



# GENERAL SOP FOR CONDITIONAL MOVEMENT CONTROL ORDER (CMCO) UPDATED: 1 JANUARY 2021

Unofficial  
Translation



Effective Period

24 hours

Permitted  
Hours for  
Activities

As prescribed in  
the brief  
descriptions

Movement of  
Residents

Permitted  
except to  
EMCO areas

## 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

- **Subsection 11 (3) Act 342**
- Subject to conditions issued by NSC and MOH
- Orders, rules and SOPs under Ministries / Departments / Agencies
- MCO 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. KUALA LUMPUR, SABAH, SELANGOR, PENANG (MUKIM 12: BARAT DAYA AND MUKIM 13: TIMUR LAUT), NEGERI SEMBILAN (SEREMBAN DISTRICT) AND JOHOR (JOHOR BAHRU AND BATU PAHAT DISTRICTS)</b> <b>*For Sabah, please refer to the State of Sabah CMCO SOP</b>
Effective Period	<b>1 January 2021 (from 12.01 am) until 14 January 2021 (11.59 pm)</b>
Movement Control	<ul style="list-style-type: none"> <li>• Movement within and into CMCO areas and other Recovery Movement Control Order (RMCO) areas is <b>ALLOWED</b></li> <li>• Movement to Enhanced Movement Control Order (EMCO) areas require the <b>PERMISSION</b> of PDRM.</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 6.00am to 12.00 midnight for the duration of the CMCO.</li> </ul>



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Activity		Brief Description			
<b>Movement Control at Sea</b>		<p><b>Sabah</b></p> <ul style="list-style-type: none"> <li>• The movement of small boats from the island of Sabah to the mainland including the movement of boats in the coastal area are only <b>ALLOWED</b> with the capacity of 50% from 6.00 am to 6.00 pm only.</li> <li>• For fishing boats in ESSZONE waters registered with the Fisheries Department, they are only <b>ALLOWED</b> from 6.00 am to 6.00 pm (only at permitted jetties). This permission is subject to the permit issued by the District Chief Police.</li> <li>• Movement of the following ships are <b>NOT ALLOWED</b> for:                     <ol style="list-style-type: none"> <li>a) All Non-Convention Ships (NCS) Indonesia and the Philippines entering the ESSZONE, Sabah and Malaysian waters. All NCS Malaysia ships from ESSZONE waters to the Philippines and Indonesia;</li> <li>b) Indonesian fish carriers to Tawau; and</li> <li>c) NCS ships from the Philippines passing through Sabah waters to F.T. Labuan.</li> </ol> </li> </ul> <p>Note: All NCS ships are small vessels under international shipping standards (International Maritime Organization Standard)</p>			



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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 to 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 between 6.00 am to 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 am (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 am 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 6.00 am to 12.00 am (except for the operation of petrol stations on highways which can operate 24 hours).</li> <li>• Laundry services are <b>ALLOWED</b> from 6.00am to 12.00 am.</li> <li>• Other business operations for daily needs are <b>ALLOWED</b> from 6.00am to 12.00 am (subject to license terms).</li> </ul>				



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<b>Activity</b>		<b>Brief Description</b>			
Medical / Health Services		<ul style="list-style-type: none"> <li>• Government and private clinics and hospitals are <b>ALLOWED</b> to operate on a 24-hour basis or in accordance with hours set by the Government.</li> <li>• Pharmacies and drug stores can operate from 8.00 am to 12.00 am.</li> </ul>			
Health Protocols		<ul style="list-style-type: none"> <li>• The premise owner to ensure the movement of customers in and out of the premises is with 1-meter physical distancing.</li> <li>• The 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 body temperature of 37.5 degree Celsius and above is <b>NOT ALLOWED</b> to enter the 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>• <b>Mandatory wearing of face masks especially while in congested public areas except for the following activities and areas:</b> <ul 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> <li>g. While eating and drinking in public.</li> </ul> </li> </ul>			



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<b>Activity</b>		<b>Brief Description</b>			
Employment Activity		<ul style="list-style-type: none"> <li>• Movement in and out of <b>CMCO</b> and <b>RMCO</b> areas is <b>ALLOWED</b>.</li> <li>• Movement into EMCO areas <b>IS NOT ALLOWED</b>.</li> <li>• Employment activities based on JPA Circulars / Orders for civil servants and Employers 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>• <b>Sports and recreational activities in the individual and team categories for the purposes of training, games, matches and tournaments (indoor and outdoor) WITHOUT spectators are allowed.</b></li> <li>• <b>Permission to operate and use sports facilities by the public is RESTRICTED with compliance to the Sports and Recreation SOP.</b></li> <li>• <b>Organizing local and international tournaments / competitions is subject to approval from the Ministry of Youth and Sports. Hosting is ALLOWED on a Quarantine Based approach and WITHOUT spectators. Permission for the entry of foreign participants / officials into Malaysia is granted by the Malaysian Immigration Department with a letter of support from the Ministry of Youth and Sports.</b></li> <li>• <b>RT-PCR / RTK Antigen tests must be administered on all participants, officials and reserve players involved in the organization of the local and international tournament three (3) days before the date of the competition as prescribed in the Sports and Recreation Sector SOP. Only participants with a negative result will be allowed to participate in the tournament.</b></li> </ul>			



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Activity	Brief Description
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	The fisheries, plantation, agriculture and livestock and all other sectors related to the food supply chain are <b>ALLOWED</b> to operate.
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 determined by the NSC / MOH / State Government and the Ministry of Federal Territories for worship houses in the Federal Territories.</li> <li>• Islamic wedding ceremonies (<i>akad nikah</i>) are <b>ALLOWED</b> with the maximum presence of 30 people based on the available space and physical distancing at the Religious office or subject to the number set by the State Religious Authority.</li> <li>• Non-Muslim wedding ceremonies are <b>ALLOWED</b> with the maximum presence of 30 people based on the available space and physical distancing at the National Registration Department / House of Worship / Non-Muslim Religious Association.</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 in-house (at a studio) or at 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>• <b>Busking activities within building premises, cafes, food courts and non-fully enclosed locations are ALLOWED.</b></li> </ul>
Day Care Centres, <i>Tabika</i> , 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> </ul>



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Activity		Brief Description			
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 social distancing, mandatory wearing of face masks and based on the MICE CMCO SOP.</li> </ul>			
Tourist and Cultural Activities		<p>The following activities are allowed to operate at <b>50% of the premise capacity</b> with compliance to social distancing, mandatory wearing of face masks and based on the relevant CMCO SOPs:</p> <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> <p>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.</p>			
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> </ul>			



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Activity		Brief Description			
Seminars / Workshops / Conferences / Exhibitions		<ul style="list-style-type: none"> <li>• All Seminars / Workshops / Courses / Training Sessions / Conferences / Talks are allowed to operate at <b>50% of the premise capacity</b> with compliance to social distancing, mandatory wearing of face masks and based on the General SOP for the Execution of Official Government and Private Events.</li> <li>• Ongoing service training <b>CAN BE CARRIED OUT</b> 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, weddings and engagements, <i>aqiqah</i> ceremonies, <i>doa selamat</i>, <i>tahlil</i>, anniversaries, birthday celebrations, reunions and other social gatherings are allowed to operate at <b>50% of the premise capacity</b> with compliance to social 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 Unauthorized Activities (Negative List)</b>					
Entertainment Activities		<ul style="list-style-type: none"> <li>• Activities in nightclubs or pubs.</li> <li>• Activities in cinemas except for those in green zones within RMCO areas which are permitted to carry out such activities.</li> <li>• Concerts or live events with spectators.</li> </ul>			
Education		<ul style="list-style-type: none"> <li>• Tuition, music classes, dance classes, arts, recitation, language classes and the like. <b>EXCEPTION IS GIVEN</b> for individual (one-to-one) classes. These activities are allowed as usual in green zones within RMCO areas.</li> <li>• <b>EXCEPTION.</b> School, IPTA, IPTS students sitting for examinations with foreign educational institutions are <b>ALLOWED</b> to attend solely to sit for exams and not for learning sessions.</li> </ul>			
Sports and Recreational Activities		<ul style="list-style-type: none"> <li>• <b>Organizing local and international tournaments / competitions <b>WITHOUT</b> the approval of the Ministry of Youth and Sports and <b>WITH</b> the attendance of spectators / supporters.</b></li> <li>• <b>The entry of participants / officials from abroad to sports tournaments / competitions in Malaysia <b>WITHOUT</b> permission to enter from the Malaysian Department of Immigration.</b></li> <li>• <b>Mass activities involving the participation of more than 500 people at a time.</b></li> </ul>			



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Activity	Brief Description
<b>List of Unauthorized Activities (Negative List)</b>	
Tourist Activities	<ul style="list-style-type: none"> <li>• Tourist activities to EMCO areas.</li> <li>• International travel by citizens and domestic tourism involving foreign tourists entering Malaysia except for foreign tourists as determined by the Minister.</li> </ul>
Other Unauthorized Activities	<ul style="list-style-type: none"> <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>