

MOVEMENT CONTROL ORDER (MCO)

22 JANUARY 2021 - 4 FEBRUARY 2021
(EXCEPT FOR SIBU : 16 - 29 JANUARY 2021)

PENINSULAR MALAYSIA, THE FEDERAL TERRITORY OF LABUAN, SABAH & SIBU, SARAWAK (PLEASE REFER TO THE RESPECTIVE MKN MCO SOPS FOR SABAH AND SIBU)

MAJLIS KESELAMATAN NEGARA GENERAL STANDARD OPERATING PROCEDURES AS OF 27 JANUARY 2021



All activities with the exception of activities in the ESSENTIAL SERVICES LIST are PROHIBITED

PERMITTED ACTIVITIES

Only 2 persons per household may leave the house to purchase basic and daily necessities from nearby supermarkets or grocery shops within a 10km radius.



For travel back and forth to the workplace, according to the capacity of the vehicle.

Students and candidates sitting for SPM in 2020 and 2021, STPM, SVM, STAM, SKM, DVM, Assessment Admission to Special Schools (for Form 1 and Form 4) and equivalent international examinations are allowed to attend schools across the MCO/CMCO/RMCO areas.

*Movement can be accompanied by 1 guardian



Movement of lecturers/teachers/teaching staff for examination classes is allowed with the relevant Ministry's approval.



Movement in/out of the MCO area for emergencies such as in cases of death & natural disasters.

NGO movement in aiding calamities/humanitarian crisis will require permission from PDRM and the aid is to be extended via Pusat Kawalan Operasi Bencana (PKOB) under NADMA.



Reciprocal Green Lane (RGL) and Periodic Commuting Arrangement (PCA) travel scheme between Malaysia and Singapore will continue.

Childcare centres, nurseries and kindergartens are allowed to operate with the approval to operate from the relevant Ministry/Agency.

Parents/guardians are allowed to send their children to daycare centres based on the capacity of the vehicle.



Daycare centres for the disabled (OKU), elderly and women are allowed to operate.

Only 30% of employees in the management group are allowed to attend. Employers may determine the number of employees while practicing physical distancing and public health protocols at the workplace.

PROHIBITED ACTIVITIES

- Physical meeting of Government and private agencies involving the attendance of external agency's representative (must be conducted using video conference).
- All Seminars/ Workshops/ Courses/ Training/ Conferences/ Talks/ Exhibitions and all related activities of Meetings, Incentives, Conventions and Exhibitions (MICE).
- Government and private formal and informal events, social events such as *kenduri-kendara*, wedding and engagement reception, *majlis aqiqah*, *doa selamat*, *tahlil*, birthday celebration, anniversary celebration, reunion, retreat, and other social events.
- All sports activities except for jogging and cycling activities as mentioned herein.
- Sports tournaments/championships.
- Traveling in/out of MCO areas and in EMCO areas.

Only a maximum of 3 persons (including the sick patient) may leave the house to receive healthcare services/medical aid within a 10km radius from either their residential place or the nearest medical centre/clinic.



Matriculation colleges are allowed. Students in boarding schools/universities/institutions are allowed to be in the boarding school/university/institution and continue hybrid learning.



International examinations, professional bodies and research activities that require laboratory facilities in Institutions of Higher Education are allowed.

Recreational activities:



Jogging is allowed in a group of not more than 2 people only in the neighbourhood.

Group cycling is not allowed.

Individual cycling is allowed within 10km from residential place only.



The existing centralised training program carried out by the National Sports Council and States Sports Council can be resumed with "Quarantine Based Approach".

Members of State Legislative Assemblies and Parliament are allowed to travel across respective districts and states for official purposes or for visitation.



Interstate travel is allowed for long-distance married couples with prior permission and approval from PDRM.



HOURS OF OPERATION

Operations from **6am to 10pm**

- Restaurants, shops/food stalls, food trucks, street vendors, mobile vendors, food court/complex and roadside stalls/kiosks
- Only take-away food, drive-throughs or deliveries are allowed for food services
- Sundry shops and convenience stores
- Shops selling daily necessities (i.e. groceries)
- Animal clinics and shops selling pet food
- Pharmacies
- Laundrettes and self-service laundrettes
- Optical shops



Other Hours of Operation:

- 24 hours or according to operating license for hospitals, clinics and medical laboratories
- Petrol stations from 6am - 10pm (**Exception:** 24 hours for highway stations)
- Daily markets, weekly markets, public market and farmers' markets from 7am - 2pm
- Night markets from 4pm - 10pm
- Wholesale markets from 12am - 6am and 11am - 4pm

The above is gathered from the updated Movement Control Order General SOP issued by the National Security Council on 22 January 2021.