfare (JKM) are allowed to operate in accordance with prescribed SOPs. 					
	• <i>Tabikas</i> , private kindergartens, kindergartens in private, international and expatriate schools as well as mind development centers for children between the ages of 4 and 6 are allowed to operate in accordance with prescribed SOPs.					
		 Residential care centers or rehabilitation centers for children, People with Disabilities, senior citizens, women and multi-purpose care centers are allowed to operate in accordance with the SOPs prescribed under the relevant Ministry, Department or Agency. 				
	23. Religion	 Activities at mosques and suraus are allowed in accordance with State Religious Authority directives. 				
		 The Muslim akad nikah is allowed in accordance with State Religious Authority directives. 				
		Muslim funeral arrangements are allowed in accordance with State Religious Authority directives.				
		 Non-Muslim House of Worship activities are allowed in accordance with the Ministry of National Unity (KPN) directives. 				
		 The registration of marriages for non-Muslims at the National Registration Department (NRD), Houses of Worship and Religious Associations is allowed with attendance according to NRD directives. 				
		 Non-Muslim funeral arrangements are allowed in accordance with KPN directives. 				
		15				



Activity



UPDATED : 16

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- Conducting Official Government business.

Prohibited Activities

- Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.
- 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 Diseases) (Amendment) 2021.
- Subject to conditions issued by the NSC and MOH.
- Orders and rules under the Local Authorities.
- Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment.
- Other orders issued from time to time by the Director General of Health

					MALAISIA	
Effective Period	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional	
	brief description	for Activities	brief description			

Brief Description

24. Sports	 All non-contact sports and recreational activities carried out individually for the purpose of health, exercise and
and Leisure	self-training with compliance to physical distancing of at least 2 to 3 meters and from 6.00am to 12.00
	midnight subject to the current effective movement control order. Such activities include jogging,
	exercising, gym activities, swimming, jet skis, taichi, cycling, skateboarding, fishing, equestrian, archery,
	hiking, tennis/ badminton (single), golf, motoring and the like.
	 Individual activities (with no physical contact) conducted in small groups are subject to 50% capacity usage/
	area or not exceeding 50 persons including the trainer/ instructor (whichever is lower). Group activities
	such as aerobics, Zumba, sports dances, taekwondo with no physical contact (poomsae) and the like.
	• The operations of all sports and commercial recreational facilities including swimming pools with compliance
	to 50% capacity usage/ area WITH monitored control. The attendance of workers must not exceed 80%
	workforce capacity encompassing management and operations. Whereas the operations of public sports
	and recreational facilities are SUBJECT to the Local Authorities (LA).
	The organizing of national or international tournaments or competitions following the SPORTS BUBBLE
	model is subject to PERMISSION of the Ministry of Youth and Sports (KBS) WITHOUT the attendance of
	spectators or supporters.
	 Central training programs with quarantine organized by the National Sports Council (MSN) and State Sports
	Councils (State MSNs) using the SPORTS BUBBLE model (Camp/ Home Based Training).
	 Central training programs including training matches with quarantine for teams in the Malaysian Football
	League (MFL) using the SPORTS BUBBLE model (Camp/ Home Based Training).
	• The entry of Malaysian athletes / coaches / officials / technicians to overseas tournaments or competitions or
	matches is SUBJECT to approval by the Department of Immigration, Malaysia WITH the support of
	KBS/MSN.
	• The entry of foreign athletes/ coaches/ officials/ technicians into Malaysia is SUBJECT to approval by the
	Department of Immigration, Malaysia (JIM) WITH the support of KBS/ MSN and compliance to the guidelines
	for the entry of foreigners into Malaysia.
	To the only of foreigners into manayora.





Permitted Activities

- Purchasing / obtaining essential goods and services.
- Obtaining healthcare treatment & medicine.
- Conducting Official Government business.

Prohibited Activities

- Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.
- 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 Diseases) (Amendment) 2021.
- Subject to conditions issued by the NSC and MOH.
- Orders and rules under the Local Authorities.
- Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment.
- Other orders issued from time to time by the Director General of Health

_						MALAYSIA	
	Effective Period	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional	
		brief description	for Activities	brief description			

Activity	Brief Description
25. Creative Industries	 Development and broadcasting of creative content through recordings or live broadcasts including animation, filming, drama, promotions, sitcoms and the like, including dance arts, theatre arts, musical arts, cultural and heritage performances as well as musical art activities are allowed without spectators and the attendance of management and crew is limited to 70%.
	 Creative content filming activities in and outside studios (outdoors) are allowed with strict compliance to the SOP issued by the National Film Development Corporation Malaysia (FINAS). Indoor / outdoor busking activities are allowed with compliance to physical distancing.
	 Lounge hotel performances are allowed with 50% capacity of the premise area and physical distancing. Drive-in cinema activities are allowed.





VALAYSIA (Section 1980)	
Permitted Activities	
 Purchasing / obtaining essential goods and services. Obtaining healthcare treatment & medicine. Conducting Official Government business. 	<u> </u>
Prohibited Activities	
 Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP. 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 Diseases) (Amendment) 2021. Subject to conditions issued by the NSC and MOH. 	

· Orders and rules under the Local

 Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and

• Other orders issued from time to time by

Authorities.

MOH risk assessment.

the Director General of Health

Effective Period	As prescribed in the brief description

Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

Activity	Brief Description
26. Tourist and Cultural	 Only tourist and cultural activities within the same state are allowed to operate with 50% capacity of visitors of the premise area as well as compliance with the relevant SOPs:
Activities	Public tourist attractions such as zoos, farms, aquariums, snorkeling, diving, fishing, edutainment centers, recreational parks, extreme / adventure / nature parks, etc.
	Artwork, cultural and heritage premises such as museums, libraries, art galleries, cultural heritage art centres or villages, cultural performance stages, etc.
	✓ Theme Parks and Family Entertainment Centres.
	 Other tourist and cultural activities OTHER than those under the Negative List must follow the available Tourist and Cultural Sector SOPs which are currently effective.
27. Other Activities	Other activities are allowed except for those decided upon by the Government from time to time.



MOH risk assessment.

the Director General of Health

• Other orders issued from time to time by

NATIONAL RECOVERY PLAN – PHASE 3 SOP UPDATED : 16 AUGUST 2021



							MALAYSIA		
	Permitted Activities • Purchasing / obtaining essential goods	Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional		
	and services.	ACTIVITY AND PROTOCOL							
	 Obtaining healthcare treatment & medicine. 	Activity							
	 Conducting Official Government business. 	LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)							
	Prohibited Activities	1. Businesses	 Spas, reflexology, ma 	ssage centres, wellnes	s operations, and pedicure ar	nd manicure se	rvices.		
	 Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP. Please refer to the List of Prohibited Activities 	 2. Creative Industry and Entertainment Activities Activities at cinemas. Activities at nightclubs or pubs. 							
	 Regulation 16 P.U. (A) 293/2021. Act 342. Emergency Ordinance (Prevention and Control of Infectious Diseases) (Amendment) 2021. Subject to conditions issued by the NSC and MOH. 	3. Social Activities	weddings, receptions reunions, retreats and In-person seminars, v	s, <i>aqiqah</i> ceremonies, d other social gathering	nining, conferences, talks, exh	rsaries, birthd	ay celebrations,		
	 Orders and rules under the Local Authorities. Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and 	4. Tourist and Cultural Activities	Inter-state tourist activOverseas tourist activDomestic tourist activ	<mark>rities.</mark>	n tourists entering Malaysia.				





Permitted Activities

- Purchasing / obtaining essential goods and services.
- Obtaining healthcare treatment & medicine.
- Conducting Official Government business.

Prohibited Activities

- Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.
- 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 Diseases) (Amendment) 2021.
- Subject to conditions issued by the NSC and MOH.
- Orders and rules under the Local Authorities.
- Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment.
- Other orders issued from time to time by the Director General of Health

Effective Period

As prescribed in the brief description

Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

ACTIVITY AND PROTOCOL

Activity Brief Description

LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)

- 5. Sports and Recreational Activities
- All physical contact sports and recreational activities **EXCEPT** for the organizing of tournaments or competitions at the national or international level **THAT HAVE OBTAINED** KBS permission.
- The organizing of all tournaments or competitions **EXCEPT** for those that have obtained permission from the Ministry of Youth and Sports (KBS) only.
- The attendance of spectators or supporters to sports and recreational venues.
- The entry of Malaysian athletes / trainers / officials / technicians to overseas tournaments or competitions or matches WITHOUT the approval of the Department of Immigration, Malaysia (JIM) and support of KBS / MSN.
- The entry of foreign athletes/ trainers/ officials/ technicians into Malaysia **WITHOUT** the approval of the Department of Immigration, Malaysia (JIM) and support of KBS/ MSN with non-compliance to the regulations for the entry of foreigners into Malaysia.
- Sports and recreational activities conducted outside or across areas under effective movement control orders EXCEPT with permission from the RMP.
- 6. Other Prohibited Activities
- Any activity that can cause the attendance of many people in one place, rendering physical distancing and compliance with orders from the Director-General of Health difficult.
- Other matters as decided by the Government from time to time.

DISCLAIMER: This unofficial translation is based on the original document which is written in the Malay language. Should there be any inconsistency or difference between this translation and the original document, kindly note that the original document is the governing and prevailing version.