



MAL	UPDATED. 9 SER
	Permitted Activities
•	Permitted Essential Service sectors Purchasing / obtaining essential goods and services Obtaining healthcare treatment & medicine Conducting Official Government business.
	Prohibited Activities
•	Inter-district movement in NRP areas and inter-state movement without permission from the RMP Movement in and out of NRP areas without permission from the RMP Please refer to the List of Prohibited Activities
	Standing Orders
•	Regulation 16 P.U. (A) 293/2021. Act 342. Emergency Ordinance (Prevention and Control of Infectious Diseases) (Amendment) 2021. Subject to conditions issued by the

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

Other orders issued from time to time

by the Director General of Health

and MOH risk assessment.

<u> </u>	-		MALA	Y S I A	
Effective Period	As prescribed in the		_	Movement	Conditional
	brief description	for Activities	brief description		

Activity	Brief Description
1. Areas Involved	KEDAH AND JOHOR
	*For areas under an EMCO, the EMCO SOP for those areas are applicable until their respective EMCO expiry dates.
2. Effective Period	Commencing 20 August 2021 (commencing 12:01am)
3. Full Vaccination	Individuals who have completed their vaccination are individuals who fulfil the following criteria:
	 i. For vaccines that require two doses (such as Cormirnaty (Pfizer-BioNTech), COVID-19 AstraZeneca (Oxford-AstraZeneca), CoronaVac (Sinovac), Spikevax (Moderna) and Covilo (Sinopharm)), the individual must have passed the 14th day from the date of the second dose; or ii. For vaccines that only require one dose (such as COVID-19 Janssen (Johnson & Johnson) and Convidevia (CanSino)), the individual must have passed the 28th day from the vaccination date.





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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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4. General Health	Children the age of 12 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) 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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Permitted Hours for Activities

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Movement

Conditional

		ALLOWANCES 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).
ad s) ne al or	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 / guardians 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' / guardians' 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 AND PROTOCOL

ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS				
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 a risk assessment by the Ministry of Health (MOH) and further details issued by MOH. 			
	Showing evidence of an RT PCR test report with a negative result 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 the International Arrival Gate (PMA).			
	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. 			
	 Travelers are required to conduct daily self-assessments through the Home Assessment Tool (HAT) in the MySejahtera application and this activity must be continued to the end of the quarantine period (whether 14 or 21 days from the arrival date). 			
	• Travelers are required to take a COVID-19 screening test that is the COVID-19 RT-PCR test upon arrival			

travelers required to undergo quarantine for 21 days).

at a PMA. A repeat COVID-19 RT-PCR screening test will be conducted on the 10th or 18th day (for





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c) 80%

ACTIVITY AND PROTOCOL

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	Activity	Brief Description		
	8. Religion	• Prayer activities in mosques and <i>surau</i> s 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 National Unity. 		
	9. Manufacturing and Construction Sector	 For activities not listed in the Manufacturing and Construction Sector Essential Services List that have achieved a full vaccination rate for workers are allowed to operate as follows: a) 40%: Allowed to operate with 60% workforce capacity. 		
		b) 60% : Allowed to operate with 80% workforce capacity.c) 80% : Allowed to operate with 100% workforce capacity.		
nd s)		RTK Antigen tests to be conducted on workers every 2 weeks with the cost borne by the employer.		
ne	10 Mining and Quarrying	 For the mining and quarrying sectors which have achieved a full vaccination rate for workers are allowed to operate as follows: 		
al		a) Less than 60%: Allowed to operate with 60% workforce capacity.		
		b) 60% : Allowed to operate with 80% workforce capacity.		
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╕		brief description	for Activities	brief description		

	ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS				
Activity	Brief Description				
11. Trade and Distribution Sector	Customers accorded this allowance must be fully vaccinated.				
	 Car wash centers Electrical and electronic stores Home and kitchen appliance stores Furniture stores Sports equipment stores Vehicle accessory stores Vehicle distribution and sale centers Clothing, fashion and accessory stores Jewellery stores Hairdressers and beauty centers/salons (for basic haircut services only) Flower stores/ nurseries Outdoor equipment stores Housing galleries (show room) 				
	 The premise owner must ensure customers who wish to enter the premises MUST show a COVID-19 Vaccination Card/ Digital Certificate which proves the customer has been fully vaccinated. Parents/ guardians who have been fully vaccinated are allowed to bring children aged 17 years and below to the above premises with compliance to general health protocols. 				





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			MALA	1014		
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	ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS
Activity	Brief Description
12. Dine-in	 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 and kiosks are allowed to provide dine-in services subject to the following conditions: Only accepting customers who are fully vaccinated and asymptomatic. The business premise owner MUST display an acceptance notice of only customers who are fully vaccinated and asymptomatic at the entrance to the premises. Only workers who are fully vaccinated and asymptomatic are allowed to work with the following vaccination rate: a) 40% : Allowed to operate with 60% workforce capacity. b) 60% : Allowed to operate with 80% workforce capacity. c) 80% : Allowed to operate with 100% workforce capacity. The business premise owner must ensure that the table layout is appropriately distanced and the premises have a good ventilation system. Dine-in activities with a 50% capacity per table and physical distancing of at least 1 meter, subject to the KPDNHEP NRP Phase 1 Distributive Trade SOP.
	 Fully vaccinated individuals are allowed to bring children age 17 years and under to dine-in at such premises with compliance to general health protocols.





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ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS			
Activity	Brief Description		
13. Morning Markets, Farmers' Markets, Night Markets and Weekly Markets	 Customers accorded this freedom must be fully vaccinated. Morning markets, farmers' markets, night markets and weekly markets are allowed to operate by ensuring customers who wish to enter the morning market, farmers' market, night market and weekly market area MUST show a COVID-19 Vaccination Card/ Digital Certificate which proves the customer has been fully vaccinated. 		
14. Picnics and Camping	 Picnic and camping activities are allowed within the same district. Fully vaccinated individuals are allowed to bring children aged 17 years and under for such activities with strict compliance to SOP. 		





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ACTIVITY AND PROTOCOL					
	ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS				
Activity	Brief Description				
15. Sports and recreation	 All physical contact or non-contact sports and recreational activities conducted individually or in groups in OUTDOOR or INDOOR areas EXCEPT in gyms/ fitness centers including indoor fitness studios are LIMITED only to FULLY VACCINATED individuals to carry out all sports and recreational activities from 6:00am to 8:00pm subject to the movement control order currently in force. The operations of all OUTDOOR sports and commercial recreational facilities with compliance to the General Sports and Recreation Sector SOP WITH supervisory control. The attendance of workers should not exceed 60% workforce capacity encompassing management and operations. Usage is 				
	among FULLY VACCINATED individuals only. Fully vaccinated individuals are also allowed to bring children aged 17 years and below for these activities with strict compliance to SOP.				
	• The operations of all commercial INDOOR sports and recreational facilities EXCEPT for gyms/ fitness centers including indoor fitness studios with compliance to 50% capacity usage/ area WITH supervisory control. The attendance of workers should not exceed 60% workforce capacity encompassing management and operations. Usage is only for FULLY VACCINATED individuals. Fully vaccinated individuals are also allowed to bring children aged 17 years and below for these activities with strict compliance to SOP.				
	 The operations of all public OUTDOOR and INDOOR sports and recreational facilities are subject to the Local Authorities (LA)/ Relevant Authority. 				
	• Sports and recreational activities or training in groups are LIMITED to FULLY VACCINATED individuals conducted in a controlled manner WITH supervisory control and is subject to 50% capacity usage/ area or not exceeding 50 persons at any given time including the trainer/ instructor/ parents (whichever is lower). Fully vaccinated individuals are also allowed to bring children aged 17 years and below for these activities or training with strict compliance to SOP.				





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16. Creative Industry and Entertainment Activities	 All fully vaccinated creative industry players are allowed the following activities: Development and broadcasting of creative content by recorded or live broadcast. Recorded or live broadcast in the form of information delivery and entertainment with the attendance of a fully vaccinated audience with 30% spectator capacity in the studio space. Creative industry filming in and outside studios. Busking. Lounge hotel performances for fully vaccinated customers. Live performance activities such as musical theatre, musicals, music and comedy (through preregistration) with a fully vaccinated audience with 30% spectator capacity in the premise area. Cinema activities are allowed provided the employees and spectators are fully vaccinated with 50% capacity of the cinema hall area.
17. Tourism	 Visits by appointment for fully vaccinated visitors to public cultural premises and facilities such as museums, galleries, archives, handicraft centers, memorials, libraries and cultural complexes, cultural heritage art centers/ villages, cultural performance stages are allowed with 30% capacity in the premise area. A tourism bubble is allowed in Langkawi Island for fully vaccinated tourists with compliance to the Langkawi Island Domestic Tourism Bubble SOP.





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18. Driving Institutes	 Driving Institutes are allowed to operate with the condition that the workers, instructors and candidates are fully vaccinated by producing a COVID-19 Vaccination Card/ Digital Certificate and identification card as proof. Only workers who have received two complete vaccination doses and are asymptomatic are allowed to work according to the following vaccination rates: a) 40%: Allowed to operate with 60% workforce capacity. 				
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(Amendment) 2021.

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by the Director General of Health

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Authorities.

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Purchasing / obtaining essential goods and services	ACTIVITY AND PROTOCOL					
Obtaining healthcare treatment & medicine	Activity	Brief Description				
Conducting Official Government business.	19. Movement Control	 Inter-district movement (based on district borders determined by the State Gov movement is not allowed except for long-distance couples, long-distance 				
Prohibited Activities	approved to travel by MOH and PDRM.					

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19. Movement Control	 Inter-district movement (based on district borders determined by the State Government) and inter-state movement is not allowed except for long-distance couples, long-distance children and individuals approved to travel by MOH and PDRM.
	 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 NRP areas are closed and entry is controlled by the RMP.
	 Movement for individuals who are fully vaccinated is allowed based on the vehicle capacity.
	Meanwhile, for those who have not been fully vaccinated:
	➤Only two (2) household representatives are allowed out only to get food supplies, medicine, dietary supplements and basic necessities
	➤A maximum of three (3) people only including the patient are allowed out to seek health care services, medical, screening tests, vaccination programs, safety or emergency.
	 The number of passengers allowed in a taxi and e-hailing is limited to only two (2) people including the driver, the passenger must sit at the back.
	• The number of people allowed in a vehicle carrying goods as well as for the economic or industry activity chain (except for 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.



Authorities.

NATIONAL RECOVERY PLAN (NRP) – PHASE 1 SOP UPDATED : 9 SEPTEMBER 2021



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19. Move Control	ement	 Unloading activities involving non-essential goods at factories are limited to deliveries and acceptance of goods or cargo for existing stockpile for the purpose of import and export only from 8:00am to 8:00pm on Mondays, Wednesdays and Fridays with the permission of PDRM.
1		 Unloading activities involving essential goods are not subject to this restriction and operates as usual.
		 Public land and sea transportation services such as worker transport, bus stops, express buses, LRT, MRT, ERL, monorail, ferries, and other public transport are allowed to operate based on 50% of the vehicle capacity (operational hours and frequency is subject to the Ministry of Transport).
		 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 without organizing any event.
		 Movement for Short Term Business Travellers under the One Stop Centre (OSC) Initiative for official or business purposes is allowed after obtaining permission from the RMP.





by the Director General of Health

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	Activity	Brief Description
	20. Civil Service	 Subject to the current orders of the Chief Secretary to the Government (KSN).
		 Implement a full Work From Home (WFH) arrangement excluding frontliner services, security, defense and enforcement
		 Attendance at the Office is allowed only for essential services and not exceeding 40% at any one time based on priority to work processes that cannot be implemented by WFH such as the payment of contracts / invoices / salaries, payment / distribution of monthly / periodic aid to citizens, maintenance / security of the premises, ICT technical management for system maintenance and online meets and document preparation involving Cabinet.
		• Government service counters are allowed to physically operate from 1 July 2021 onwards involving:
		a) Services that cannot be rendered online;
		b) Counter staff capacity does not exceed 50%; and
		c) Physical attendance of customers is only through appointments.
d		Attendance to the office must be accompanied by an official order document and employee pass.
) 	21. Private Sector	 All essential service sectors approved by the relevant Ministry or Agency can operate during the NRP period subject to an approval letter of the relevant Ministry effective 1 June 2021. The movement of workers is subject to the registration or operating approval letter or employee pass or employer
		confirmation letter.
r t		 Employee attendance capacity for the private sector in the essential services including operations and management is limited to 60%.
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Permitted Activities

- Permitted Essential Service sectors
- Purchasing / obtaining essential goods and services
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- Conducting Official Government business.

Prohibited Activities

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- Other orders issued from time to time by the Director General of Health

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

Activity	Brief Description
22. Meetings	Meetings must be conducted via video conferencing.
23. Seminars, Workshops, Courses, Training and Lectures	 Seminars, workshops, courses, training and lectures are not allowed except for ongoing internal training that can be conducted in training areas through the Camp Based Training method. Seminars, workshops, courses, training and lectures conducted online are allowed. Critical interviews which must be conducted face-to-face and online are allowed.





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Effective Period

As prescribed in the brief description

prescribed SOP.

Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

3	ACTIVITY AND PROTOCOL				
	Activity	Brief Description			
	24. Business and Services	 Restaurant operators including those in hotels, sports and recreational clubhouses, eateries, dining outlets, food trucks, roadside hawkers, mobile hawkers, food courts, hawker centres, roadside stalls or kiosks, are allowed to operate between 6:00am to 10:00pm. 			
		 Food sale activities are by takeaway, drive through or delivery EXCEPT for dine-in services for fully vaccinated customers. Dine-in services for social celebratory events are not allowed. 			
		Park & dine services are not allowed.			
		• Grocery stores, convenience stores, personal care stores and mini marts are allowed to operate between 8:00am to 8:00pm .			
		 Daily necessity stores such as hardware stores, vehicle workshops, baby goods stores and religious goods are allowed to operate between 8:00am to 8:00pm. 			
		 Healthcare services such as hospitals, clinics, and medical laboratories can operate 24 hours or in accordance with their operational license. 			
nd		Pharmacies can operate from 8:00am to 8:00pm.			
s)		• Petrol stations can operate from 6:00am to 8:00pm except for petrol stations on highways which can operate 24 hours .			
ie		• Supermarkets, hypermarkets, and departmental stores can be open from 8:00am to 8:00pm.			
al		 Book and stationery stores, computer and telecommunications stores are allowed to operate from 8:00am to 8:00pm. 			
or		 Veterinarians and pet food stores are allowed to operate from 8:00am to 8:00pm. 			
ort ne		• Laundry services, self-service laundromats and optical stores are allowed to operate from 8:00am to 8:00pm . Self-service laundromats must ensure an employee is on the premises with adherence to the			



by the Director General of Health

NATIONAL RECOVERY PLAN (NRP) – PHASE 1 SOP EPTEMBER 2021



UPDATED : 9 SE
Permitted Activities
 Permitted Essential Service sectors Purchasing / obtaining essential goods and services Obtaining healthcare treatment & medicine Conducting Official Government business.
Prohibited Activities
 Inter-district movement in NRP areas and inter-state movement without permission from the RMP Movement in and out of NRP areas without permission from the RMP Please refer to the List of Prohibited Activities
Standing Orders
 Regulation 16 P.U. (A) 293/2021. Act 342. Emergency Ordinance (Prevention and Control of Infectious Diseases) (Amendment) 2021. Subject to conditions issued by the NSC and MOH. Orders and rules under the Local

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

and services	ACTIVITY AND PROT	<u></u>
 Obtaining healthcare treatment & 	Activity	Brief Description
medicineConducting Official Government business.	25. Markets	 Day markets and public markets can operate from 6:00am to 4:00pm subject to the local authorities (LA) with compliance to SOPs and supervision of RELA or LA officers.
Prohibited Activities		 Controlled Fresh Markets (Pasar Segar Terkawal – PST) are allowed to operate from 7:00am to 2:00pm.
 Inter-district movement in NRP areas and inter-state movement without permission from the RMP Movement in and out of NRP areas 		 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 4:00pm.
without permission from the RMPPlease refer to the List of Prohibited		 Wholesale markets are allowed to operate from 12:01am to 6:00am and 11:00am to 4:00pm with compliance to SOPs and supervision of RELA or LA officers.
Activities Standing Orders		 Night markets and weekly markets are allowed to operate subject to the Local Authorities (LA) with compliance to SOPs and supervision of RELA or LA officers.
 Regulation 16 P.U. (A) 293/2021. Act 342. Emergency Ordinance (Prevention and Control of Infectious Diseases) (Amendment) 2021. 		 Customers who wish to enter morning market, farmers' market, night market and weekly market areas MUST show a COVID-19 Vaccination card/ Digital Certificate which proves that the customer is fully vaccinated.
`	OC Minima and	 Mining and quarrying activities as well as mining and quarry maintenance works are allowed based on
Subject to conditions issued by the NSC and MOH.Orders and rules under the Local	26. Mining and Quarrying	the Mining and Quarry SOP.
NSC and MOH.		





UPDATED : 9 SEF					
Permitted Activities					
 Permitted Essential Service sectors Purchasing / obtaining essential goods and services Obtaining healthcare treatment & medicine Conducting Official Government business. 					
Prohibited Activities					
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Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report

Other orders issued from time to time

by the Director General of Health

and MOH risk assessment.

					MALA	Y S I A
	Effective Period	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional
\neg		brief description	for Activities	brief description		

Activity	Brief Description
28. Education	 All schools and educational institutes under MOE, private educational institutes under the school category and centers such as tuition centers, language centers, skill centers, counselling centers and others registered under MOE are to be closed commencing 29 June 2021.
	• All in-person <i>Pengajaran dan Pembelajaran</i> (PdP) activities are not allowed and must continue to be conducted through the <i>Pengajaran dan Pembelajaran di Rumah</i> (PdPR) method.
	 International school and expatriate school students involved with international examinations are allowed to attend to sit for their examination according to the examination schedule set by the international examination body.
	 All Public & Private Higher Educational Institutions, Vocational Institutes, other schools under the Ministry of Education (MOE), tahfiz centers and other educational institutes are to be closed. HEIs under the purview of the Ministry of Higher Education (MOHE) can continue online.
	• All in-person <i>Pengajaran dan Pembelajaran</i> (PdP) activities are not allowed except for students in need.
	 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.
	 Students in boarding school, universities or educational institutes are allowed to be in the boarding school, university or institution and continue hybrid learning.



by the Director General of Health

NATIONAL RECOVERY PLAN (NRP) – PHASE 1 SOP UPDATED : 9 SEPTEMBER 2021



						MAL	A Y S I A		
	Permitted Activities	Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional		
11	 Permitted Essential Service sectors Purchasing / obtaining essential goods 	ACTIVITY AND PRO	•	101 Activities	bilei description		!		
║.	and services Obtaining healthcare treatment &	Activity		В	rief Description				
	medicineConducting Official Government business.	29. <i>Tabikas</i> , Childcare Centers, Kindergartens,	and expatriate school	Tabikas, childcare centers, daycare centers, private kindergartens, kindergartens in private, in and expatriate schools as well as mind development centers for children between the ages are not allowed to operate except for children whose parents and guardians are both fron					
	Prohibited Activities	Daycare Centers	working in essential s	•	iaron imicco paronio ana gua	raiario aro son			
•	Inter-district movement in NRP areas and inter-state movement without permission from the RMP Movement in and out of NRP areas	and Residential Daycare Centers	women and multi-pur under the relevant Mi	pose care centers are nistry, Department or A	•	ance with the S	SOPs prescribed		
•	without permission from the RMP Please refer to the List of Prohibited Activities		Parents or guardians capacity.	sending children to ch	ildcare centers are allowed to	in accordance	with the vehicle		
	Standing Orders	30. Religion	=	mosques and <i>surau</i> s as prescribed by the Sta	are allowed for fully vaccina	ated individuals	s subject to the		
	Regulation 16 P.U. (A) 293/2021. Act 342. Emergency Ordinance (Prevention and		The Muslim akad n	•	I in Religious Departments /	Agencies with	h attendance in		
	Control of Infectious Diseases) (Amendment) 2021. Subject to conditions issued by the		 Muslim funeral arra Religious Authority di 		n cemetery visits are allow e	ed in accorda	ance with State		
	NSC and MOH. Orders and rules under the Local		•		Vorship are allowed for fully va Ministry of National Unity (KPI		iduals subject to		
	Authorities. Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report		9	•	ns at the National Registration red with attendance according	•	, ·		
	and MOH risk assessment. Other orders issued from time to time		Non-Muslim funeral a Ministry of National U		-Muslim cemetery visits are a l	llowed in acco	ordance with the		





Permitted Activities Permitted Essential Service sectors Purchasing / obtaining essential goods and services Obtaining healthcare treatment &

- Obtaining healthcare treatment & medicine
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•	-			MALA	Y S I A	
Effective Period	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional	
	brief description	for Activities	brief description			

Activity	Brief Description
31. Sports and Leisure	For individuals who have not yet completed or received full vaccination, the activities and operations are as follows:
	 Individual sports and recreational activities can be carried out in OUTDOOR areas including outdoor public parks with compliance to physical distancing of at least 1 to 3 meters SUBJECT to the movement control order currently in force from 6:00am to 8:00pm. Such activities include jogging, exercising, cycling, skateboarding, inline skating and the like.
	The operations of outdoor public parks are SUBJECT to the Local Authorities (LA).
	 The operations of all INDOOR sports and recreational facilities involving gyms/ fitness centers including fitness studios are LIMITED only to required management purposes (finance, maintenance and the like) with compliance of not exceeding 30% workforce capacity including management and operations.
	 Central training programs including tournaments or closed competitions with quarantine organized by the National Sports Council (MSN) using the Camp Based Training concept.
	 Central training programs organized by the State Sports Councils (State MSN) using the SPORTS BUBBLE concept.
	 Central sports and recreational training programs conducted in groups using the SPORTS BUBBLE model WITH KBS permission.
	 Hosting of Malaysian Football League matches by the Malaysian Football League (MFL) following the SPORTS BUBBLE model without the attendance of spectators or supporters.



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Effective Period

As prescribed in the brief description

Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

ACTIVITY AND PROTOCOL

LIST OF ESSENTIAL SERVICES ALLOWED TO OPERATE

- 1. Food and beverage, including for animals
- 2. Healthcare and medication including supplements, personal care and animal clinics as well as veterinary services
- 3. Water
- 4. Energy
- 5. Security and safety, defense, emergencies, welfare and humanity support
- 6. Waste management and public sanitation and sewerage
- 7. Transport through land, water or air
- 8. Port, shipyard and airport services and operations including unloading, *laiter* transport, cargo handling and pilotage *(pemaliman)*, and storage or bulk commodity
- 9. Communications including media, telecommunications and internet, post and courier and broadcasting (only for the purpose of conveying information, news and the like)
- 10. Banking, insurance, *takaful* and capital markets (60% entire capacity subject to the Financial Services Sector SOP by Bank Negara Malaysia)
- 11. Community credit and pawn shops
- 12. eCommerce 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, work for the essential services and not tourism purposes)
- 15. Critical construction, maintenance and repair
- 16. Forestry services (limited to enforcement) and wildlife
- 17. Legislature and the judiciary
- 18. Lawyers and commissioner of oaths
- 19. Accounting services.
- 20. Professional and consultancy services (subject to the relevant Professional Body regulatory authority)
- 21. Logistics limited to delivery of essential services





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Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

ACTIVITY AND PROTOCOL

ESSENTIAL SERVICES ACCORDING TO SECTOR

A. Manufacturing (60% worker capacity)

- 1. Aerospace (components and maintenance, repair and overhaul MRO)
- 2. Food and beverage
- 3. Packaging and printing materials only related to food and health goods
- 4. Personal care items and detergents
- 5. Health care and medical products
- 6. Personal safety items, personal protective equipment (PPE) including rubber gloves and fire safety equipment
- 7. Components for medical devices
- 8. Electrical and Electronics (global economic chain importance)
- 9. Oil and Gas including petrochemicals and petrochemical products
- 10. Machinery and equipment related only to health and food
- 11. Textiles for PPE production only
- 12. Production, refining, storage, supply and distribution of fuels and lubricants





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Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

ACTIVITY AND PROTOCOL

ESSENTIAL SERVICES ACCORDING TO SECTOR

B. Agriculture, Fisheries, Livestock, Farming and Commodities (Optimal Capacity)

- 1. Agriculture, fisheries and farming as well as its supply chain
- 2. Farming and commodities as well as its supply chain (palm oil, rubber, pepper and cocoa)

C. Construction

- 1. Critical maintenance and repair work.
- 2. Public infrastructure construction works.
- 3. Building construction work that provides approved employee accommodation on the construction site or houses workers in approved Centralized Worker Quarters (CLQ).
- 4. Construction works implemented by G1, G2, G3 or G4 contractors.
- 5. Individual residence renovation works.
- 6. Government funded construction projects.
- 7. Land inquiry works.
- 8. Professional/ consultancy services involved in the construction sector.
- 9. Supply chain services involved in construction works allowed to operate.





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Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

ACTIVITY AND PROTOCOL

ESSENTIAL SERVICES ACCORDING TO SECTOR

D. Distributive Trade

With No Vaccination Condition

- 1. Shopping complexes are **OPEN** only for supermarkets, hypermarkets and departmental stores **INCLUDING** all listed essential services.
- 2. Supermarkets and hypermarkets.
- 3. Departmental stores
- 4. Pharmacies, personal care, convenience stores and mini marts.
- 5. Restaurants
- 6. Laundry (including self-service)
- 7. Pet care and pet food stores
- 8. Eyeglass and optical goods stores
- 9. Hardware stores
- 10. E-commerce (for all product categories)
- 11. Wholesale and distribution (only for all categories of essential service)
- 12. Vehicle, maintenance and spare part workshops
- 13. Other Specialty Retail Stores (petrol stations)
- 14. Books and stationery stores
- 15. Computer and telecommunication stores



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Permitted Hours for Activities

As prescribed in the brief description

Movement

Conditional

ACTIVITY AND PROTOCOL

ESSENTIAL SERVICES ACCORDING TO SECTOR

D. Distributive Trade

With the Condition of Fully Vaccinated Customers

- 1. Car wash centers
- 2. Electrical and electronic stores
- 3. Home and kitchen appliance stores
- 4. Furniture stores
- 5. Sports equipment stores
- 6. Vehicle accessory stores
- 7. Vehicle distribution and sale centers
- 8. Clothing, fashion and accessory stores
- 9. Jewellery stores
- 10. Hairdressers and beauty centers/salons (for basic haircut services only)
- 11. Flower stores/ nurseries
- 12. Outdoor equipment stores
- 13. Housing galleries (show rooms)

E. Others

Any services, works, industry and business as determined by the Government after consultation with the authority regulating the service, work, industry and business in question.

ANY ACTIVITY NOT STATED IN THIS SOP IS PROHIBITED.





UPDATED : 9 SER
Permitted Activities
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· Other orders issued from time to time

by the Director General of Health

	_			MALA	Y S I A
Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional

	Activity	Brief Description					
LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)							
	1. Economic Activities	 Spas, reflexology, massage centres, wellness as well as pedicure and manicure services. Cyber café and cyber center operations. Maritime Training Centers and Aviation Training Centers. Photography activities. Predictive number agencies, horse racing and casinos. Liquor factories and store operations. 					
	2. Social Activities	 Government and private sector Official or Non-Official events. Social Events such as ceremonies, celebratory events, akad nikah or engagement celebrations, weddings, receptions, aqiqah ceremonies, doa selamat, tahlil, anniversaries, birthday celebrations, reunions, retreats and other social gatherings. In-person seminars, workshops, courses, training, conferences, talks, exhibitions and activities related to Meeting, Incentives, Conventions and Exhibitions (MICE). 					





MALAYSIA			
Permitted Activities			
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					MAL	AISIA			
	Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional			
	ACTIVITY AND PROTOCOL								
	Activity		Br	ief Description					
		LIST OF	PROHIBITED ACTIVIT	IES (NEGATIVE LIST)					
	3. Tourist and Cultural Activities	 Public tourist attracti nature parks, etc. 	 Public tourist attractions such as zoos, farms, aquariums, edutainment centers, extreme, adventure nature parks, etc. 						
		 Theme Parks, Family 	Entertainment Centres	, indoor playgrounds and ka	aoke including f	family karaoke			
		External district and s	state tourist activities						
		 Overseas tourist active Malaysia. 	vities by citizens and do	mestic tourism activities that	involve foreign	tourists entering			
	4. Sports and		reational activities o	onducted in gyms/ fitne	ss centers inc	cluding fitness			
	Recreational Activities	studios.							
	Activities	 Sports and recreation 	onal activities conduc	ed EXCEEDING the presci	ibed capacity.				
d		 The attendance of sp 	ectators or supporters a	it sports and recreational vei	nues.				
e		closed competitions /	•	ns or local and international of by the National Sports Co					
al		•	nal activities conducted permission from the RM	outside or across areas ur IP.	der effective m	ovement contro			





Permitted Activities

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

ACTIVITY AND PROTOCOL

Activity	Brief Description
LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)	
5. Entertainment Activities	Activities at nightclubs or pubs.
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.