

# PHASE ONE OF THE MOVEMENT CONTROL ORDER UNDER THE NATIONAL RECOVERY PLAN

STARTING FROM 20 AUGUST 2021

## MAJLIS KESELAMATAN NEGARA GENERAL STANDARD OPERATING PROCEDURES AS OF 20 AUGUST 2021

THE GENERAL SOP IS APPLICABLE IN KEDAH, SELANGOR, NEGERI SEMBILAN, MELAKA, JOHOR, W.P KUALA LUMPUR AND W.P PUTRAJAYA.

\*FOR AREAS UNDER ENHANCED MOVEMENT CONTROL ORDER (EMCO), THE EMCO SOP IS EFFECTIVE UNTIL ANNOUNCED OTHERWISE.

### PERMITTED ACTIVITIES

#### Restriction in Movement

- No inter-state and inter-district travel except for long distance married couples and parents/guardian who have children below 18 years old provided that they are fully vaccinated. PDRM approval is required together with relevant documents.
- Movement in/out of the MCO area for emergencies such as in cases of death & natural disasters, with PDRM approval.
- Capacity for vehicles carrying goods as well the chain of economic or industrial activities (except transportation of workers) depends on vehicle registration license.
- Capacity for official government vehicles according to vehicle capacity.
- Inter-state and inter-district travel for vaccination purposes is allowed with proof of appointment details.
- Short term business visit is NOT ALLOWED except with PDRM approval.
- MPs and State Legislative Assemblies allowed to travel across respective districts and states for official purposes or for visitation.
- For shopping complexes/supermarkets/department stores, customers only need to perform a body temperature scan once at the entrance of the complex and not at every business premise under one complex.
- Employers, employees, customers and visitors are required to check-in through MySejahtera (or write information manually-no internet access) before entering any government, private or personal office.
- Children below the age of 12 are not allowed to be in public places and facilities except for emergency purposes, treatment, education and exercise.

#### MALAYSIAN AND NON-MALAYSIAN TRAVELLERS

- Individuals returning/arriving from abroad and have not been fully vaccinated are required to undergo quarantine at a designated quarantine centre and subject to the requirements set by MOH.
- The mandatory quarantine period for travellers for all countries is 14 days with a 7-day extension if necessary, which is based on the results of the risk assessment conducted on the 14th day.

#### Day Care Centres

- Childcare and day care centres, nurseries, kindergartens and child development centres for children between 4 to 6 years NOT ALLOWED except for children where both parents and guardians are frontliners and work in essential services sectors.
- Various daycare centres such as for the disabled (OKU), senior citizens and women are allowed to operate.

#### Travel & Health

- Only 2 pax per household are allowed to go out for food, medicine, dietary supplements and essential items.
- Maximum of 3 pax including the patient allowed to travel for purposes of obtaining health or medical care, medicine, swab tests, vaccination programs and security and emergency purposes.
- Number of passengers in private vehicles, taxis and e-hailing limited to 2 pax only (including driver). Passengers to sit in the back passenger seat.
- Public transportation services are allowed to operate based on 50% of vehicle capacity (operating hours and frequency is according to Ministry of Transportation) except for flights.

#### Sports and Recreation

- Individual and non-contact sports and recreational activities in open areas limited to jogging, cycling, recreational activities like skateboarding and inline skating, etc and exercise only with social distance of at least 2-3 meters and within residential neighbourhoods within the same district from 7am-8pm only.

#### Education

- Public and Private Institutes of Higher Education, Skills Training Institutes, Tahfiz Centres and other education institutes are NOT ALLOWED.
- All schools under KPM, private education institutes categorised as private kindergartens, schools and centres, and other educational institutes registered under KPM are NOT ALLOWED.
- Only international and expatriate school students involved in international examinations allowed to be present to sit for the examinations according to the set examination schedule.
- International examinations, professional bodies and research activities that require laboratory facilities in Institutions of Higher Education are allowed.

#### Hours of Operation

Operations from 8am to 8pm:

- Grocery and convenience stores.
- Shops selling daily necessities such as hardware stores, workshops, baby goods store and religious goods store.
- Supermarkets, hypermarkets and departmental stores.
- Pharmacies, personal care stores, convenience stores and mini marts.
- Animal clinics and shops selling pet food.
- Laundrettes, self-service laundrettes & optical shops.
- E-Commerce (all product categories).
- Wholesale and distribution (essential goods and services only).

#### Other Hours of Operation:

- Restaurants, shops/food stalls, food trucks, street vendors, mobile vendors, food court/complex and roadside stalls/kiosks for takeaway, drive throughs and deliveries only from 6am-10pm.
- Daily and public markets from 6am-4pm.
- 24 hours or according to operating license for hospitals, clinics and medical laboratories
- Controlled Fresh Markets from 7am-12pm.
- Permanent Farmers' Markets, MyFarm Outlets and Area Farmers Organisation Complexes from 6am-4pm.
- Wholesale markets from 12am-6am and from 11am-4pm.
- Morning markets and Farmers' Market from 7am to 11am (for fully vaccinated individuals only)
- Petrol stations (Exception: 24 hours for highway stations) from 6am-8pm.

#### Economic and Business Sectors

- All essential economic and business sectors approved by the relevant Ministries/Agencies can operate during MCO period.
- Activity and services in all airports and ports.
- Face to face critical interviews allowed.
- Attendance capacity of employees for the civil service is limited to only 40% for essential work (excluding frontliners, security and defence personnel) and 100% Work From Home (WFH) basis for those who are not in essential services. Must be accompanied by official government documents and employee pass.
- Capacity of attendance in the private sector for essential services with letter of approval from the relevant ministry effective from 1 June 2021, which includes operation and management is limited to 60% only. Must be accompanied by registration/operational approval letter and employee pass/employer confirmation letter.
- Government service counters are allowed to operate physically from 1 July 2021 involving:
  - a) Services that cannot be performed online;
  - b) Counter staff capacity does not exceed 50%;
  - c) Physical customer presence only through scheduled appointments.

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### PERMITTED ACTIVITIES FOR VACCINATED INDIVIDUALS

Individuals are deemed fully vaccinated if they fulfil the following criteria:

- Double dose vaccination such as Pfizer, AstraZeneca and Sinovac: 14 days after the second dose vaccination
- Single dose vaccination such as Johnson & Johnson and CanSino: 28 days after vaccination dose



#### MALAYSIAN AND NON-MALAYSIAN TRAVELLERS



Malaysian citizens and Non-Malaysian citizens with a residence in Malaysia (including PR and Malaysia My Second Home) returning or arriving from abroad and who are fully vaccinated, are allowed to undergo home quarantine and will be given a digital Home Surveillance Order (HSO) subject to requirements set by the Ministry of Health Malaysia (MOH).



#### MARKETS



Morning Market, Farmer's Market, Night Market & Weekend Market are allowed to operate for fully vaccinated individuals. Customers must show Digital COVID-19 Vaccination Certificate before being allowed to enter.



#### DINE - IN



All restaurants including those located in Hotels, Sports and Recreational Club Houses, Food Shops, Food trucks, Road Side Vendors, Food Courts & Kiosk are allowed to prepare dine-in services in line with the conditions below:

- Customers must be fully vaccinated and are not exhibiting any conditions.
- Business premise owners must display at the entrance of the premise, a notice allowing only fully vaccinated customers
- Only workers that are fully vaccinated and not exhibiting any conditions are allowed to work according to vaccination rates as below:
  - (a) 40% : Allowed to operate at 60% capacity
  - (b) 60% : Allowed to operate at 80% capacity
  - (c) 80% : Allowed to operate at 100% capacity
- Tables and chairs must be arranged in a manner to maintain social distancing and good ventilation.
- Fully vaccinated individuals are allowed to bring their children below the age of 17 years old to dine in with them.



#### SPORTS & RECREATION



- Usage of sports and recreational facilities and premises are confined to fully vaccinated individuals only.
- Sports, recreation and leisure activities without physical contact and non-group activities (outdoors) are permitted from 6am to 8pm.
- Activities include jogging, exercise, tai chi, cycling, skateboarding, fishing, equestrian, archery, climbing, tennis (singles), badminton (singles), golf, motoring and the likes.
- Operation of all outdoor commercial sports facilities and recreational centres including swimming pools (open/semi-open) are allowed to operate with.
- Shower Rooms are not allowed to be open



#### PICNICS & CAMPING



- Picnics and camping are allowed.
- Participation of children aged 17 and under is allowed with strict adherence to SOP.



#### RESTRICTION IN MOVEMENT



- Fully vaccinated individuals are allowed to travel as per the capacity of the car.



#### RELIGIOUS ACTIVITY



- Muslims: Prayers in mosques and suraus are allowed for those who are fully vaccinated.
- Islamic wedding ceremonies in the religious department and mosque with attendance is allowed in accordance with the ruling of the State Religious Authority.
- Non-Muslims: Activities in houses of worship other than Islam allowed for those who are fully vaccinated.
- The registration of marriages for non-Muslims at the National Registration Department (JPN), House of Worship and Religious Associations is allowed with attendance as determined by JPN.
- Burial activities for Muslims and Non-Muslims allowed in accordance with the ruling of the State Religious Authority and Ministry of National Unity respectively.

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### Essential Services

- Food and beverage including for animals
- Health and medical care including dietary supplements; animal care and clinics, as well veterinary services
- Water
- Energy
- Security and safety, defence, emergency, welfare and humanitarian aid
- Solid waste management and public cleaning and sewerage
- Land, water or air transportation
- Services and operations of ports, shipyards and airports including loading, lattice transportation, cargo handling and piloting, and storage or bulk commodity
- Communications including media, telecommunications and internet, post and courier as well as broadcasting (for the dissemination of information, news and those related thereof)
- Banking, insurance, takaful and capital markets (overall capacity 60%- In accordance with SOP for Financial Services Sector by Bank Negara Malaysia)
- Pawnshops and community credit
- E-commerce and information technology
- Production, distillation, storing, supply and distribution of fuel and lubricants
- Hotels and accommodation restricted for the purpose of quarantine, isolation, employment of essential service and not for tourism purposes
- Critical construction, maintenance and repairs
- Forestry (limited to enforcement) and wildlife
- Legislation and Judiciary
- Law firms and commissioner for oaths
- Accounting services
- Logistics - limited to delivery of essential services
- Other Sectors of Essential Services allowed by the Government from time to time

#### A. MANUFACTURING

Manufacturing & Construction sector that has achieved vaccination rates for its workers as below:

**40% : Allowed to operate at a capacity of 60%**

**60% : Allowed to operate at a capacity of 80%**

**80% : Allowed to operate at a capacity of 100%**

RTK Antigen testing to be carried out on workers every 2 weeks and cost to be borne by employer.

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|--|---|
| <ul style="list-style-type: none"> <li>• Aerospace (components and maintenance, repair and overhaul-MRO)</li> <li>• Food and beverage</li> <li>• Packaging and printing materials only relate to food ingredients and health</li> <li>• Personal care items and detergents</li> <li>• Healthcare and medical products</li> <li>• Personal care items, personal protective equipment (PPE) including rubber gloves and fire safety equipment</li> </ul> | <ul style="list-style-type: none"> <li>• Components of medical equipment</li> <li>• Electrical and Electronics (related to global economic chain)</li> <li>• Oil and Gas including petrochemicals and petrochemical products</li> <li>• Machinery and equipment that are related to healthcare and food only</li> <li>• Textiles for PPE production only</li> <li>• Production, distillation, storage, supply and distribution of fuels and lubricants</li> </ul> |
|--|---|

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

- Agriculture, fisheries and livestock and their supply chains.
- Plantation and its commodities and their supply chains (palm oil, rubber, cocoa plantations).

#### C. Construction

- Critical maintenance and repair work.
- Major public infrastructure construction works.
- Building construction work that provides complete employee accommodation on the construction site or workers stationed in the Centralized Worker Quarters (CLQ).
- Construction works carried out by contractors G1, G2, G3 and G4.
- Renovation works for individual homes.
- Government Funded Project construction works.
- Land survey work.
- Professional services/ consultants involved for permitted construction work operations.
- Services in the supply chain involved for permitted construction work operations.

#### D. Distribution Trade

##### Without Fully Vaccinated Condition:

- Shopping complexes are CLOSED except supermarkets, hypermarkets and department stores INCLUDING all necessary services listed.
- Supermarkets and hypermarkets
- Departmental stores except clothing, jewellery, cosmetic and children's toys sections.
- Pharmacy, self-care, convenience and minimart stores.
- Restaurants
- Laundry (including self-service)
- Animal care and pet food supply shops
- Eyewear and optics shops
- Hardware shops
- E-commerce (all product categories)
- Wholesale and distribution (all categories of essential service products only)
- Vehicle workshop, maintenance and spare parts
- Other Specialty Retail Stores (gas stations)
- Bookstores and stationery shops
- Computer and telecommunication shops

##### With Fully Vaccinated Condition:

- Car Wash Shops
- Electric & Electronic Shops
- Home & Kitchen Appliances Shops
- Furniture Shops
- Sporting Goods Shops
- Car Accessory Shops
- Car distribution and sales center
- Clothes, Fashion & Accessories Shops
- Jewellery Shops
- Barbers & Beauty Centre/Salon (limited to basic hair cut services)

#### E. OTHERS

Such services, works, industries and businesses as may be determined by the Government after consultation with the authorities regulating such services, works, industries and businesses.

#### F. Mining & Quarrying

Mining & Quarrying sector that has achieved vaccination rates for its workers as below:

**60% : Allowed to operate at a capacity of 80%**

**80% : Allowed to operate at a capacity of 100%**

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### Restricted Activities



- Spa, reflexology, massage centres and pedicure/manicure service
- Cyber Cafes and Cyber Centers
- Driving Institutes, Flight Training and Maritime Training Centres
- Photography activities
- Betting agencies, horse racing and casinos
- Activities at nightclubs or pubs, theme parks, indoor playgrounds, family karaoke, family entertainment centres, and cinemas
- Receiving guests or visitors at place residence except in cases of emergency and delivery services
- Formal and informal events of Government and Private sector
- Social events such as engagements, weddings, birthday etc
- Tourism activities entering or leaving district and state
- Tourism activities outside of state for citizens, and tourism activities inside Malaysia for foreign tourists.
- Tourist attractions such as zoo, farms, aquariums, edutainment centres, extreme/adventure/nature parks etc
- Art, culture and heritage centres
- Development and broadcasting of creative content except talks and live streaming done individually; Indoor and outdoor shooting
- Contact and Group sports and recreational activities
- Sports and water recreation activities
- Government and private, formal and informal events, and social events
- Face-to-face meetings,  
Seminars/Workshops/Courses/Training/Conferences/Talks/  
Exhibitions and all related MICE activities
- Indoor or outdoor busking activities (except at Vaccination Centres), hotel lounge performances
- Manufacturing operation and shops related to alcohol.
- Organising local and international tournaments or competitions or matches EXCEPT indoor competitions/ tournaments organised by the National Sports Council (MSN) and league matches of teams under the Malaysian Football League (MFL).
- Sports and recreational activities conducted outside or across the controlled movement areas that are in force EXCEPT with the permission of PDRM.
- Any activity that may cause crowding to the point that it is difficult to ensure social distancing and compliance to the instructions of the Director General of Health