



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

- 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

Effective Period

24 hours

Permitted Hours for Activities

As per the brief descriptions

Movement of Residents

Permitted with conditions

ACTIVITY AND PROTOCOL

Activity	Brief Description
Areas Involved	F.T. KUALA LUMPUR, SABAH AND SELANGOR EXCEPT FOR THE DISTRICTS OF SABAK BERNAM, HULU SELANGOR AND KUALA SELANGOR, KEDAH (KULIM DISTRICT), PENANG (MUKIM 12: BARAT DAYA AND MUKIM 13: TIMUR LAUT), PERAK (MUKIM TEJA, KAMPAR AND MUKIM CHANGKAT JONG, HILIR PERAK), NEGERI SEMBILAN (SEREMBAN AND PORT DICKSON DISTRICTS), KELANTAN (KOTA BHARU, MACHANG, TANAH MERAH AND PASIR MAS DISTRICTS) AND JOHOR (JOHOR BAHRU, KOTA TINGGI, BATU PAHAT AND KULAI DISTRICTS) *For Sabah, please refer to the CMCO SOP for the entire State of Sabah
Effective Period	7 December 2020 (from 12.01 am) until 20 December 2020 (11.59 pm)
Movement Control	<ul style="list-style-type: none"> • Movement within and into CMCO areas and other Recovery Movement Control Order (RMCO) areas is ALLOWED • Movement to Enhanced Movement Control Order (EMCO) areas require the PERMISSION of PDRM. • The number of passengers in private vehicles is in accordance with the vehicle's capacity. However, high risk individuals and children are not encouraged to go out to public, open and congested areas. • 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. • The movement of private, Government department or private company vehicles for the purpose of traveling to and from work or to conduct official government business is dependent on the seating capacity of the vehicle. • Activities and services at all airports and ports are ALLOWED to operate. • Public transportation services such as bus stops, express buses, LRT/MRT/ERL/monorail, ferries, airplanes, taxi / e-hailing services and other public transportation are ALLOWED to operate (operational hours in accordance with license terms) based on the capacity of the vehicle. • Food delivery services are ALLOWED to operate from 6.00am to 12.00 midnight for the duration of the CMCO.

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Movement Control at Sea	<p>Sabah</p> <ul style="list-style-type: none"> • The movement of small boats from the island of Sabah to the mainland including the movement of boats in the coastal area are only ALLOWED with the capacity of 50 from 6.00 am to 6.00 pm only. • For fishing boats in ESSZONE waters registered with the Fisheries Department, they are only ALLOWED 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. • Movement of the following ships are NOT ALLOWED for: <ol style="list-style-type: none"> a) All Non Convention Ships (Indonesia and the Philippines) entering the ESSZONE, Sabah and Malaysian waters. All NCS Malaysia ships from ESSZONE waters to the Philippines and Indonesia b) Indonesian fish carriers to Tawau and c) NCS ships from the Philippines passing through Sabah waters to F.T. Labuan. <p>Note: All NCS ships are small vessels under international shipping standards (International Maritime Organization Standard)</p> <ul style="list-style-type: none"> • All scuba diving activities are ALLOWED to operate with a capacity of 50 passengers for boats carrying divers to dive locations with a capacity of 50 on-site with compliance with the SOP as set by the Ministry of Tourism, Culture and the Environment of Sabah. However, this activity is NOT ALLOWED in localities under the EMCO. 				



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Movement Control at Sea	<p>Labuan</p> <ul style="list-style-type: none"> • Sign-On / Sign-Off movements by the shipping as well as the oil and gas industry is ALLOWED to operate in accordance with the current regulations and SOPs in force. Entry from Red Zones at sea and air entrances for a Sign-On must be accompanied with negative COVID-19 test results three (3) days from the date of entry and mandatory quarantine of 14 days must be carried out before a Sign-On. • Water transport services for RoRo Express Ferries and Speed Boats are ALLOWED to operate with limited capacity based on physical distancing from 6.00 am to 10.00 pm. • Water taxis, <i>penambang</i> and steering transport services are ALLOWED to operate from 6.00 am to 10.00 pm except for Sign-Off activities. • Transportation services for Sign-Off activities are only ALLOWED to operate from 6.00 am to 6.00 pm with compliance with the current regulations and SOPs in force. • NCS Ship Activities (Kumpit) to Labuan for transshipment purposes are NOT ALLOWED. • For ships coming from Sabah, Sarawak and outside the waters of F.T. Labuan into F.T. Labuan in the span of 14 days, crews conducting the Sign-Off must undergo mandatory quarantine for 14 days.

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Activities in CMCO areas	<ul style="list-style-type: none"> • Business / economic / industrial activities are ALLOWED to operate as determined by the Government. • Supermarkets, shopping malls and retail stores are ALLOWED to operate according to the prescribed SOPs between 6.0 0am to 12.00 am. • Restaurants, shops / dining outlets, food trucks, roadside hawkers, mobile hawkers, food court / hawker centres, roadside stalls / kiosks, grocery and convenience stores are ALLOWED to between 6.00 am to 12.00 am with compliance to the Food Sector SOP. • Restaurants and eateries are ALLOWED to operate on a <i>dine-in</i> basis (WITH DISTANCING OF 1 METER BETWEEN CUSTOMERS in accordance with table size), take-away, delivery or drive-through with compliance to the Food Sector SOP (Premised Businesses, Non-Premised Hawkers, Indoor Markets and Retail / Convenience Stores). Operational hours are allowed from 6.00 am to 12.00 am (subject to license terms). • 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. • 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). • Laundry services are ALLOWED from 6.00am to 12.00 am. • Other business operations for daily needs are ALLOWED from 6.00am to 12.00 am (subject to license terms). 				

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Medical / Health Services	<ul style="list-style-type: none"> • Government and private clinics and hospitals are ALLOWED to operate on a 24-hour basis or in accordance with hours set by the Government. • Pharmacies and drug stores can operate from 8.00 am to 12.00 am. 				
Health Protocols	<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. • 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 NOT ALLOWED to enter the premises. • 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. • Employees, suppliers and customers are required to wear face masks correctly in accordance with MOH recommendations while on the premises. 				
Employment Activity	<ul style="list-style-type: none"> • Movement in and out of CMCO and RMCO areas is ALLOWED. • Movement into EMCO areas IS NOT ALLOWED. • Employment activities based on JPA Circulars / Orders for civil servants and Employers for private sector employees. • Vehicles carrying employees including private vehicles are ALLOWED to operate with SOP compliance. 				

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Sports and Recreational Activities	<ul style="list-style-type: none"> • Non-contact sports and recreational activities (indoor and outdoor) are allowed. Activities carried out individually must not exceed 10 people while ensuring social distancing (static activities: 1 – 3 meters and dynamic activities: 3 – 5 meters) such as walking, jogging, cycling, aerobics, hiking, fishing and others are ALLOWED with compliance to the Sports and Recreation Sector SOP. • Permission to operate and use sports facilities by the public is RESTRICTED to training activities which do not involve physical contact and with compliance to the Sports and Recreation SOP. Usage capacity for every premise involved must not exceed 50% of the entire capacity of the premises. The sports organizer and operator must schedule training if there are many participants by limiting the number at any given time. • Centralized training programs currently run by the National Sports Council and the State Sports Councils can be continued with a Quarantine Based Approach as implemented in the National Sports Complex in Bukit Jalil and Keramat, the Malaysian Badminton Academy in Bukit Kiara and the Paralympic Sports Centre of Excellence in Kg. Pandan and the Velodrome in Nilai. 				

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Activity		Brief Description			
Economic and Industrial Sector Activities		<ul style="list-style-type: none"> • Economic and industrial sector activities in CMCO areas can operate as determined by the Government with compliance to prescribed SOPs. • All industrial, business and manufacturing related vehicles are ALLOWED to operate, including to cross districts and states. 			
Fisheries, Plantation and Agriculture Sectors		The fisheries, plantation, agriculture and livestock and all other sectors related to the food supply chain are ALLOWED to operate.			
Religious Activities		<ul style="list-style-type: none"> • Activities in the mosques and <i>suraus</i> are ALLOWED with restricted attendance as determined by the State Religious Authority. • Activities in non-Muslim houses of worship are ALLOWED with restricted attendance as determined by the NSC / MOH / State Government and the Ministry of Federal Territories for worship houses in the Federal Territories. • Islamic wedding ceremonies (<i>akad nikah</i>) are ALLOWED 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. • Non-Muslim wedding ceremonies are ALLOWED 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. 			

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Activity		Brief Description			
Creative Industries		<ul style="list-style-type: none"> • Recording activities for music, concerts, filming, interviews and the like are ALLOWED either in-house (at a studio) or at external premises but RESTRICTED to within CMCO areas only with a minimal number of crew and WITHOUT AN AUDIENCE as well as with compliance to the Creative Industry SOP. • Live event activities without spectators are allowed with the number of crew and staff as set by the Ministry of Communications and Multimedia (KKMM). • Busking activities in enclosed locations (within buildings) are ALLOWED with control in performance timing and the number of spectators as set by KKMM. 			
Day Care Centres, <i>Tabika</i> , Kindergartens and Nurseries		<ul style="list-style-type: none"> • Day care centres, <i>tabikas</i>, kindergartens and nurseries are allowed to operate with permission to operate by the relevant Ministry / Agency. • 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. 			
Meetings		<ul style="list-style-type: none"> • 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. 			
Other Permitted Activities		Other activities not listed in the Negative List are ALLOWED based on existing SOPs which have been prescribed.			

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List of Unauthorized Activities (Negative List)					
Entertainment Activities		<ul style="list-style-type: none"> • Activities in nightclubs or pubs. • Activities in theme parks, indoor playgrounds and cinemas except for those in green zones within RMCO areas which are permitted to carry out such activities. • Concerts or live events with spectators. 			
Seminars / Workshops / Conferences / Exhibitions		<ul style="list-style-type: none"> • All Seminars / Workshops / Courses / Training Sessions / Conferences / Talks / Exhibitions and activities related to Meeting, Incentives, Conventions and Exhibitions (MICE) except for those in green zones within RMCO areas which are permitted to carry out such activities. • Ongoing service training CAN BE CARRIED OUT only within the training institution area. 			
Mass Ceremonies		<ul style="list-style-type: none"> • 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. 			
Education		<ul style="list-style-type: none"> • Tuition, music classes, dance classes, arts, recitation, language classes and the like. EXCEPTION IS GIVEN for individual (one-to-one) classes. These activities are allowed as usual in green zones within RMCO areas. • EXCEPTION. School, IPTA, IPTS students sitting for examinations with foreign educational institutions are ALLOWED to attend solely to sit for exams and not for learning sessions. 			



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List of Unauthorized Activities (Negative List)	
Sports and Recreational Activities	<ul style="list-style-type: none"> • Picnic activities, physical contact activities / combat sports, matches for team sports and tournament / competition activities. • Sports and recreational activities that involve many people and physical distancing would be difficult to control. • Sports events and competitions with spectators, and sports events and competitions involving foreign participants.
Tourist Activities	<ul style="list-style-type: none"> • Tourist activities to EMCO areas. • International travel by citizens and domestic tourism involving foreign tourists entering Malaysia except for foreign tourists as determined by the Minister. • EXCEPTION. Tourist activities in Green Zones within RMCO areas are ALLOWED with compliance to the SOP set by the Ministry of Tourism, Arts and Culture (MOTAC).
Other Unauthorized Activities	<ul style="list-style-type: none"> • 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. • Others as decided by the Government from time to time.