



MOVEMENT CONTROL ORDER (MCO) GENERAL SOP

UPDATED: 18 FEBRUARY 2021

Unofficial
Translation



Permitted Activities

- Essential services and its supply chain
- Purchasing / obtaining essential goods and services
- Obtaining healthcare treatment & medicine
- Conducting Official Government business and judicial duties

Unauthorized Activities

- Inter-district movement in MCO areas and inter-state movement without permission from the RMP
- Movement in and out of MCO areas without permission from the RMP

Standing Orders

- **Regulation 16 P.U. (A) 64/2021**
- Subject to conditions issued by NSC and MOH
- Orders and rules under the local authorities
- Other orders issued from time to time by the Director General of Health

Effective Period

24 hours

Permitted Hours for Activities

As prescribed in the brief descriptions

Movement of Residents

With conditions

ACTIVITY AND PROTOCOL

Activity	Brief Description
Areas Involved	THE FEDERAL TERRITORY OF KUALA LUMPUR, SELANGOR, JOHOR AND PENANG
Effective Period	19 February 2021 (starting 12:01 am) until 4 March 2021 (11:59 pm)
Movement Control	<ul style="list-style-type: none"> • The Royal Malaysian Police (RMP) is responsible for exercising control over locally infected areas with the assistance of ATM, APM & RELA. Entry and exit routes of MCO areas are closed and controlled by the RMP. • The number of passengers allowed in a private vehicle is in accordance with the vehicle capacity for the purposes of obtaining healthcare services or medication, food supplies, medicine, dietary supplements, basic and daily necessities within the same residential district or the district nearest to their residence in the event the necessary supplies are not available in their area. • The number of people allowed in a vehicle carrying goods as well as for the industrial economic activity chain is dependent on the commercial vehicle registration license. • The movement of of private, Government department or private sector company vehicles for the purpose of going to and from work or to conduct official government business is subject to the seating capacity of the vehicle. • Movement for public and private operations and services is dependent on the seating capacity of the vehicle. • Permission to cross states is granted for long-distance married couples by obtaining permission from the RMP. • Other movements as permitted by this SOP.



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Activity	Brief Description
Movement Control	<ul style="list-style-type: none"> • Students and candidates sitting for the 2020 and 2021 <i>Sijil Pelajaran Malaysia (SPM), Sijil Tinggi Pelajaran Malaysia (STPM), Sijil Vokasional Malaysia (SVM), Sijil Tinggi Agama Malaysia (STAM), Sijil Kemahiran Malaysia (SKM), Diploma Vokasional Malaysia (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.</i> • Matriculation colleges are allowed to operate during the MCO. Students in boarding schools / university / institutions are allowed to be in the boarding school / university / institution and to continue hybrid learning. • International examinations and professional bodies as well as research activities that require laboratory facilities in Higher Education Institutes (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. • 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. • Movement for the admission of students to dormitories for examination classes set by MOH and MOHE are allowed with confirmation from MOH and MOHE. • Students must obtain a movement permission letter to cross states or districts to return to campus from the relevant HEI. • Movement into/in-and-out of MCO areas for emergency cases such as death are allowed after obtaining permission from the RMP. • Movement into/in-and-out of MCO areas for emergency cases such as natural disasters are allowed. • Movement for disaster/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. • State Assemblymen and Members of Parliament are allowed to cross their respective district and state during the MCO period for the purpose of official business or constituency visits. • The Periodic Commuting Arrangement (PCA) and Reciprocal Green Lane (RGL) between Malaysia and Singapore will continue based on the agreement.



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ACTIVITY AND PROTOCOL

Activity	Brief Description
Activities in MCO Areas	<ul style="list-style-type: none"> • Restaurants, shops / dining outlets, food trucks, roadside hawkers, mobile hawkers, food court / hawker centres, roadside stalls / kiosks, are ALLOWED to operate between 6.00am until 10.00pm. • Sale of food activities are allowed through dine-in, take-away, drive-through or delivery from 6:00am to 10:00pm. Dining-in is allowed in accordance with the table capacity with physical distancing of at least 1 meter between customers. • Grocery and convenience stores are allowed to operate between 6.00am to 10.00pm. • Hospitals, clinics and medical laboratories can operate 24 hours or in accordance with their operational license. • Pharmacies can operate from 6:00am to 10:00pm. • Convenience stores can operate from 6:00am to 10:00pm. • Petrol Stations can operate from 6:00am to 10:00pm except for petrol stations on highways which can operate 24 hours. • Day markets, wet markets, public markets and weekly markets can operate from 7:00am to 2:00pm. • Wholesale Markets can operate from 12:00am to 6:00am and 11:00am to 4:00pm. • Clinics and Pet Stores are allowed to operate from 6.00am to 10.00pm. • Laundry services, optical stores, car wash centres, hairdressers and salons (for hair cut services only) are allowed to operate from 6:00am to 10:00pm. • Self-service laundromats must ensure an employee is on the premises with adherence to the set SOPs. • Other activities given approval by a Ministry / Agency / Local Authority is allowed to operate from 6.00am to 10.00pm.
Permission to operate and movement for the civil service and private sector	<ul style="list-style-type: none"> • All economic and business sectors approved by the relevant Ministry / Agency can operate during the MCO period. The movement of employees is subject to the registration / operating permission letter and employee pass/employer confirmation letter. • Movement for official Government business must be accompanied by an employer confirmation document. • Employee attendance capacity for the civil service is based on the Public Services Department Circular / Order. Whereas for the private sector it is based on 30% of the Administration Group and number of operational / support staff as determined by the employee.



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ACTIVITY AND PROTOCOL

Activity	Brief Description
General Health Protocol	<ul style="list-style-type: none"> • The premise owner to ensure the movement of customers in and out of the premises is with 1 meter physical distancing. • Hand sanitizers to be provided at entrances and to ensure its use before entry. • It is mandatory for the license holder and premise owner to provide a MySejahtera QR code and a customer attendance registration book. • Use of the MySejahtera app is mandatory in areas with extensive internet access. Exemption is given for areas without internet access especially in villages and rural areas. • 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 as well as to scan their body temperature. A person with a body temperature of above 37.5 degree Celsius is NOT ALLOWED to enter the premises. Premise owners need to ensure that only customers with a “Low Risk” status in MySejahtera are allowed into their respective premises. • The license holder and 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. • Employees, suppliers and customers are required to wear face masks correctly in accordance with MOH recommendations while on the premises. • To ensure there is ventilation and a good ventilation system for the premise. • Mandatory wearing of face masks especially while in congested public areas EXCEPT for the following activities and areas: <ul style="list-style-type: none"> • a. Own residence involving members of the same household; • b. Privately Paid Hotel Room / Accommodation and involving members of the same household; • c. Individual workspaces; • d. Indoor and Outdoor sports & recreational activities; • e. Own vehicles involving members of the same household; • f. Indoor / outdoor areas and public places without any other individuals; and • g. While eating and drinking in public without any other individuals.



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ACTIVITY AND PROTOCOL

Activity	Brief Description
Meetings	Government agency and private sector face-to-face meetings involving the attendance of external agencies are NOT ALLOWED and must be held via video conferencing.
Religious Activities	<ul style="list-style-type: none"> • Muslim religious activities such as Friday Prayers and congregational prayers in the mosque / <i>surau</i>, educational events, the <i>akad nikah</i>, and funerals are ALLOWED in accordance with the State Religious Authority directives. • House of Worship non-Muslim activities are ALLOWED subject to the Ministry of National Unity and the Federal Territories of Kuala Lumpur, Putrajaya and Labuan are subject to the Ministry of Federal Territories. • The <i>akad nikah</i> is ALLOWED in the religious department and mosque in accordance with the State Religious Authority directives. • The registration of marriages for non-Muslims at the National Registration Department (NRD) is ALLOWED with attendance according to NRD directives.
Day Care Centers, NURSERIES, Kindergartens and <i>Tabikas</i>	<ul style="list-style-type: none"> • Day care centers, Nurseries, <i>tabikas</i>, and kindergartens are allowed to operate with permission to operate by the relevant Ministry / Agency. • Parents / guardians sending their children to day care centers are allowed to use vehicles with a number of child passengers according to the capacity of the vehicle. • Day care centers for People with Disabilities, Senior Citizens, Women and Other Care Centers are allowed to operate during the MCO period.



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ACTIVITY AND PROTOCOL

Activity	Brief Description
Sports and Recreational Activities	<ul style="list-style-type: none"> • Non-contact sports and recreational activities carried out individually in neighbourhoods are subject to the current effective movement control order without crossing states. • Fitness activities such as jogging, brisk walking, cycling, golf, gym activities, aerobics, tennis / badminton / ping pong (LIMITED to single matches whereas doubles are NOT ALLOWED) and two-wheel and four-wheel motor sports. • Football, hockey, <i>sepak takraw</i> and basketball activities are allowed only for non-contact self-training, whether conducted individually or in a group by ensuring physical distancing and based on the permitted capacity for use. • The operation of facilities / premises which have supervisory control throughout the operation period is LIMITED to fitness centres / gyms, badminton / ping pong halls / tennis courts, football fields / futsal / hockey / <i>sepak takraw</i> / basketball courts, motor circuits and golf courses (including the driving range) only. • The use of sports facilities / premises must be on a schedule and booking service only (walk-in is not allowed). The number of users in indoor facilities / premises is LIMITED to 30% usage capacity and the use of outdoor facilities / premises is in accordance with the space / area subject to physical distancing at any given time.



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Activity	Brief Description
Sports and Recreational Activities	<ul style="list-style-type: none"> • The existing Quarantined Central Training Programs run by the National Sports Council of Malaysia and relevant State Sports Councils can be run with the “Camp Quarantined Based Training” concept as implemented at the MSN Bukit Jalil Complex and MSN Taman Keramat Complex, K. Lumpur, the Paralympic Sports Centre of Excellence, Kampung Pandan, K. Lumpur, the Badminton Academy of Malaysia, Bukit Kiara, the National Sailing Training Centre, Langkawi, Kedah, the Malaysia National Velodrome, Nilai, N. Sembilan and the Mokhtar Dahari National Football Academy, Gambang, Pahang. • The organizing of tournaments / competitions in Movement Control Order (MCO) areas in accordance with the Sports Bubble model is limited to the organization of the Malaysian Football League (MFL), Malaysian Hockey League (MHL) and the <i>Sepak Takraw</i> League (STL) only without any spectators. • A Phased Center Training Program for teams in the MFL, MHL and STL using the Sports Bubble: Home Based Training or Camp Based Training. Accommodation and the use of training areas are in permanent and controlled facilities. Movement from accommodation to the training area must be controlled with compliance with the General Individual Protocol and General Management Protocol in the Sports and Recreation Sector SOP. Permission to cross states and districts for players, coaches and officials involved in competitions or matches must obtain permission from the RMP.



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Activity	Brief Description
Social Activities	<ul style="list-style-type: none"> • Government and Private Sector Official and Non-Official Events, Social Events such as ceremonies, the <i>akad nikah</i> ceremony, 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 NOT ALLOWED. • Government agency and private sector face-to-face meetings involving the attendance of external agencies are NOT ALLOWED and must be held via video conferencing. • Seminars / Workshops / Courses / Training Sessions / Conferences / Talks / Exhibitions and activities related to Meeting, Incentives, Conventions and Exhibitions (MICE) ARE NOT ALLOWED.
Other Activities	<ul style="list-style-type: none"> • Driving Institutes and Aviation Training Centres are allowed to operate during the MCO period based on the SOP provided by the Ministry of Transport. • Fishing activities are allowed to operate in the MCO period based on the SOP provided by the Department of Fisheries, Malaysia. • Other matters as decided by the Government from time to time.



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Activity	Brief Description
Negative List	
Economic Activities	<ul style="list-style-type: none"> • SPA and reflexology operations.
Entertainment Activities	<ul style="list-style-type: none"> • Activities in night clubs or pubs. • Activities at theme parks, indoor playgrounds, family karaoke and cinemas.
Sports and Recreational Activities	<ul style="list-style-type: none"> • All sports and recreational activities other than the permitted activities stated in this SOP is NOT ALLOWED. • Contact sports and recreational activities. • The operations of sports and recreational facilities OTHER THAN the facilities / premises permitted. Other facilities at the facility / premise such as the club house (except for registration), dressing rooms, lounge, sauna and jacuzzi. • The hosting of local and international sports tournaments / competitions other than the Malaysian Football League (MFL), Malaysian Hockey League (MHL) and the <i>Sepak Takraw</i> League (STL). • Mass activities. • Activities conducted on facilities and premises with no SUPERVISED CONTROL. • Activities conducted outside effective movement order areas except for those with permission.



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Activity	Brief Description
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Tourism Activities	<ul style="list-style-type: none"> • Tourism activities in-and-out of MCO areas and within EMCO areas. • Overseas tourism activities by citizens and domestic tourism activities that involve foreign tourists entering Malaysia except for foreign tourists from countries stated by the Minister.
Other Non-Permitted Activities	<ul style="list-style-type: none"> • Any activity that can cause the attendance of many people in one place, making physical distancing and compliance with orders from the Director-General of Health difficult. • Other matters as decided by the Government from time to time.