

# MOVEMENT CONTROL ORDER (MCO)

13 - 26 JANUARY 2021

ALL FEDERAL TERRITORIES (KUALA LUMPUR, PUTRAJAYA, LABUAN), PENANG, JOHOR, MELAKA, SELANGOR AND SABAH

## STANDARD OPERATING PROCEDURES

### RESTRICTIONS

No interstate and interdistrict travels.



Movements are limited to a 10km radius from one's place of residence.

Only two people are allowed per vehicle.



No social activities including weddings, conferences, religious processions, meetings, seminars, courses, and group sports activities.



Only two people per household are allowed to leave the house to purchase necessities from nearby supermarkets or grocery shops.



### PERMITTED

Only five essential economic sectors allowed to operate: manufacturing and production, construction, services, trade and distribution, and plantation and commodities.



The Ministry of International Trade and Industry (MITI) will list the types of services listed as essential economic sectors, and MITI and the Ministry of Works will provide details of construction works allowed to operate.

Sectors or services that are not listed as essentials are required to work from home. Employers must comply with working from home or work from home orders.



Outdoor recreational activities are allowed among people within the same household.



Individuals must keep 2m-distance at all times.

Only a maximum of five mosques/houses of worship committee members are allowed at these premises.



Only 30% of employees in the management group are allowed to be in the office. Employers determine the number of employees permitted in the office at any given time (must take into account strict compliance of prescribed SOPs).



No dine-ins will be allowed, takeaway is permitted.



Food delivery services are allowed.

Supermarkets, healthcare services including clinics, hospitals and pharmacies, and banks, are allowed to operate but are subjected to strict SOP compliance.



Candidates due to sit for SPM in 2020 and 2021 are allowed to attend school with strict SOPs. The Ministry of Education will detail these SOPs.



No more than two people allowed to jog at any one time.



Cycling not allowed in groups; only one person allowed.

The above is gathered from the Prime Minister's speech on the Implementation of the Movement Control Order (MCO) during the Special Announcement on 11 January 2021.

# CONDITIONAL MOVEMENT CONTROL ORDER (CMCO)

13 - 26 JANUARY 2021

PAHANG, PERAK, NEGERI SEMBILAN,  
KEDAH, TERENGGANU AND KELANTAN

## STANDARD OPERATING PROCEDURES

### RESTRICTIONS



No interstate  
travels.



Social activities including  
weddings, conferences, religious  
processions, meetings, seminars,  
courses, and group sports  
activities are allowed subject to  
strict SOPs compliance.



### PERMITTED



RELIGIOUS ACTIVITIES: Allowed with the minimum number of  
attendees stipulated in the SOP to ensure physical distancing. State  
religious authorities are advised to provide an appropriate guideline  
in determining the number of attendees allowed.

# RECOVERY MOVEMENT CONTROL ORDER (RMCO)

13 - 26 JANUARY 2021

PERLIS AND SARAWAK

### RESTRICTION



No interstate travels.

### PERMITTED

Social gatherings allowed,  
provided in full compliance with  
the SOPs.



RELIGIOUS ACTIVITIES:  
Allowed with the minimum  
number of attendees  
stipulated in the SOPs to  
ensure physical distancing.  
State religious authorities are  
advised to provide  
appropriate guidelines in  
determining the number of  
attendees allowed.



*The above is gathered from the Prime Minister's speech on the Implementation of the  
Movement Control Order (MCO) during the Special Announcement on 11 January 2021.*