

**Effective Period** | 24 hours | **Permitted Hours for Activities** | As prescribed in the brief descriptions | **Movement of Residents** | Permitted with conditions

**Permitted Activities**

- The economic and industrial supply chain
- Official Government Business
- To obtain treatment for health, emergency and funeral matters

**Unauthorized Activities**

- List of unauthorized activities

**Standing Orders**

- Regulation 16 P.U. (A) 65/2021
- Subject to conditions issued by NSC and MOH
- Orders, rules and SOPs under Ministries / Departments / Agencies
- CMCO SOP for the entire State of Sabah
- Other orders issued from time to time by the Director General of Health

**ACTIVITY AND PROTOCOL**

ACTIVITY	BRIEF DESCRIPTION
Areas Involved	<b>F.T. PUTRAJAYA, F.T. LABUAN, SABAH, SARAWAK, KELANTAN, TERENGGANU, PAHANG, KEDAH, PERAK, NEGERI SEMBILAN AND MELAKA</b> *For Sarawak, please refer to the State of Sarawak CMCO SOP and for Sabah, please refer to the State of Sabah CMCO SOP
Effective Period	<b>19 February 2021 (from 12:01 am) until 4 March 2021 (11:59 pm)</b> <b>For Sarawak, active period begins from 15 February 2021 (from 12:01 am) until 1 March 2021 (11:59 pm)</b>
Movement Control	<ul style="list-style-type: none"> <li>• Movement within CMCO areas is <b>ALLOWED</b>.</li> <li>• Movement to other CMCO districts / areas, Movement Control Order (MCO) areas, Recovery Movement Control Order (RMCO) areas and Enhanced Movement Control Order (EMCO) areas are <b>NOT ALLOWED</b> except with <b>PERMISSION</b> from the RMP.</li> <li>• <b>The number of passengers in private vehicles is in accordance with the vehicle's capacity.</b> However, high risk individuals and children are not encouraged to go out to public, open and congested areas.</li> <li>• The number of people permitted in vehicles transporting essential goods and services and the economic / industrial supply chain is dependent on the commercial vehicle registration license.</li> <li>• The movement of private, Government department or private company vehicles <b>for the purpose of traveling to and from work</b> or to conduct official government business is dependent on the seating capacity of the vehicle.</li> <li>• Activities and services at all airports and ports are <b>ALLOWED</b> to operate.</li> <li>• Public transportation services such as bus stops, express buses, LRT/MRT/ERL/monorail, ferries, airplanes, taxi / e-hailing services and other public transportation are <b>ALLOWED</b> to operate (operational hours in accordance with license terms) based on the capacity of the vehicle.</li> <li>• Food delivery services are <b>ALLOWED</b> to operate from <b>6:00 am to 12.00 midnight</b> for the duration of the CMCO.</li> </ul>

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<u>ACTIVITY AND PROTOCOL</u>					
ACTIVITY	BRIEF DESCRIPTION				
Activities in CMCO areas	<ul style="list-style-type: none"> <li>• Business / economic / industrial activities are <b>ALLOWED</b> to operate as determined by the Government.</li> <li>• Supermarkets, shopping malls and retail stores are <b>ALLOWED</b> to operate according to the prescribed SOPs between 6:00 am and 12:00 am.</li> <li>• Restaurants, shops / dining outlets, food trucks, roadside hawkers, mobile hawkers, food court / hawker centres, roadside stalls / kiosks, grocery and convenience stores are <b>ALLOWED</b> to operate between 6:00am and 12:00 am with compliance to the Food Sector SOP.</li> <li>• Restaurants and eateries are <b>ALLOWED</b> to operate on a <i>dine-in</i> basis (<b>WITH DISTANCING OF 1 METER BETWEEN CUSTOMERS in accordance with table size</b>), take-away, delivery or drive-through with compliance to the <b>Food Sector SOP (Premised Businesses, Non-Premised Hawkers, Indoor Markets and Retail / Convenience Stores)</b>. Operational hours are allowed from 6:00 am to 12.00 midnight(subject to license terms).</li> <li>• Day markets, wholesale markets, wet markets, night markets and Late Night Markets (uptown, downtown and the like) are in accordance with the starting operational hours set by the license / permit until 12.00 midnight with compliance to the SOP and supervision by the authorities as well as RELA / Local Authority personnel.</li> <li>• Petrol station operating hours are between 6:00am and 12.00 midnight (except for the operation of petrol stations on highways which can operate 24 hours).</li> <li>• <b>Laundry services are ALLOWED from 6:00 am to 12.00 midnight.</b></li> <li>• Other business operations for daily needs are <b>ALLOWED</b> from 6:00a m to 12.00 midnight (subject to license terms).</li> </ul>				

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ACTIVITY	BRIEF DESCRIPTION	24 hours				
Medical / Health Services	<ul style="list-style-type: none"> <li>• Government and private clinics and hospitals are <b>ALLOWED</b> to operate for 24 hours or as permitted by the Government.</li> <li>• Pharmacies and drug stores can operate from 8:00 am to 12.00 midnight.</li> </ul>					
Health Protocols	<ul style="list-style-type: none"> <li>• The license holder and premise owner to ensure the movement of customers in and out of the premises is with 1 meter physical distancing.</li> <li>• Hand sanitizer must be provided at entrances and to ensure it is used before entry.</li> <li>• It is mandatory for the license holder and premise owner to provide a MySejahtera QR code and a registration log book for customer attendance.</li> <li>• Use of the MySejahtera application is mandatory in areas with extensive internet access. Exemption is allowed for areas that do not have internet access, specifically villages and rural areas.</li> <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 contact number. Those with a body temperature above 37.5 degree Celsius are <b>NOT ALLOWED</b> to enter the premises. Premise owners need to ensure that only customers with a "Low Risk" status in MySejahtera are allowed into their premises.</li> <li>• The premise owner to limit the number of customers in the premises with a 1 meter radius physical distancing at any given time and to display the maximum number of customers within the premises.</li> <li>• Employees, suppliers and customers are required to wear face masks correctly in accordance with MOH recommendations while on the premises.</li> <li>• Mandatory wearing of face masks especially while in congested public areas except for the following activities and areas:               <ol style="list-style-type: none"> <li>a. Own residence involving members of the same household;</li> <li>b. Privately Paid Hotel Room / Accommodation involving members of the same household;</li> <li>c. Individual workspace;</li> <li>d. Indoor and Outdoor sports &amp; recreational activities;</li> <li>e. Own vehicles involving members of the same household;</li> <li>f. Indoor / outdoor areas and public places without any other individuals; and</li> </ol> </li> </ul>					



**GENERAL SOP FOR CONDITIONAL MOVEMENT CONTROL ORDER (CMCO)**  
 UPDATED: 18 FEBRUARY 2021

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ACTIVITY	BRIEF DESCRIPTION
Health Protocols	<ul style="list-style-type: none"> <li>• To ensure there is ventilation and a good ventilation system on the premises.</li> <li>• Mandatory wearing of face masks especially while in congested public areas <b>EXCEPT</b> for the following activities and areas:               <ol style="list-style-type: none"> <li>a. Own residence involving members of the same household;</li> <li>b. Privately Paid Hotel Room / Accommodation involving members of the same household;</li> <li>c. Individual workspaces;</li> <li>d. Indoor and Outdoor sports &amp; recreational activities;</li> <li>e. Own vehicles involving members of the same household;</li> <li>f. Indoor / outdoor areas and public places without any other individuals; and</li> <li>g. While eating and drinking in public without any other individual.</li> </ol> </li> </ul>



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ACTIVITY	BRIEF DESCRIPTION
Employment Activity	<ul style="list-style-type: none"> <li>• Movement in and out of <b>MCO, CMCO and RMCO AREAS IS ALLOWED.</b></li> <li>• Movement into <b>EMCO</b> areas <b>IS NOT ALLOWED.</b></li> <li>• Employment activities for civil servants are based on JPA Circulars / Orders and the Employer for private sector employees.</li> <li>• Vehicles carrying employees including private vehicles are <b>ALLOWED</b> to operate with SOP compliance.</li> </ul>
Sports and Recreational Activities	<ul style="list-style-type: none"> <li>• Sports and recreational activities within the same district and among same household members only in CMCO areas</li> <li>• All individual and team sports and recreational activities are <b>ALLOWED</b> for the the purposes of health, fitness, training, games / matches and the hosting of local tournaments / competitions <b>WITHOUT spectators / supporters.</b></li> <li>• Operations of indoor and semi-outdoor facilities / premises must have <b>supervisory control</b> for the duration of operations with adherence to the Sports and Recreational Activities SOP.</li> <li>• Sports and recreational activities is allowed subject to the effective movement order.</li> <li>• The hosting of local and international tournaments / competitions is subject to approval by the Ministry of Youth and Sports. Quarantine-based hosting is <b>ALLOWED</b> and <b>WITHOUT</b> spectators. Permission for the entry of participants / international officials to Malaysia is subject to the Immigration Department of Malaysia with a supporting letter from Ministry of Youth and Sports.</li> <li>• An RT-PCR / RTK Antigen test must be conducted for all participants, officials and reserves involved in the hosting of local and international championships three (3) days before the date of the competition as specified in the Sports and Recreational Activities Sector SOP. Only participants with a negative result are allowed to participate in the tournament.</li> </ul>

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<b><u>ACTIVITY AND PROTOCOL</u></b>					
<b>ACTIVITY</b>	<b>BRIEF DESCRIPTION</b>				
Economic and Industrial Sector Activities	<ul style="list-style-type: none"> <li>• Economic and industrial sector activities in CMCO areas can operate as determined by the Government with compliance to prescribed SOPs.</li> <li>• All industrial, business and manufacturing related vehicles are <b>ALLOWED</b> to operate, including to cross districts and states.</li> </ul>				
Fisheries, Plantation and Agriculture Sectors	<ul style="list-style-type: none"> <li>• The fisheries, plantation, agriculture and livestock and all other sectors related to the food supply chain are <b>ALLOWED</b> to operate.</li> </ul>				
Religious Activities	<ul style="list-style-type: none"> <li>• Activities in the mosques and <i>suraus</i> are <b>ALLOWED</b> with restricted attendance as determined by the State Religious Authority.</li> <li>• Activities in non-Muslim houses of worship are <b>ALLOWED</b> with restricted attendance as <b>determined by the Ministry of National Unity</b> and the Ministry of Federal Territories for houses of worship in the Federal Territories.</li> </ul>				



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ACTIVITY	BRIEF DESCRIPTION
Creative Industries	<ul style="list-style-type: none"> <li>• Recording activities for music, concerts, filming, interviews and the like are <b>ALLOWED</b> either at a studio or on external premises but <b>RESTRICTED</b> to within <b>CMCO</b> areas only with a minimal number of crew and <b>WITHOUT AN AUDIENCE</b> as well as with compliance to the Creative Industry SOP.</li> <li>• Live event activities without spectators are allowed with the number of crew and staff as set by the <b>Ministry of Communications and Multimedia (KKMM)</b>.</li> <li>• Indoor busking activities within building premises, cafes, food courts and partially enclosed locations are <b>ALLOWED</b>.</li> </ul>
Day Care Centres, Tabikas, Kindergartens and Nurseries	<ul style="list-style-type: none"> <li>• Day care centres, <i>tabikas</i>, kindergartens and nurseries are allowed to operate with permission to operate by the relevant Ministry / Agency.</li> <li>• Parents / guardians sending their children to day care centres are allowed to use vehicles with a number of child passengers according to the capacity of the vehicle.</li> <li>• Day care centres for People with Disabilities, Senior Citizens, Women and Multipurpose Care Centres are allowed to operate during the CMCO period.</li> </ul>

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ACTIVITY	BRIEF DESCRIPTION				
Education	24 hours				
	<ul style="list-style-type: none"> <li>• Schools, Public and Private Institutes of Higher Learning (HEI), Vocational Institutes, <i>tahfiz</i> centers, private education institutions in the category of private kindergartens, schools and centers (such as tuition centers, language centers, skills centers, mental development centers and guidance centers) and other education institutions are <b>ALLOWED</b> with compliance to guidelines set by respective Ministries/Agencies.</li> <li>• All educational institutes and private education institutions registered with the Ministry of Education (MOE) are allowed to operate according to the decision and announcements from MOE from time to time. Other institutions are encouraged to begin operations based on the announcement from MOE.</li> <li>• Students and candidates sitting for the 2020 and 2021 <i>Sijil Pelajaran Malaysia</i> (SPM), <i>Sijil Tinggi Pelajaran Malaysia</i> (STPM), <i>Sijil Vokasional Malaysia</i> (SVM), <i>Sijil Tinggi Agama Malaysia</i> (STAM), <i>Sijil Kemahiran Malaysia</i> (SKM), <i>Diploma Vokasional Malaysia</i> (DVM), Admission to Special Schools for Form 1 and Form 4 Examinations and equivalent international examinations are allowed to attend school across MCO or CMCO or RMCO areas in accordance with the school calendar as set by the Malaysian Ministry of Education (MOE) with confirmation documents from MOE, and movement to and from school can be accompanied by a guardian.</li> <li>• The movement of lecturers/teachers/instructors for the purpose of Lecturing and Teaching classes involved in examinations are allowed with confirmation from MOE and MOHE.</li> <li>• Movement for the admission of students to dormitories for examination classes set by MOH and MOHE are allowed with confirmation from MOH and MOHE.</li> <li>• Students must obtain a movement permission letter to cross states or districts to return to campus from the relevant HEI.</li> </ul>				



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<b>ACTIVITY AND PROTOCOL</b>					
<b>ACTIVITY</b>	<b>BRIEF DESCRIPTION</b>				
MICE (Meetings, Incentives, Conventions and Exhibitions)	<ul style="list-style-type: none"> <li>• Business events in relation to meetings, incentives, conventions and exhibitions are allowed to operate at <b>50% of the premise capacity</b> with compliance to physical distancing, mandatory wearing of face masks and based on the CMCO MICE SOP.</li> </ul>				
Tourism and Cultural Activities	The following activities are allowed to be held at <b>50% of the premise capacity</b> with compliance to physical distancing, mandatory wearing of face masks and based on the relevant CMCO SOPs: <ul style="list-style-type: none"> <li>• Public tourist attractions such as zoos, farms, aquariums, edutainment centers, recreational parks, extreme / adventure / nature parks and others;</li> <li>• Arts, culture and heritage premises such as museums, libraries, art galleries, cultural heritage villages / centers, cultural performance stages and others;</li> <li>• Theme parks and family entertainment centers.</li> </ul> Other tourist and cultural activities OTHER THAN those listed under the Negative List are subject to the available Cultural and Tourism CMCO SOP which is currently in force.				
Meetings	<ul style="list-style-type: none"> <li>• Face-to-face meetings for official business / work held at the office, hotel and other institutions is allowed with compliance to social distancing, mandatory face masks and only at 50% of the meeting room capacity.</li> <li>• Meetings are encouraged to be via video calls</li> </ul>				
Other Permitted Activities	Other activities not listed in the Negative List are <b>ALLOWED</b> based on existing SOPs which have been prescribed.				

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<b><u>ACTIVITY AND PROTOCOL</u></b>					
<b>ACTIVITY</b>	<b>BRIEF DESCRIPTION</b>				
Seminars / Workshops / Conferences / Exhibitions	<ul style="list-style-type: none"> <li>• All Seminars / Workshops / Courses / Training Sessions / Conferences / Talks are allowed to be held at <b>50% of the premise capacity</b> with compliance to physical distancing, mandatory wearing of face masks and based on the General SOP for the Execution of Government and Private Sector Official Events.</li> <li>• Ongoing internal training <b>CAN BE HELD</b> but only within the training institution area.</li> </ul>				
Mass Ceremonies	<ul style="list-style-type: none"> <li>• Government and Private Official and Non-Official Events, Social Events such as ceremonies, <i>akad nikah</i> ceremonies, weddings and engagements, receptions, <i>aqiqah</i> ceremonies, <i>doa selamat</i>, <i>tahlil</i>, anniversaries, birthday celebrations, reunions, retreats and other social gatherings are allowed to be held at <b>50% of the premise capacity</b> with compliance to physical distancing, mandatory wearing of face masks and based on the General SOP for the Execution of Social Events.</li> </ul>				
Other Permitted Activities	Other activities not listed in the Negative List are <b>ALLOWED</b> based on existing SOPs which have been prescribed.				

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ACTIVITY	BRIEF DESCRIPTION				
<b>List of Prohibited Activities (Negative List)</b>					
Entertainment Activities	<ul style="list-style-type: none"> <li>• Activities in nightclubs or pubs.</li> <li>• Activities in cinemas except in green zones in CMCO areas which are allowed to conduct such activities.</li> <li>• Concerts or live events with spectators.</li> </ul>				
Sports and Recreational Activities	<ul style="list-style-type: none"> <li>• Games / matches / hosting of tournaments / competitions with the <b>ATTENDANCE</b> of supporters / spectators.</li> <li>• The hosting of international tournaments <b>WITHOUT THE PERMISSION</b> of KBS.</li> <li>• Activities conducted on facilities and premises with <b>NO SUPERVISED CONTROL</b>.</li> <li>• The entry of participants / officials from overseas for sports tournaments / competitions in Malaysia <b>WITHOUT</b> permission to entry from the Department of Immigration, Malaysia.</li> <li>• Mass activities.</li> <li>• Activities conducted outside effective movement order areas except for those with permission.</li> </ul>				
Tourism Activities	<ul style="list-style-type: none"> <li>• Tourism activities to outside CMCO areas and within MCO and EMCO areas.</li> <li>• International travel by citizens and domestic tourism involving foreign tourists entering Malaysia except for foreign tourists as declared by the Minister.</li> </ul>				
Other Unauthorized Activities	<ul style="list-style-type: none"> <li>• Inter-district movement in CMCO areas and inter-state movement without permission from the RMP.</li> <li>• Any activity that can cause many people to attend in one place, making it difficult to conduct physical distancing and comply with orders by the Director-General of Health.</li> <li>• Others as decided by the Government from time to time.</li> </ul>				