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#ReopeningSafely Guidelines
Transport and Movement

1 April 2022

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Living and working safely with COVID-19

Malaysia is in the 'Transition to Endemic' phase and we must learn to live with COVID-19 in line with the reopening of economic sectors. Therefore, it is important to understand the risk of COVID-19 transmission, practice preventive measures, and remain vigilant as we carry out our daily activities to ensure the safety of ourselves and our families.

This Guideline is categorised into 2 sections as follows:

Section 1: Guidance to identify COVID-19 risks and illustrate ways to assess risks on premises and at workplaces.

Section 2: Infographics to help us make safer choices while carrying out daily activities or at workplaces.

Scope of Guideline

This Guideline can be used when using transportation for both domestic and international travel. This includes transportations such as buses, ferries, rails, air flights, taxis and e-hailing, as well as vans or employee buses.

Table of Contents:

Note: This Guideline is encouraged to be complied with and is used to illustrate requirements in the Standard Operating Procedure (SOP). SOP is prioritised if there are any contradictions.

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Assessing COVID-19 Risks to Make Safer Choices

We need to be proactive in identifying and managing COVID-19 transmission risks in our daily activities. These are the 4 key factors to consider in making safer choices.

4 Key Factors to Consider in Making Safer Choices

Higher Risk ← → **Lower Risk**

1. Location
Well ventilated areas such as outdoor are safer than enclosed spaces such as indoor

Poorly ventilated enclosed spaces ←→ Well ventilated open areas

2. Proximity
Maintaining physical distancing between individuals is safer than crowding

No physical distancing or crowded ←→ With physical distancing

3. Duration
Interacting for a shorter duration is safer than interacting for a prolonged duration

Prolonged duration ←→ Short duration

4. Masking
Wearing a face mask is safer than being mask-off

Mask-off ←→ Mask-on

Movement by itself does not create a risk of infection especially if done safely using private vehicles with people from the same household. However, there are higher transmission risks in public transportation compared to private vehicles as it involves sharing of an enclosed space in close proximity and prolonged duration with other passengers from different households.

Additional attention must be paid to ensure good ventilation and face masks must be worn by passengers at all times.

Source: Department of Occupational Safety And Health (DOSH), World Health Organization (WHO)

Assessing COVID-19 Risks to Make Safer Choices

When planning our daily activities, the following questions should be taken into consideration as part of the risk assessment.

1. What are the type of risks?
Assess the risk of transmission based on the following factors

Location:
Poorly ventilated enclosed spaces

Distancing:
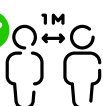No physical distancing/ crowded

Duration:
Prolonged

Face mask:
Mask-off

2. What are the actions to mitigate the risk?
Identify the relevant actions to mitigate risk

✅ Ensure physical distancing of at least 1 metre where possible

✅ Maintain cleanliness of the premises

✅ Wear a face mask, especially if physical distancing is not feasible

✅ Wear Personal Protective Equipment (PPE)

✅ Ensure good ventilation

✅ Practice proper etiquette while coughing and sneezing

✅ Regularly wash your hands with water and soap/ hand sanitiser

✅ Test if symptomatic

❌ Avoid crowded areas

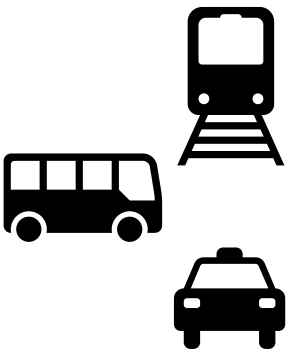❌ Avoid narrow and enclosed spaces

❌ Avoid shaking hands or physical contact

❌ Avoid close conversations

❌ Do not attend/ participate in activities if symptomatic

Source: MOH, WHO

Assessing COVID-19 Risks to Make Safer Choices

Examples of risks and actions to reduce the risks are illustrated as below.

Example #1

Public transport

What are the type of risks?

- Poorly ventilated enclosed spaces
- Prolonged duration
- Close proximity among passengers

What are the actions to mitigate the risk?

- ✅ Wear face mask at all times
- ✅ Practice proper etiquette while coughing and sneezing
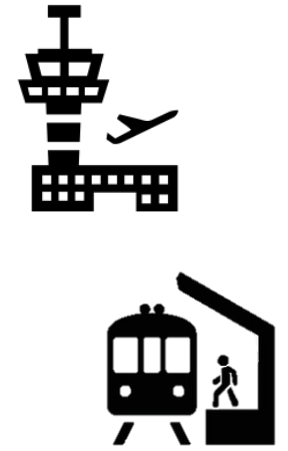- ✅ Maintain cleanliness of the vehicles
- ✅ Regularly wash your hands with water and soap/ hand sanitiser
- ❌ Avoid close conversations
- ❌ Avoid shaking hands or physical contact

Example #2

Terminals/ stations/ e-hailing/ taxi
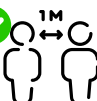
What are the type of risks?

- Poorly ventilated enclosed spaces
- Prolonged duration

What are the actions to mitigate the risk?

- ✅ Ensure physical distancing of at least 1 metre where possible
- ✅ Maintain cleanliness of the premises/ vehicles
- ✅ Ensure good ventilation
- ✅ Wear face mask at all times
- ❌ Avoid crowded areas
- ❌ Avoid narrow and enclosed spaces

Note: Compliance with SOP is important as a mandatory action to reduce the risk of COVID-19 transmission.

1. COVID-19 Symptoms

We must recognise COVID-19 symptoms and be responsible when we are feeling unwell to ensure that the 'Transition to Endemic' phase is successful.

COVID-19 Symptoms

Fever	Fatigue	Breathing difficulty	Body/ muscle ache	Headache
Runny nose	Cough/ sore throat	Vomiting/ diarrhoea	Loss of sense of taste or smell	

'TRIIS' Self Assessment Method

Test — Get tested with a self-test kit as soon as possible if you are experiencing any infection symptoms.

Report — Report the test result (negative, positive or invalid) on your MySejahtera immediately.

Isolate — Isolate yourself immediately with discipline if you have been tested positive for COVID-19. Adhere to the HSO[1] imposed by MOH.

Inform — Inform your close contacts and immediate family members urgently if your test result is positive. List out your close contacts information and assess health through HAT[2] on MySejahtera. Virtual CAC[3] will monitor your health status and contact you if necessary.

Seek — Seek immediate treatment at any healthcare facility nearby if you are experiencing worsening symptoms[4].

Note: [1]Home Surveillance Order; [2]Health Assessment Tool; [3]COVID-19 Assessment Centre; [4]Refer to the list of COVID-19 patient condition warning signs at https://covid-19.moh.gov.my/reopeningsafely/semasa/2022/03/fasa-peralihan-ke-endemik-langkah-6b-kenali-tanda-amaran-covid-19
Source: MOH

2. Entry Check and Registration

Individuals must use MySejahtera application to scan the QR code and only Individuals with 'Low Risk' MySejahtera status are allowed to enter premises or participate in activities[1,2]. MySejahtera users are also encouraged to activate the MySJ Trace feature.

What is MySJ Trace?

MySJ Trace is one the functions of mobile contract tracing.
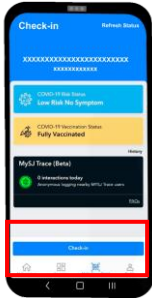
1 Helps **FTTIS** (*Find, Trace, Test, Isolate & Support*) in preventing transmission of COVID-19.

2 Detects close contacts using **bluetooth** technology.

3 Uses a **community driven** approach where the users' mobile phones will exchange information when they are within a certain distance.

Steps to activate MySJ Trace

Examples of recommended places to activate MySJ Trace:

Public places   Public transport   Restaurant   Shopping malls

Ensure the **bluetooth** feature on your mobile phone is turned on at all times.
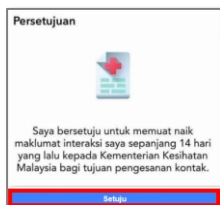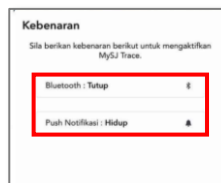
1 Open MySejahtera app
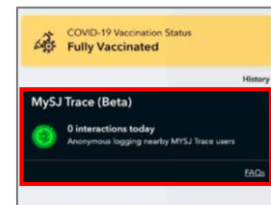
2 MySJ Trace feature will be displayed

3 Press 'Start' button

4 Press 'Agree' button

5 Provide necessary permissions for MySJ Trace

6 When activated, the MySJ Trace feature will turn green

Note: [1]Entry check and registration is exempted for areas that fulfil the three (3) criteria: outdoor areas, areas without crowds and mass gathering (e.g., recreational areas); [2]MySejahtera QR Code are placed at the main entrance of airports, stations dan terminals. Stores, stalls and kiosks that are located within these premises do not need to provide MySejahtera QR code.
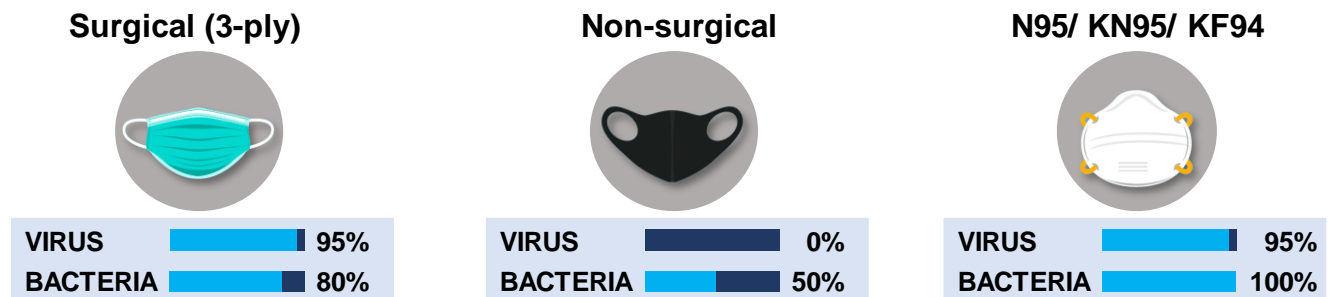
Source: MOH

3A. Use of Face Masks

Face masks protect us from getting infected by the COVID-19 virus, as it can be transmitted through respiratory droplets while talking, sneezing or coughing.
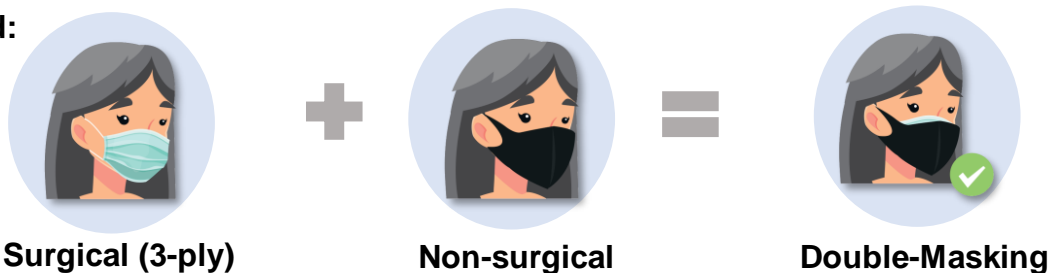
Examples of Face Mask and Its Protection Level

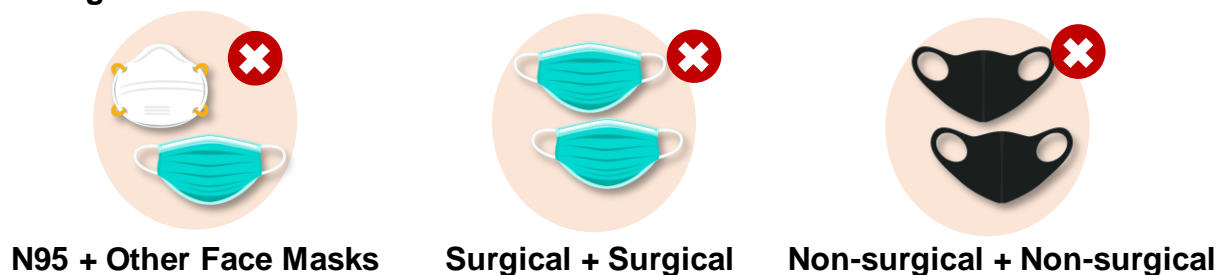Protection levels of face masks vary by mask types as shown below:

Surgical (3-ply)	Non-surgical	N95/ KN95/ KF94
VIRUS **95%**	VIRUS **0%**	VIRUS **95%**
BACTERIA **80%**	BACTERIA **50%**	BACTERIA **100%**

The Benefits of Double-Masking and How to do it Properly

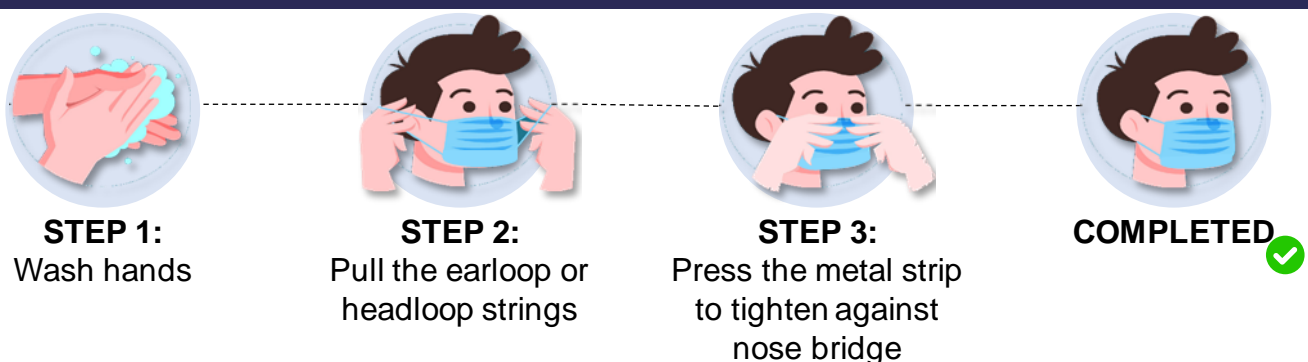Double-masking **(surgical + non-surgical face mask)** provides better protection from infectious droplets.

Encouraged:

Surgical (3-ply)	+	Non-surgical	=	Double-Masking

Not encouraged:

N95 + Other Face Masks	Surgical + Surgical	Non-surgical + Non-surgical

How to Properly Wear a Face Mask in 3 Easy Steps

STEP 1: Wash hands	STEP 2: Pull the earloop or headloop strings	STEP 3: Press the metal strip to tighten against nose bridge	COMPLETED

Source: MOH, Centre for Disease Control and Prevention (CDC)

3B. Mask-off Activities

Carrying out activities without wearing a mask increases the transmission risk of COVID-19 virus. The risk of infection becomes higher when the activities are carried out with people from different households in close proximity.

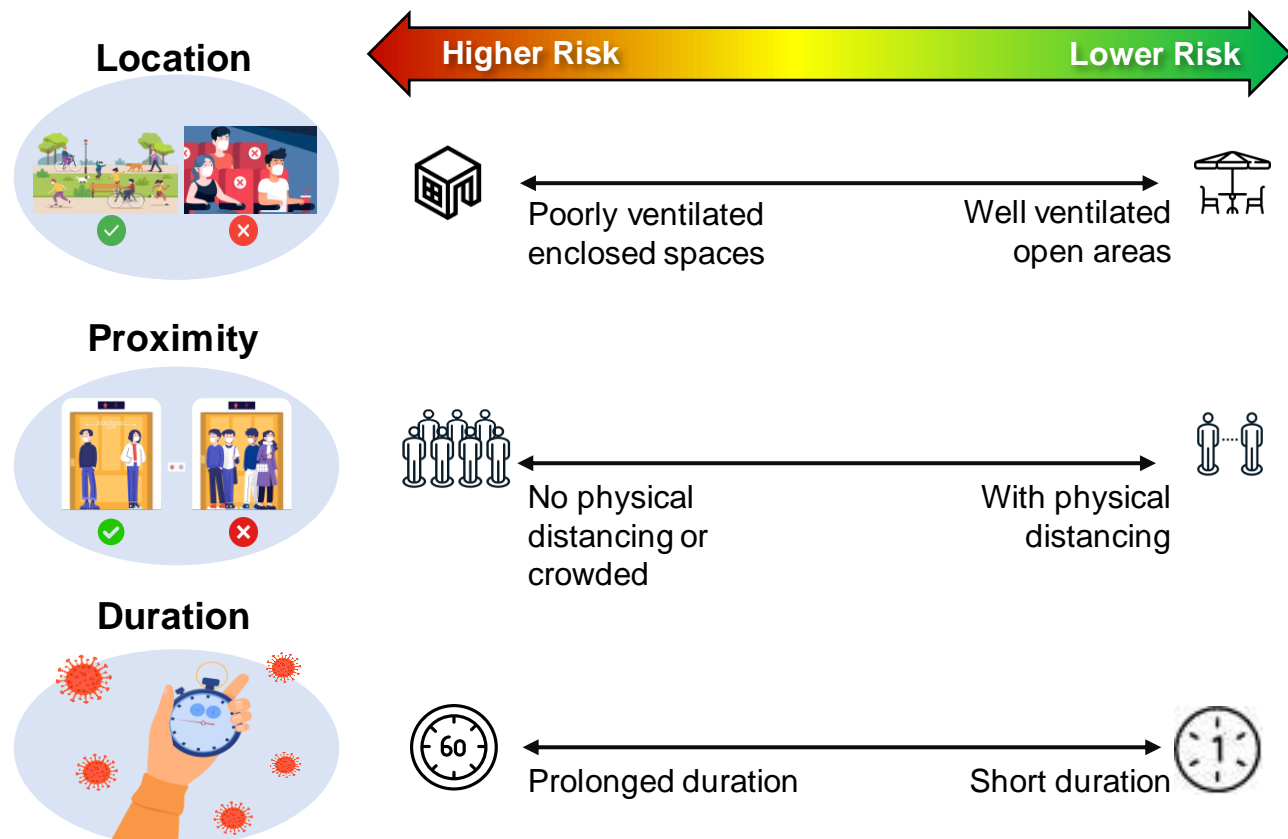## Examples of Mask-off Activities

Eating and drinking

Private vehicles
(not including e-hailing)

Activities at lounge
(performance, showering, sleeping, etc.)

3 Key Risk Factors to Consider Before Removing Your Mask

Below are the factors to consider in situations where wearing a face mask is not possible or suitable while carrying out activities. Face mask should be re-worn immediately after these activities.

Location

Higher Risk ——————————— Lower Risk

Poorly ventilated enclosed spaces ←——————→ Well ventilated open areas

Proximity

No physical distancing or crowded ←——————→ With physical distancing

Duration

Prolonged duration ←——————→ Short duration

⚠ Consider these factors and make appropriate decisions before removing your face mask to protect yourself and others.

Source: CDC

3C. Face Mask for Children and Individuals with Special Needs

The purpose of wearing face masks is to protect ourselves and others. However, additional considerations should be given to the following groups:

Children ≤5 years old

Wearing face mask is exempted considering the child's safety, developmental needs and inability to wear a face mask without assistance.

Children ≥6 years old

Wearing face masks is required based on their ability to safely and appropriately wear a mask.

Individuals with specific special needs

Wearing face mask is exempted for individuals with specific special needs (e.g., individuals with Cerebral Palsy or Autism) or individuals with health conditions involving breathing difficulties (a certified medical report from a registered medical practitioner is required).

Source: WHO

4. Physical Distancing

Adherence to physical distancing can protect us from being infected with the COVID-19 virus that is transmitted through respiratory droplets while talking, sneezing or coughing.
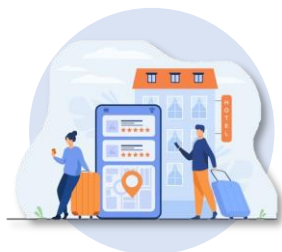
Practice physical distancing of at least 1 metre where possible (e.g., at terminals, in vehicles, at ticket counter etc.).

Limit face-to-face social interaction with individuals from different households.

Avoid physical greetings such as handshake. Instead, greet by placing your hands on your chest.

Choose to purchase tickets **online**, via self-service counter or cashless where possible.

Individuals who are **symptomatic or COVID-19 positive or under HSO** are not allowed to use public transportation.

Source: MOH, CDC, WHO

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5. Ventilation

COVID-19 virus is more contagious indoor than outdoor. Hence, good ventilation is important to reduce risk of transmission.

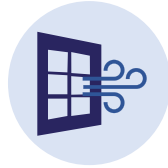## Enclosed Air-conditioned Spaces
(Example: terminals)

| Check and ensure ventilation systems are in good working order | Set the air conditioning mode to 'fresh air' and avoid recirculation | Purge indoor air before starting operations by turning on AC and fan | Increase air circulation by placing fans facing outwards at doors or windows | Ensure that the exhaust fans are running throughout operating hours |

Naturally Ventilated Premises
(Example: semi-outdoor stations)

| Open doors and windows as frequently as possible | Increase air circulation by placing fans facing outwards at doors or windows | Ensure that the exhaust fans are running throughout operating hours |

Supplementary Measures to Assess and Improve Air Quality
(Examples: air filter, CO_2 monitor)

Install air filter

- Install high-efficiency air filters to filter out airborne viruses and dust in the air

Monitor Carbon Dioxide (CO_2) levels

- CO_2 levels can be monitored by using an Indoor Air Quality (IAQ) device
- CO_2 reading which exceeds 1,000ppm indicate the space is poorly ventilated

Source: MOH, DOSH, CDC, WHO

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6A. Personal Hygiene

Practising personal hygiene is important to remove viruses and infectious droplets on our hands in order to reduce the risk of transmission.

Personal Hygiene

Encouraged ✔

Wash your hands regularly

Use soap and water or hand sanitiser

Replace with a new face mask after coughing or sneezing while wearing a face mask

Avoid ✖

Avoid touching your eyes, nose and mouth with unwashed hands

Wearing gloves is generally not required in most situations. If worn, wash your hands immediately after disposing your gloves

Avoid wearing the same face mask for a long period of time especially if you have coughed or sneezed into it

How to Practice Proper Hand Hygiene?

Timing

When?
- ✓ Before eating or preparing food
- ✓ Before touching your face
- ✓ After using the restroom
- ✓ After leaving a public place
- ✓ After coughing or sneezing
- ✓ After touching a used or contaminated face mask
- ✓ After handling any shared equipment or frequently touched surfaces
- ✓ Before and after wearing gloves

How long?

Regularly wash hands with soap and water for **more than 20 seconds** — **>20s**

If soap and water are not available, use hand sanitiser for **20-30 seconds** — **20-30s**

Technique

1 Wet hands with water and apply soap

2 Rub hands palm to palm with soap

3 Rub every finger and the gaps in between

4 Rub fingernails against palms

5 Rub the backs of hands

6 Rinse with clean water

Source: MOH, CDC, WHO

6B. Cleaning and Disinfection

Common areas and shared equipment may be contaminated with infectious respiratory droplets. Therefore, regular cleaning can reduce the risk of COVID-19 transmission. Disinfection is only required when there are positive cases occurring on the premises.

Cleaning and Disinfecting

Cleaning	Disinfecting

What is the difference?

Removes dirt and impurities from surfaces or objects	Kills viruses and germs on surfaces or objects

Where is it required?

Common areas such as stations, terminals or vehicles	Frequently touched surfaces such as door handles, handrails and others

What are used?

Mixture of soap or detergent with water	Liquid bleach or disinfectant with 70% alcohol

How often should I do it?

Periodically – at least once a day	After being exposed to a positive case. Clean surfaces first before disinfecting to increase effectiveness

Steps to Clean and Disinfect Frequently Touched Surfaces

1 Wear personal protective equipment to protect yourself from harmful or irritable chemicals

2 Clean frequently touched surfaces using soap and water

3 Wipe surfaces with liquid bleach or disinfectant where suitable

4 Carefully remove and dispose used personal protective equipment

5 Wash hands with soap and water for at least 20 seconds

Source: MOH, CDC

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6C. Cleanliness of Workers' Accommodation

Poor management of workers' accommodation can lead to COVID-19 transmission if face masks and physical distancing are not complied. Employers must comply with the minimum standards stated by the Minimum Standards of Housing, Accommodation and Employee Facilities Act 1990 [Act 446] in addition to the actions stated below:

Additional Measures to Stay Safe during COVID-19

1

Cleaning & Disinfection

- ✓ Frequent cleaning in communal areas and high-touch surfaces after breaks.
- ✓ Provide and regularly empty rubbish bins with cover/ lid.
- ✓ Provide hand washing facilities with soap and water or hand sanitiser.
- ✓ Disinfect common touch surfaces at workers' accommodation using liquid bleach or disinfectant containing at least 70% alcohol if positive case is detected.

2

Worker Movement

- ✓ Workers are to remain within the accommodation compound and are encouraged to stay in their respective rooms.
- ✓ Provide direct transportation between workers' accommodation and workplace.
- ✓ Staggered breaks for each group of workers to reduce crowding in resting areas.

3

Health Monitoring

- ✓ Perform self-test if employee is symptomatic and upload test results on MySejahtera application.

If negative:

- ✓ Employees can return to work by wearing a surgical mask (3-ply) and maintaining physical distancing.

If positive:

- ✓ Employees must isolate in the designated isolating room and perform daily health assessment through the Health Assessment Tool (HAT) in MySejahtera application.
- ✓ Management to immediately trace close contacts of positive patients.

Minimum Requirements for Housing Standards under Act 446

Area per worker
- 3m² (dormitory)
- 3.6m² (other than dormitory)

Toilets per worker
- 1:15 (dormitory)
- 1:6 (other than dormitory)

Basic amenities
- Single bed
- 4 inch mattress
- Pillow, blanket
- Locked cupboard

Shared facilities
- Living room, dining room
- Kitchen
- Lights, fan
- Bin

Source: Department of Labour Peninsular Malaysia (JTKSM), Construction Industry Development Board (CIDB), Act 446

7A. Management of Symptomatic Individuals, Confirmed COVID-19 Cases and Close Contact

Flowchart for Party Responsible for the Premises in the event of Symptomatic Employees[1,2]

Isolate symptomatic Employee in a dedicated area

↓

Ensure symptomatic Employee wear a face mask

↓

Ensure symptomatic Employee conduct COVID-19 testing and bear the cost of the test

−

Wear a surgical face mask (3-ply) if required to go out

+

Refer to the Flowchart for Positive Case Management on page 16

Identify area(s) to be cleaned and promptly perform disinfection if a positive case is detected, in line with MOH Guideline (Annex 36)[3]

Note: [1]Symptomatic individuals are not allowed enter premise or participating in any activities; [2]All parties involved in the handling of employees with COVID-19 symptoms must comply with established procedures and wear personal protective equipment (e.g., face masks, face shield, surgical gown, and gloves); [3]Refer to MOH Guideline (Annex 25 and Annex 36) at https://covid-19.moh.gov.my/garis-panduan/garis-panduan-kkm.
Source: MOH, DOSH

7B. Management of Symptomatic Individuals, Confirmed COVID-19 Cases and Close Contact

Flowchart for Positive Case Management

Receive positive COVID-19 test result and digital HSO

↓

Isolate at home/ place of residence, report close contact[1] and assess health through HAT[2] in MySejahtera

[1]**Close Contact** – interacted with COVID-19 positive patients under any circumstances listed below:
- Interacted from a distance of less than 1 metre and for more than 15 minutes
- Lives in the same household
- Works in close proximity or within the same classroom
- Shares transportation
- Health personnel who provide care without complete personal protective equipment

Asymptomatic/ Mild symptoms (*Cat* 1 and *Cat* 2a[3])

Severe symptoms (*Cat* 2b and above[3])

Continue to isolate at home — Symptoms worsening → **Contact CAC[5]**

Isolation period determined by MOH requirement[4]

↓ Admitted to Hospital/ PKRC[6,7]

Treatment period determined by health professionals

↓

HSO ends

Discharge

Note: This flowchart will be updated periodically based on MOH's evaluation; [2]Health Assessment Tool; [3]For the list of COVID-19 patient categories, refer to MOH guideline, Annex 2e at https://covid-19.moh.gov.my/garis-panduan/garis-panduan-kkm; [4]Refer to COVID-19 Health Protocol Portal at https://covidprotocol.moh.gov.my/; [5]COVID-19 Assessment Centre; [6]Employers should cover the cost of isolation and treatment; [7]Non-citizen travellers should be admitted to private hospitals or private Low Risk COVID-19 Quarantine and Treatment Centres (PKRC).

Source: MOH

7C. Management of Symptomatic Individuals, Confirmed COVID-19 Cases and Close Contact

Flowchart for Close Contact Management

Identified as close contact through MySejahtera

Received booster dose | Fully vaccinated | Not fully vaccinated/ unvaccinated

Asymptomatic | Symptomatic

Self-monitor without quarantine

Self-monitor and quarantine at home following MOH's requirement[1]

Perform RTK-Ag self-test if symptomatic

− **Receive digital RO[2] upon completion of quarantine**

+ **If positive, refer to the Flowchart for Positive Case Management on page 16**

Note: This flowchart will be updated periodically based on MOH's evaluation; [1]Refer MOH COVID-19 Health Protocol Portal at https://covidprotocol.moh.gov.my/; [2]Release Order.
Source: MOH

7D. Management of Symptomatic Individuals, Confirmed COVID-19 Cases and Close Contact

Quarantine Guidelines

As a positive case/ close contact

Do not leave your home during the quarantine period set by MOH

Do not share a room with family members

Self-monitor daily for symptoms and report through MySejahtera app

Wear a face mask and maintain physical distancing of at least 1 metre if interacting with family members

As a family member of the same household

Wear gloves when handling the utensils used by the patient
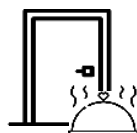
Place food and drinks outside the room for patient to pick up themselves

Wear a face mask when interacting with the patient

Wash your hands regularly with soap and water or use hand sanitiser

What should you do if the house/ place of residence is not suitable to safely isolate or quarantine?	Isolate or quarantine at any accommodation such as hotels and homestays to ensure that the isolation/ quarantine requirements can be implemented properly. All costs will have to be self-borne.

Source: MOH

8. Vaccination

Vaccination is effective to protect ourselves and reduce the transmission of COVID-19. Booster doses are also needed to obtain the most optimal level of protection against the virus and to protect society as a whole.

COVID-19 Vaccination Guide					
Definition of Fully Vaccinated[1,2]					
TYPE OF VACCINE	**COMPLETE PRIMARY DOSE**	**INDIVIDUALS** **FULLY VACCINATED**		**TRAVELLERS[3]** **FULLY VACCINATED**	
		18-59 YEARS	**≥ 60 YEARS**	**18-59 YEARS**	**≥ 60 YEARS**
Sinovac, Sinopharm	2 doses	3 doses	3 doses	3 doses	3 doses
Pfizer, Moderna, AstraZeneca,	2 doses	2 doses	3 doses	2 doses	3 doses
CanSino, Johnson & Johnson	1 dose	1 dose	2 doses	1 dose	2 doses

Recipients of Sinovac and Sinopharm vaccines as well as individuals aged 60 years and above who have not received their booster dose are allowed to perform activities that are permitted for individuals who are fully vaccinated.

Proof of fully vaccinated status such as card or digital certificate is required to participate in activities with vaccination requirements.

Individuals who are not eligible for vaccination (due to health reasons and has been verified by registered medical practitioners) must refer to the latest applicable guidelines.

Note: [1]Definition of fully vaccinated for vaccines above are subject to MOH's current recommendations. For other vaccines that are recognized by WHO's Emergency Use Listing (EUL), definition of fully vaccinated is subject to the recognition of WHO, International Authorities and producing countries (lists of types and brands of vaccines will be updated from time to time); [2]The effective vaccination status period after the last injection is 14 days for primary dose injection, and for booster dose injections is immediate after the booster dose injection was received; [3]Travellers from abroad.

Source: MOH, COVID-19 Immunisation Task Force (CITF)

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9. Management of Travellers

Source: MOH, Ministry of Transport (MOT)

9A. International Arrival Process

Pre-Departure	
Download, register and activate the MySejahtera application within a week before departure	☐
Complete the pre-departure form via the 'Traveller' icon in the MySejahtera app within a week before departure	☐
Perform test within 2 days before departure[1] and upload test result: • Normal travellers: RT-PCR test • Travellers within 6 to 60 days after being infected with COVID-19: RTK-Ag professional test	☐
For non-Malaysian citizens travellers[2], must be protected by COVID-19 travel insurance with a minimum insurance coverage of US$20,000	☐
For non-fully vaccinated/ unvaccinated travellers, provide place of residence/ accommodation address in the pre-departure form	☐

Upon Arrival at International Entry Point (PMA)	
Bring along required documents as evidences or upload to MySejahtera for review	☐
Proceed to immigration counter to check entry documents and obtain arrival 'time stamp'	☐

Testing and Quarantine/ Isolation Post-Arrival	
Undergo professional RTK-Ag test at a private health facility within 24 hours from the time of arrival[1,3]	☐

(a) For travellers who tested positive upon arrival:

Receive digital HSO	☐
Isolate and perform test in line with Positive Case Management flowchart[4]	☐

(b) For non-fully vaccinated/ unvaccinated travellers:

Undergo mandatory quarantine for 5 days	☐
Complete HAT form daily on MySejahtera	☐
Perform RT-PCR test on Day 4/ RTK-Ag professional test on Day 5[3,5]	☐

Note: [1]Children aged six (6) years and below are exempted from pre-departure and on-arrival testing; [2]Exemptions are given to Long-term (Social) Pass/ Expatriates Pass/ Student Pass/ Study Pass/ Resident Pass/ and Permanent Resident Pass holders, non-citizen spouses of Malaysian citizens and their children, foreign workers including foreign helpers, Malaysia My Second Home (MM2H) with a stay period exceeding 3 months in Malaysia; [3]Refer to the list of private hospitals and clinics for COVID-19 screening tests at https://covid-19.moh.gov.my/fasiliti-kesihatan/hospital-swasta-dan-klinik-swasta-berdaftar-untuk-covid19; [4]Refer Flowchart for Positive Case management on page 16; [5]Refer to (a) if positive COVID-19 screening test result.

Source: MOH

9A. Pre-Departure Process

Travellers need to download, register and activate the MySejahtera application within a week before departure to avoid any download issues.

MySejahtera app Registration Before Departing to Malaysia

1 Download the MySejahtera app from the app store

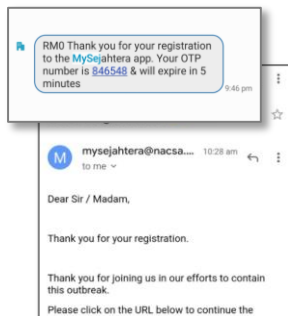**2** Press 'Register Here' to create a new MySejahtera account

3 Register using a valid phone number or email address

4 Enter the OTP number from the SMS or click the link in the email
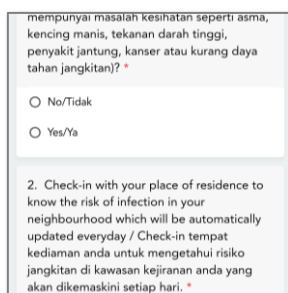
5 Complete the registration details and set a password

6 Log in with the registered phone number or email

7 Answer all assessment questions

8 Registration and activation completed
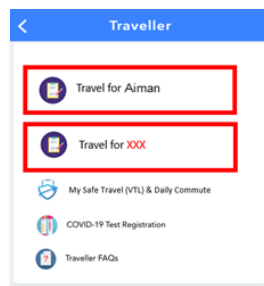
Source: MOH

9A. Pre-Departure Process

Travellers must complete the pre-departure form via the 'Traveller' icon within a week before departing to Malaysia.
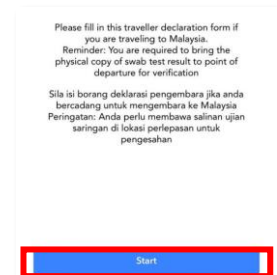
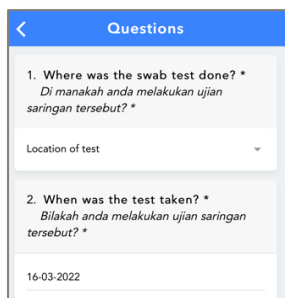## Pre-Departure Form Before Departing to Malaysia

1 Press 'Traveller' icon

2 Choose profile to create 'Travellers Card'[1]

3 Press icon 'Start'

4 Complete pre-departure form including quarantine location[2] and insurance details[3]

5 Send pre-departure form

6 Perform RT-PCR test within 2 days before departure and upload test result[4]
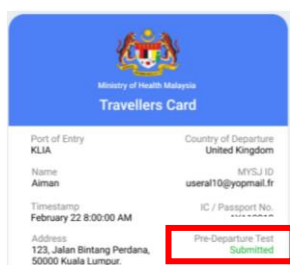
7 Ensure test result are submitted before departure[3]
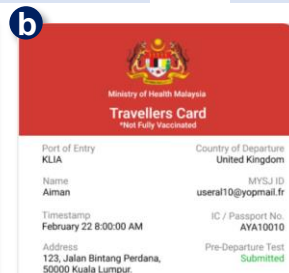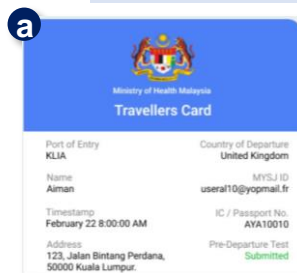
Travellers Card status:
a) Blue – if fully vaccinated
b) Red – if not fully vaccinated/ unvaccinated
c) Purple – for Daily/ Frequent Commuters

Note: [1]Travellers can create 'Travellers Card' for their dependents such as children by selecting the relevant profiles; [2]For non-fully vaccinated/ unvaccinated travellers; [3]For non-Malaysian citizen travellers (except the exempted groups of individuals); [4]For travellers within 6 to 60 days after being infected with COVID-19, perform professional RTK-Ag two (2) days before departure.
Source: MOH

9A. Upon Arrival Process

Flowchart Upon Arrival at International Entry Point (PMA)

```
Arrive at PMA

↓

Pass through the thermal scanner[1]

↓

Checking process by Immigration
Department and obtain arrival time stamp

↓                                    ↓

Fully                                Not fully vaccinated/
Vaccinated                           Unvaccinated

↓                                    ↓

Quarantine not required              Exit immigration and undergo
                                     mandatory quarantine

↓                                    ↓

Undergo RTK-Ag professional test within
24-hours of arrival[2,3]
```
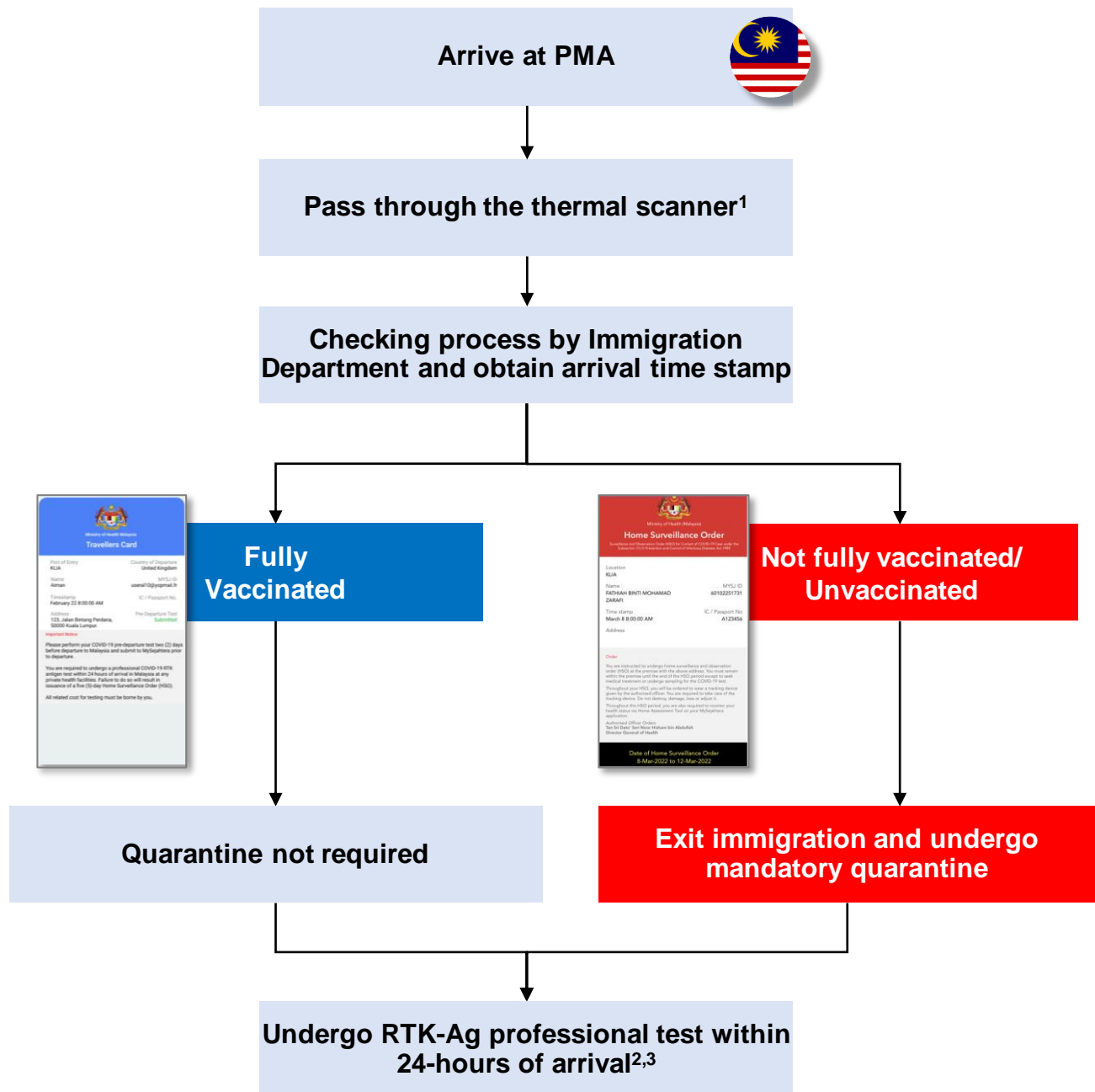
Note: [1]Symptomatic travellers can go to the health assessment counter at the International Entry Point through self-referral for further examination; [2]Refer to the list of private hospitals and clinics inside or outside of PMA for COVID-19 screening tests at https://covid-19.moh.gov.my/fasiliti-kesihatan/hospital-swasta-dan-klinik-swasta-berdaftar-untuk-covid19; [3]Travelers should remind private health workers who conducted the professional RTK-Ag tests to upload test results within 24-hours. Home Surveillance Order (HSO) will be given if the test result is not received within 24 hours.

Source: MOH

9A. Post Arrival Process

Flowchart for Testing and Isolation/ Quarantine Post Arrival

Undergo RTK-Ag professional test (24-hours)[1,2]

Fully Vaccinated

Not fully vaccinated/ Unvaccinated

RTK-Ag professional test results

RTK-Ag professional test results

− → **Released**

+

+

−

Refer to the **Flowchart for Positive Case Management** on page 16

Undergo mandatory quarantine for 5 days at the location specified in pre-departure form

Undergo RT-PCR test on Day 4 or RTK-Ag professional on Day 5

+

−

Continue mandatory quarantine until Day 10 → **Released**

Note: [1]Refer to the list of private hospitals and clinics for COVID-19 screening tests at https://covid-19.moh.gov.my/fasiliti-kesihatan/hospital-swasta-dan-klinik-swasta-berdaftar-untuk-covid19; [2]Travelers should remind private health workers who conducted the professional RTK-Ag tests to upload test results within 24-hours. Home Surveillance Order (HSO) will be given if the test result is not received within 24 hours.

Source: MOH

9B. Special Lane for Daily/ Frequent Commuters

Pre-Departure

Passport/ Border Pass ☐

Download, register and activate the MySejahtera application within a week before departure (only for first time entry) ☐

Follow COVID-19 testing requirements for Daily/ Frequent Commuters[1]:
a) First time entry: Upload RTK-Ag professional test results within 24 hours of departure
b) Daily/ Frequent Commuters: RTK-Ag professional weekly ☐

Completed vaccination certificate ☐

Upon Arrival at Entry Point

Pass through thermal scanner
If a thermal scanner is not available, symptomatic travellers should self-refer to the officer on duty ☐
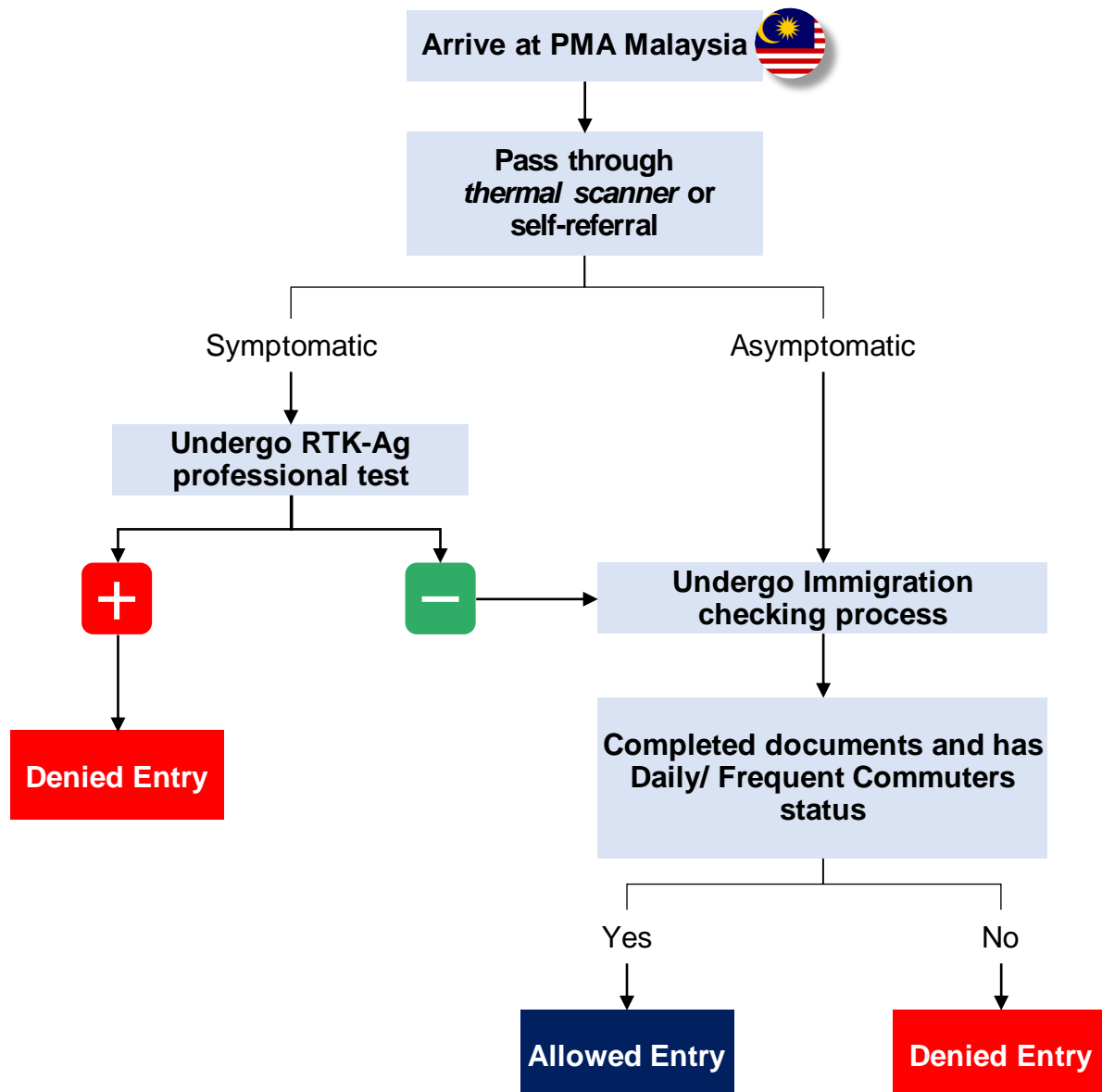
Undergo Immigration checking process ☐

Note: [1]Testing requirements for Daily Commuters and Frequent Commuters are subject to the agreement between the Malaysian government and countries involved; [2]Travellers who travel at least 3 times a week can be classified as Frequent Commuters.
Source: MOH

9B. Special Lane for Daily/ Frequent Commuters
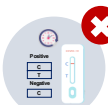
Procedure During Arrival For Daily/ Frequent Commuters

Arrive at PMA Malaysia

Pass through *thermal scanner* or self-referral

Symptomatic

Undergo RTK-Ag professional test

+

Denied Entry

—

Asymptomatic

Undergo Immigration checking process

Completed documents and has Daily/ Frequent Commuters status

Yes

No

Allowed Entry

Denied Entry

Source: MOH

9C. Air and Land Border Travel Protocol for Travellers from Singapore[1]

On 24 March 2022, Prime Ministers of Malaysia and Singapore have both agreed to allow all travellers who have completed vaccinations to cross air and land borders without undergoing quarantine or performing COVID-19 test upon arrival.

Following is the specific protocol for all travellers passing through the Malaysian-Republic of Singapore air and land border:

Air Travel

Download, register and activate the MySejahtera application before departure ☐

Verify COVID-19 vaccination certificate on mysafetravel portal ☐

Undergo a RT-PCR or professional RTK-Ag test within 2 days before departure ☐

Land Travel[2]

Download, register and activate the MySejahtera application before departure ☐

Verify COVID-19 vaccination certificate on mysafetravel portal ☐

Repealed Requirements

Travellers travelling by air and land do not need to:

❌ Apply for entry approval

❌ Undergo post-arrival testing

❌ Undergo quarantine

Travellers travelling by land do not need to:

❌ Undergo pre-departure testing

Note: [1]Travellers who are not fully vaccinated/ unvaccinated are allowed to enter with the requirement of mandatory quarantine for 5 days and must be protected by COVID-19 travel insurance with a minimum coverage of US$20,000; [2]This protocol is applicable to all categories of travellers and types of land transport.

Source: MOH

MYGARIS PANDUAN

This Guideline is prepared by the Majlis Keselamatan Negara (MKN) and Ministry of Health Malaysia (MOH) with the full cooperation from the Ministries and agencies listed below as well as various industry and health experts:

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For more information please visit:

MKN Portal: https://www.mkn.gov.my/

MySOP Portal: https://www.mysop.gov.my/

MOH COVID-19 Health Protocol Portal: https://covidprotocol.moh.gov.my/

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