



Permitted Activities	Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional	
<ul> <li>Purchasing / obtaining essential goods and services.</li> </ul>	ACTIVITY AND PRO	• -	IOI ACTIVITIES	brief description			
Obtaining healthcare treatment & medicine.	Activity		Brief Description				
Conducting Official Government business.	1. Areas Involved	PERLIS,SARAWAK AND NEGERI SEMBILAN.					
Prohibited Activities	* For Sarawak, please refer to the National Recovery Plan – Sarawak SOP P						
<ul> <li>Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.</li> <li>Please refer to the List of Prohibited</li> </ul>		** For areas enforced dates the EMCO ends	_	SOP in those areas are in e	effect until the	ir respective	
Activities	2. Effective Period	Commencing 16 Aug	ust 2021 (commencin	g 12:01 am)			
Standing Orders		*Negeri Sembilan commences 4 September 2021 (commencing 12:01 am)					
<ul><li>Regulation 16 P.U. (A) 293/2021.</li><li>Act 342.</li></ul>		Negeri Sembilan col	illinences 4 Septembe	2021 (commencing 12:01 a	am)		
<ul> <li>Emergency Ordinance (Prevention and Control of Infectious Diseases) (Amendment) 2021.</li> <li>Subject to conditions issued by the NSC and MOH.</li> <li>Orders and rules under the Local Authorities.</li> <li>Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment.</li> <li>Other orders issued from time to time by the Director General of Health</li> </ul>	3. Fully Vaccinated	<ul> <li>i. For vaccine types         AstraZeneca (Oxfo         (Sinopharm)), the         injection; or</li> <li>ii. For vaccine types</li> </ul>	that require two doses ord AstraZeneca), Coro individual in question materials that require only one d	e individuals who have met the (such as Cormirnaty (Pfizer BonaVac (Sinovac), Spikevax (Notes that have passed the 14th day lose (such as COVID 19 Jansaluestion must have passed the	ioNTech), CO\ loderna) and C r from the date sen (Johnson J	/ID 19 Covilo second dose Johnson) and	



## NATIONAL RECOVERY PLAN – PHASE 3 SOP

**UPDATED: 9 SEPTEMBER 2021** 



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	<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional
		brief description	for Activities	brief description		

Activity	Brief Description
General Health     Protocol	• It is <b>mandatory</b> for the license holder and premise owner to provide a MySejahtera QR code and a customer attendance registration book.
	<ul> <li>Hand sanitizers are to be provided at entrances and to ensure its use before entry.</li> </ul>
	<ul> <li>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).</li> </ul>
	<ul> <li>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.</li> </ul>
	<ul> <li>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.</li> </ul>
	<ul> <li>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.</li> </ul>
	<ul> <li>A person with a body temperature of above 37.5 degree Celsius is not allowed to enter the complex and premises.</li> </ul>
	<ul> <li>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.</li> </ul>
	<ul> <li>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.</li> </ul>



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	brief description	for Activities	brief description		

Activity	Brief Description
4. General Health	<ul> <li>Individuals from ages 17 and under are not encouraged to be in public areas and facilities.</li> </ul>
Protocol	<ul> <li>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.</li> </ul>
	• 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 <b>required</b> to wear face masks correctly in accordance with MOH recommendations while on the premises.
	<ul> <li>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).</li> </ul>
	• It is <b>mandatory</b> to wear face masks especially while in congested public areas <b>except</b> for the following activities and areas:
	<ul> <li>a) Hotel rooms or privately paid accommodation involving members of the same household.</li> <li>b) Individual workspaces.</li> <li>c) Outdoor sports and recreational activities.</li> <li>d) Own vehicles involving members of the same household.</li> <li>e) Indoor or outdoor areas and public places without any other individual.</li> <li>f) While eating and drinking in public without any other individual (other than in restaurants or eateries).</li> </ul>



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<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional	
	brief description	for Activities	brief description			

	ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS				
Activity	Brief Description				
5. Inter-District and Inter-State Movement for Long Distance Married Couples (PJJ)	<ul> <li>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:</li> <li>A copy of the husband and wife's identity card</li> <li>A copy of the marriage certificate/ card</li> <li>A copy of the husband and wife's COVID-19 Vaccination Card/ Digital Certificate</li> <li>A copy of documentary evidence of the husband/ wife's residence or employer confirmation letter.</li> <li>Showing a permission letter approved by PDRM when passing roadblocks (SJR).</li> </ul>				
6. Inter-District and Inter-State Movement for Parents/ Guardians with Long Distance Children (Below 18 Years)	<ul> <li>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:         <ul> <li>A copy of the parents' identity card and child's birth certificate/ document</li> <li>A copy of the parents' / guardian's COVID-19 Vaccination Card/ Digital Certificate</li> <li>The child's schooling information (if relevant)</li> </ul> </li> <li>Showing a permission letter approved by PDRM when passing roadblocks (SJR).</li> </ul>				



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	ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS		
Activity Brief Description			
7. Citizens and Foreigners Returning/ Arriving from Overseas	<ul> <li>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 risk assessment by the Ministry of Health (MOH) and further details issued by MOH.</li> <li>Showing evidence of a negative RT-PCR test report that is valid and conducted 3 days before departure.</li> <li>Having a valid and complete COVID-19 vaccination certificate (dependent on the type of vaccine).</li> <li>No symptoms during the health screening conducted at Malaysia's International Arrival Gate.</li> <li>Having a suitable residence to carry out quarantine.</li> </ul>		
	<ul> <li>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).</li> </ul>		
	<ul> <li>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 14<sup>th</sup> day</li> </ul>		
	<ul> <li>Travellers are required to conduct a daily self-assessment through the Home Assessment Tool (in the MySejahtera application and this assessment must be continued until the end the quarantine period which is either 14 days or 21 days from the date of arrival.</li> </ul>		
	<ul> <li>Travellers are required to undergo a RT PCR COVID 19 detection test upon arrival at PMA. Repeat of the RT PCR COVID 19 detection test must be conducted on day 10, or day 18 for travellers who have to undergo quarantine for 21 days</li> </ul>		





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ļ		brief description	for Activities	brief description		

	ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS					
Activity	Activity Brief Description					
8. Religion	• Prayer activities in mosques and <i>surau</i> s for fully vaccinated individuals are <b>allowed</b> subject to the regulations and SOPs prescribed by the State Religious Authority.					
	<ul> <li>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.</li> </ul>					
9. Tourism	<ul> <li>Tourism activities are only allowed in the same state only that involving hotels and homestays.</li> </ul>					
Activities	<ul> <li>Guests who have been fully vaccinated are allowed domestic tourism activities by submitting COVID- 19 Vaccination Card/ Digital Certificate upon checking-in.</li> </ul>					
	<ul> <li>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.</li> </ul>					
	<ul> <li>Couples who have received a complete vaccination are allowed to bring children aged 17 years and below for tourism activities in hotels and homestays by adhering to general health protocols.</li> </ul>					
	<ul> <li>A tourism bubble is allowed in Langkawi Island for fully vaccinated tourists with compliance to the Langkawi Island Domestic Tourism Bubble SOP.</li> </ul>					



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



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	ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS
Activity	Brief Description
11. Sports and Leisure	<ul> <li>All physical contact or non-contact sports and recreational activities conducted individually or in groups in OUTDOOR or INDOOR areas are LIMITED only to FULLY VACCINATED individuals from 6:00am to 12:00am subject to the movement control order currently in force.</li> </ul>
	• The operations of all commercial <b>OUTDOOR</b> sports and recreational facilities with compliance to the General Sports and Recreation Sector SOP <b>WITH</b> supervisory control. The attendance of workers should not exceed <b>80% workforce capacity</b> encompassing management and operations. Usage is only for <b>FULLY VACCINATED</b> individuals for <b>contact activities</b> . 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 with compliance to 50% capacity usage/ area WITH supervisory control. The attendance of workers should not exceed 80% workforce capacity encompassing management and operations. Usage is only for FULLY VACCINATED individuals for contact activities. Fully vaccinated individuals are also allowed to bring children aged 17 years and below for these activities with strict compliance to SOP.



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ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS							
Activity	Brief Description						
11. Sports and Leisure	• Sports and recreational activities or training in groups conducted in a controlled manner <b>WITH</b> supervisory control and is subject to 50% capacity usage/ area or not exceeding 250 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.						
	• The operations of all <b>INDOOR and OUTDOOR</b> sports and recreational facilities are subject to the Local Authorities (LA)/ Relevant Authority.						





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### **ACTIVITY AND PROTOCOL**

of the vehicle.

Activity	Brief Description
12. Movement	Inter-district movement within the same state is allowed.
Control	<ul> <li>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.</li> </ul>
	<ul> <li>The Royal Malaysian Police (RMP) is responsible for exercising control over infected areas with the assistance of ATM, APM &amp; RELA. Entry and exit routes of MCO areas are closed and entry is controlled by the RMP.</li> </ul>
	<ul> <li>Movement for individuals who have been fully vaccinated is allowed based on the capacity of the vehicle.</li> <li>Individuals are allowed to bring children 17 years of age and under with adherence to general health protocols</li> </ul>
	<ul> <li>However, for those who have not been fully vaccinated:</li> <li>Only three (3) people from the same household are allowed to go out to only obtain food supplies, medicine, supplements and basic necessities.</li> <li>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.</li> </ul>
	• The number of passengers allowed in a taxi and e-hailing is limited to only <b>three (3) people</b> 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

Activities and services at all airports and ports are allowed to operate 24 hours.

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







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ACTIVITY AND PROTOCOL								
Activity	Brief Description							
12. Movement Control	<ul> <li>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.</li> </ul>							
	<ul> <li>Unloading activities on premises, at factories and ports are allowed.</li> </ul>							
	<ul> <li>Movement in cases of death, natural disaster is allowed after obtaining permission from the RMP.</li> </ul>							
	<ul> <li>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.</li> </ul>							
	• 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 <b>allowed</b> by showing appointment details through the MySejahtera app, online or SMS.							
	• State Assemblymen and Members of Parliament <b>are</b> allowed to cross districts and states to visit their respective constituency.							
	<ul> <li>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.</li> </ul>							
	<ul> <li>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:</li> <li>Copy of couples identification cards</li> <li>Copy of marriage certificate/card</li> </ul>							
	Copy of proof of residence of husband/ wife or employer's confirmation letter.							

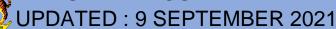


• Other orders issued from time to time by

the Director General of Health

## NATIONAL RECOVERY PLAN – PHASE 3 SOP UPDATED: 9 SEPTEMBER 2021





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<ul> <li>Purchasing / obtaining essential goods and services.</li> </ul>	ACTIVITY AND PROTOCOL						
<ul> <li>Obtaining healthcare treatment &amp; medicine.</li> </ul>	Activity	Brief Description					
<ul> <li>Conducting Official Government business.</li> </ul>	13. Civil Service	Subject to the current or	Subject to the current orders of the Chief Secretary to the Government (KSN).				
Prohibited Activities		<ul> <li>Government office oper and Work From Home (</li> </ul>		on a hybrid basis through ph	nysical presenc	e at the office	
Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.		➤ Attendance at the off	,	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	Secretary to the	e Government	
Standing Orders		> Attendance to the off	ice must be accompan	ied by an official order docum	ent and employ	ee pass.	
<ul> <li>Regulation 16 P.U. (A) 293/2021.</li> <li>Act 342</li> </ul>							
<ul> <li>Act 342.</li> <li>Emergency Ordinance (Prevention and Control of Infectious Diseases)</li> </ul>	14. Private Sector	<ul> <li>Inter-state movement of pass or employer confirmation</li> </ul>		the registration or operating	, approval lette	r or employee	
<ul><li>(Amendment) 2021.</li><li>Subject to conditions issued by the NSC and MOH.</li></ul>		Employee attendance of management is limited to		sector in the essential servi	ces including o	perations and	
<ul> <li>Orders and rules under the Local Authorities.</li> </ul>							
<ul> <li>Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment.</li> </ul>							



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the Director General of Health

• Subject to conditions issued by the NSC

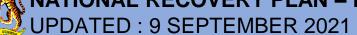
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	ACTIVITY AND PRO	•				
Obtaining healthcare treatment & medicine.	Activity		Br	ief Description		
Conducting Official Government business.	15. Meetings	_	• Face-to-face meetings of Government and private agencies are <b>allowed WITHOUT</b> involving the presence of external agency representatives with 50% capacity and physical distancing. Meetings			
Prohibited Activities	16. Seminars, Workshops, Courses, Training and	involving external age	encies are <b>encouraged</b>	to be carried out through vide	eo conferencino	g.
<ul> <li>Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.</li> <li>Please refer to the List of Prohibited Activities</li> </ul>		<ul><li>that can be conducted</li><li>Seminars, workshops</li></ul>	d in training areas throu , courses, trainings and	d talks are <b>not allowed</b> exce Igh the Camp Based Training Italks conducted online are all Iface-to-face and online are all	method.	ı internal traininç
Standing Orders	Lectures					
<ul> <li>Regulation 16 P.U. (A) 293/2021.</li> <li>Act 342.</li> <li>Emergency Ordinance (Prevention and Control of Infectious Diseases) (Amendment) 2021.</li> </ul>	17. Official Ceremonies	Official ceremonies as	re <b>allowed</b> with 50% ca	apacity of the premises with ph	nysical distanci	ing.



## NATIONAL RECOVERY PLAN - PHASE 3 SOP





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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.
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- Orders and rules under the Local Authorities.
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- Other orders issued from time to time by the Director General of Health

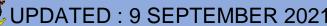
<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional	
	brief description	for Activities	brief description			

Brief Description
<ul> <li>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.</li> </ul>
• Food sale activities can be on a <b>dine-in</b> , <b>take-away</b> , <b>drive-through or delivery basis</b> . Dine-in services for social celebratory events are <b>not allowed</b> .
<ul> <li>Dine-in activities must be with physical distancing of at least 1 meter subject to the MDTCA NRP Phase 3 – Distributive Trade SOP.</li> </ul>
• Healthcare services such as hospitals, clinics, medical laboratories, veterinary hospitals and veterinary clinics can operate up to <b>24 hours</b> or in accordance with their operating permit license.
<ul> <li>Petrol stations are allowed to operate from 6.00am to 12.00 midnight except for petrol stations on highways which can operate 24 hours.</li> </ul>
<ul> <li>All distributive trade sectors are allowed operate from 6.00am to 12.00 midnight or in accordance with the terms of the license.</li> </ul>
<ul> <li>Spas, reflexology, massage centers, wellness and pedicure and manicure services are not allowed to operate.</li> </ul>









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Permitted Activities  • Purchasing / obtaining essential goods	Effective Period	-	cribed in the scription	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional
and services.	ACTIVITY AND PRO	TOCOL					
<ul> <li>Obtaining healthcare treatment &amp; medicine.</li> </ul>	Activity				Brief Description		
Conducting Official Government business.	19. Markets		<u> </u>	•	e allowed to operate from 6:0 e to SOPs and supervision of	<u>-</u>	•
Prohibited Activities				` ′	gar Terkawal – PST) are <b>allo</b>		
Inter-district movement in NRP areas			to 2:00pm.	(	gan remanan renyane and	лиса то оролог	
<ul><li>except with permission as stated in the Phase 3 NRP SOP.</li><li>Please refer to the List of Prohibited Activities</li></ul>			Farmer Organ	•	ar Tani Kekal – PTK), MyFa omplex Pertubuhan Peladang	· · · · · · · · · · · · · · · · · · ·	
Standing Orders					perate from <b>12:01 am to 6:0</b> with compliance to SOPs an		
<ul><li>Regulation 16 P.U. (A) 293/2021.</li><li>Act 342.</li></ul>			officers.	, ( <u> </u>	, , , , , , , , , , , , , , , , , , ,		
Emergency Ordinance (Prevention and			Farmers' mark	kets and morning mark	ets are <b>allowed</b> to operate fro	om <b>7:00am to 1</b>	:00pm.
Control of Infectious Diseases) (Amendment) 2021.  • Subject to conditions issued by the NSC and MOH.			license/permit		ets are <b>allowed</b> to operat with compliance to SOPs and		
<ul><li>Orders and rules under the Local Authorities.</li><li>Subject to the Hotspot Identification for</li></ul>	20. Agriculture, Fish Livestock, Farming		Agriculture, fis are allowed to		ing, commodities and logging	as well as thei	r supply chains
Dynamic Engagement (HIDE) report and MOH risk assessment.  Other orders issued from time to time by the Director General of Health	Commodities, Logg Manufacturing and Construction			•	rell as their supply chains are	allowed to ope	erate.
the Director General or Health	21. Mining and Qua	arrying	Mining and qu	arry operations are <b>all</b>	owed subject to the Mining ar	nd Quarrying So	OP.





### **Permitted Activities**

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- Obtaining healthcare treatment & medicine.
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	<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional
-		brief description	for Activities	brief description		

Activity	Brief Description
22. Education	<ul> <li>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 are opened.</li> <li>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</li> </ul>
	<ul> <li>Movement for the admission of students to boarding facilities is allowed with confirmation letters from MOE, MARA or relevant Ministry / Agency for inter-state/district travels.</li> </ul>
	<ul> <li>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.</li> </ul>
	<ul> <li>International schools and expatriate schools are allowed to open.</li> </ul>
	<ul> <li>The inter-district/state 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.</li> </ul>





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	<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional	
1		brief description	for Activities	brief description			

	Activity	Brief Description
	22. Education	<ul> <li>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.</li> </ul>
		<ul> <li>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.</li> </ul>
		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.
i )		



## NATIONAL RECOVERY PLAN – PHASE 3 SOP

UPDATED: 9 SEPTEMBER 2021



### **Permitted Activities**

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

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- 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

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<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional	
	brief description	for Activities	brief description			

	ACTIVITY AND PROTOCO	<u>/                                    </u>
	Activity	Brief Description
	23. <i>Tabikas</i> , Childcare Centers, Kindergartens,	• Childcare Centers and Daycare Centers under the Department of Social Welfare (JKM) are <b>allowed</b> to operate in accordance with prescribed SOPs.
	Daycare Centers and Residential Daycare Centers	<ul> <li>Tabikas, 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.</li> </ul>
		<ul> <li>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.</li> </ul>
d )	24. Religion	<ul> <li>Activities at mosques and <i>surau</i>s are <b>allowed</b> in accordance with State Religious Authority directives.</li> <li>The Muslim <i>akad nikah</i> is <b>allowed</b> in accordance with State Religious Authority directives.</li> <li>Muslim funeral arrangements and cemetery visits are <b>allowed</b> in accordance with State Religious</li> </ul>
ıl		Authority directives.
r b		<ul> <li>Non-Muslim House of Worship activities are allowed in accordance with the Ministry of National Unity (KPN) directives.</li> </ul>
у У		<ul> <li>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.</li> </ul>
		<ul> <li>Non-Muslim funeral arrangements and non-Muslim cemetery visits are allowed in accordance with KPN directives.</li> </ul>



Control

## NATIONAL RECOVERY PLAN - PHASE 3 SOP





UPDATED : 9 SE	PTEMBER 20	021			MALA	YSIA VINNERGE	
Permitted Activities	Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional	
Purchasing / obtaining essential goods and services.	ACTIVITY AND F	•				-	
Obtaining healthcare treatment & medicine.	Activity	Brief Description					
Conducting Official Government business.	25. Sports and Leisure	For individuals who have not yet completed or received full vaccination, the activities and operations are as follows:					
Prohibited Activities							
Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.			or INDOOR areas with	carried out individually for the compliance to physical distated subject to the movement con-	ncing of at leas	st 1 to 3 meters	
Please refer to the List of Prohibited     Activities		<ul> <li>Individual non-contact activities conducted in groups with compliance to physical distancing of 1 to 3 meters</li> <li>SUBJECT to 50% capacity usage/ area or not exceeding 250 persons including the trainer/ instruction.</li> </ul>					
Standing Orders		(whichever is lower).					
<ul> <li>Regulation 16 P.U. (A) 293/2021.</li> <li>Act 342.</li> <li>Emergency Ordinance (Prevention and</li> </ul>		<ul> <li>The operations of all OUT Sports and Recreation Sec 80% workforce capacity</li> </ul>	ctor SOP WITH superv	isory control. The attendance			

encompassing management and operations.

PERMISSION of KBS.

(Amendment) 2021. · Subject to conditions issued by the NSC and MOH.

Infectious

Diseases)

of

- · 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

• The operations of all public sports and recreational facilities are subject to the Local Authorities (LA)/ Relevant Authority. • The organizing of tournaments or competitions WITHOUT the attendance of spectators / supports using the SPORTS BUBBLE concept is LIMITED to those hosted by the Ministry of Youth and Sports (KBS), Malaysian Football League, the Petronas Cub Prix Championship and any other only WITH THE SPECIAL

The operations of all INDOOR commercial sports and recreational facilities is subject to 50% capacity usage/

area WITH supervisory control. The attendance of workers should not exceed 80% workforce capacity



and MOH.

Authorities.

MOH risk assessment.

the Director General of Health

## NATIONAL RECOVERY PLAN – PHASE 3 SOP UPDATED : 9 SEPTEMBER 2021



MALAYSIA IS-SEATHANNIA	
Permitted Activities	E
<ul> <li>Purchasing / obtaining essential goods and services.</li> <li>Obtaining healthcare treatment &amp; medicine.</li> <li>Conducting Official Government business.</li> </ul>	<u>A(</u>
Prohibited Activities	1
<ul> <li>Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.</li> <li>Please refer to the List of Prohibited Activities</li> </ul>	
Standing Orders	
<ul> <li>Regulation 16 P.U. (A) 293/2021.</li> <li>Act 342.</li> <li>Emergency Ordinance (Prevention and Control of Infectious Diseases) (Amendment) 2021.</li> <li>Subject to conditions issued by the NSC</li> </ul>	

· 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

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	<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional
		brief description	for Activities	brief description		

<u>ACTIVITY AND</u>	PROTOCOL
Activity	Brief Description
25. Sports / Recreational Activities	• The hosting of tournaments or competitions at the community/ district/ state/ national level only <b>WITH PERMISSION</b> of the Ministry of Youth and Sports (KBS) <b>WITHOUT</b> the attendance of spectators or supporters.
	• The hosting of international tournaments or competitions using the SPORTS MODEL model subject to PERMISSION from KBS WITHOUT the attendance of spectators or supporters.
	<ul> <li>The hosting of mass sports tournaments/ competitions/ events WITH KBS permission LIMITED to participation not exceeding 250 persons at any given time.</li> </ul>
	<ul> <li>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.</li> </ul>
	• The entry of foreign athletes/ coaches/ officials/ technicians into Malaysia is <b>SUBJECT</b> to approval by the Department of Immigration, Malaysia (JIM) <b>WITH</b> the support of KBS/ MSN and compliance to the guidelines for the entry of foreigners into Malaysia.







- Purchasing / obtaining essential goods and services.
- Obtaining healthcare treatment & medicine.
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	<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional
ł		brief description	for Activities	brief description		

Brief Description
Development and broadcasting of creative content by recorded or live broadcast.
<ul> <li>Recorded or live broadcast in the form of information delivery and entertainment with the attendance of a fully vaccinated audience with 70% spectator capacity in the studio space.</li> </ul>
Creative industry filming in and outside studios.
• Busking.
<ul> <li>Lounge hotel performances for fully vaccinated customers.</li> </ul>
• Live performance activities such as musical theatre, musicals, music and comedy (through pre-registration) with a fully vaccinated audience with 80% spectator capacity in the premise area.
• Cinema activities are allowed provided the employees and spectators are fully vaccinated with 70% capacity of the cinema hall area.



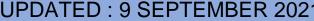
and MOH.

Authorities.

MOH risk assessment.

the Director General of Health

## NATIONAL RECOVERY PLAN – PHASE 3 SOP UPDATED : 9 SEPTEMBER 2021





Permitted Activities	
<ul> <li>Purchasing / obtaining essential goods and services.</li> <li>Obtaining healthcare treatment &amp; medicine.</li> <li>Conducting Official Government business.</li> </ul>	4
Prohibited Activities	
<ul> <li>Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.</li> <li>Please refer to the List of Prohibited Activities</li> </ul>	
Standing Orders	
<ul> <li>Regulation 16 P.U. (A) 293/2021.</li> <li>Act 342.</li> <li>Emergency Ordinance (Prevention and Control of Infectious Diseases) (Amendment) 2021.</li> <li>Subject to conditions issued by the NSC</li> </ul>	

• 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

<b>Effective Period</b>	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional	
	brief description	for Activities	brief description			

ACTIVITY AND PROTOCOL							
Activity	Brief Description						
27. Tourist and Cultural	<ul> <li>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:</li> </ul>						
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.						
	<ul> <li>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.</li> </ul>						
28. Other Activities	Other activities are <b>allowed</b> 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 : 9 SEPTEMBER 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						
<ul> <li>Obtaining healthcare treatment &amp; medicine.</li> </ul>	Activity Brief Description						
<ul> <li>Conducting Official Government business.</li> </ul>	LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)						
Prohibited Activities	1. Economic	Spas, reflexology and	d massage centres.				
Inter-district movement in NRP areas except with permission as stated in the	Activities		-				
<ul><li>Phase 3 NRP SOP.</li><li>Please refer to the List of Prohibited Activities</li></ul>	2. Entertainment Activities	Activities at nightclub	s or pubs.				
Standing Orders	3. Social Activities • Social Events such as ceremonies, celebratory events, akad nikah or engagement celebration					ent celebrations,	
<ul><li>Regulation 16 P.U. (A) 293/2021.</li><li>Act 342.</li></ul>		•	s, <i>aqiqah</i> ceremonies d other social gathering	, <i>doa selamat, tahlil</i> , anniv gs.	ersaries, birthd	ay celebrations,	
Emergency Ordinance (Prevention and Control of Infectious Diseases)						tivities related to	
<ul><li>(Amendment) 2021.</li><li>Subject to conditions issued by the NSC and MOH.</li></ul>		3, 22 22,		,			
Orders and rules under the Local	4. Tourist and	<ul> <li>Inter-state tourist act</li> </ul>	ivities.				
Authorities.	Cultural Activities	<ul> <li>Overseas tourist activities</li> </ul>	vities.				
<ul> <li>Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and</li> </ul>		Domestic tourist activ	vities that involve foreig	n tourists entering Malaysia.			





#### **Permitted Activities**

- Purchasing / obtaining essential goods and services.
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					MHUNIOIN
Effective Period	As prescribed in the	Permitted Hours	As prescribed in the	Movement	Conditional
	nriet description	TOT ACTIVITIES	I Driet description		

### **ACTIVITY AND PROTOCOL**

Activity Brief Description		
		LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)
d ()	5. Sports and Recreational Activities	<ul> <li>The attendance of spectators or supporters to sports and recreational venues.</li> <li>Sports and recreational activities conducted EXCEEDING the prescribed capacity.</li> <li>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.</li> <li>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.</li> <li>Sports and recreational activities conducted outside or across areas under effective movement control orders EXCEPT with permission from the RMP.</li> </ul>
c II r	6. Other Prohibited Activities	<ul> <li>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.</li> <li>Other matters as decided by the Government from time to time.</li> </ul>

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.