

Activities allowed

- Chain of Economic & Industrial Activities
- Implement Govt Official Duties
- Receive health treatment, emergency
 & death matters

Activities not allowed

- List of activities not allowed
- Movement of residents out of CMCO areas/cross districts and states except with permission of police (PDRM) & matters/activities allowed
- Movement of residents into CMCO areas/cross districts and states except matters/activities allowed

Fixed Instructions

- Subsection 11(3) Act 342
- Subject to rulings of NSC & MOH
- Instructions, regulations & SOPs under Ministries, Depts/Agencies
- Other instructions issued from time to time by DG of Health

Time of Enforcement

24 Hrs Time of Activities

allowed

As prescribed in the brief description

Resident Movement

Allowed with conditions

ACTIVITIES & PROTOCOLS

ACTION	Brief Description
Areas Involved	Federal Territories Of Kuala Lumpur & Putrajaya, Selangor, , Penang, Perak, Negeri Sembilan, Kelantan,
	Johor (Kota Tinggi & Mersing Districts) & Kedah (Kulim District)
Period Enforced	21 November 2020 (from 12.01 am) to 6 December 2020 (11.59 pm)
Movement Control	• The police (PDRM) is responsible to implement control on infected local areas with the assistance of Armed
	Forces, Civil Defence (APM) & RELA.
	• ONLY THREE (3) in a private vehicle are ALLOWED to go out as representatives from one (1) household for
	the purpose to buy/obtain food supplies (including food in restaurants/eateries/dine-in)/basic and other
	needs. High risk individuals and children are not encouraged to go out to public, open and crowded areas.
	• Vehicles bringing essential goods & services as well as chain of economic/industrial activities are ALLOWED to
	go in & out. The number of people allowed in each vehicle depends on the commercial vehicle registration
	licence.
	• Movement of private vehicles, Govt departments or private cos for the purpose of commuting to & from
	work or to conduct official govt business depends on the seating capacity of the vehicles.
	 Activities and services at all airports and ports are ALLOWED to operate.
	For air travel via airports, individuals need to obtain the prior permission of PDRM.
	• Public transport services such as buses, express buses, LRT/ MRT/ ERL/ Monorel & taxi/e-hailing are ALLOWED
	to operate. Individuals who use public transport for the purpose of crossing states/districts other than going
	to work need to obtain the permission of PDRM.
	• Taxi/e-hailing services (maximum only two (2) passengers) and food delivery are ALLOWED to
	operate from 6.00 am to 12 midnight during the CMCO period.



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Time of 24 Hrs
Enforcement
ACT: WETIES & PROTOCOLS

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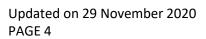
Time of 24 Hrs Enforcement ACTINATIES & PROTOCOLS

Time of Activities allowed

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Resident Movement Allowed with conditions

ACTION	Brief Description		
Activities in CMCO Areas	 Business/economy/industry are ALLOWED to operate as prescribed by the Govt. Supermarkets, Shopping Malls & retail stores are ALLOWED to operate according to the SOP that has been decided between 6.00 am to 12 midnight. Restaurants, shops/food stalls, food trucks, roadside hawkers, mobile hawkers, food courts/hawkers' centres, roadside food stalls/kiosks, grocery stores and convenience stores are ALLOWED to operate from 6.00 am to 12 midnight in compliance with SOP of Food Sector. Restaurants and eatery shops are ALLOWED to operate dine-in (LIMITED TO 2-4 PEOPLE AT ONE TABLE WITH DISTANCING OF 1 METRE BETWEEN CUSTOMERS), take away, delivery or drive-through with compliance to Food Sector SOP (Business premises, Non-Premise Hawkers, Indoor Markets and Retail/Sundry, Food & Beverage stores. Operating hours of daily markets are between 6.00 am to 4.00 pm only with compliance to SOP & supervision of authorities. Operating hours of wholesale markets are between 12.00 am to 5.00 pm with by compliance to SOP & supervision of authorities. Operating hours of farmers' markets are between 6.00 am to 12.00 pm with compliance to SOP & supervision of RELA/Local Authorities' staff. Operating hours of night markets are between 4.00 pm to 10.00 pm with compliance to SOP & supervision of RELA/Local Authorities' staff. Operating hours of pumping at petrol stations are between 6.00 am to 12 midnight (except petrol stations at highways allowed to operate 24 hours) Laundry operating hours ALLOWED from 6.00 am to 12 midnight. Other business operations ALLOWED from 6.00 am to 12 midnight. 		





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ACTAWATIES & PROTOCOLS

ACTION	Brief Description
Medical/Health Services	 Operating hours of Govt. & private clinics and hospitals ALLOWED for 24 hours or according to the time set by the Govt. Pharmacies & drug stores operate from 8.00 am to 12 midnight.
Health Protocols	 Premise owners ensure control of entrance & exit of customers to the premises with physical distancing of 1 metre. Premise owners ensure that customers check-in the premises using MySejahtera or record manually their names and telephone numbers as well as scan their body temperatures. Those with body temperatures 37.5 degrees celcius & above are not ALLOWED to enter the premises. Premise owners restrict the number of customers present at their premises at any one time & display the maximum total number of customers present at their premises. Mandatory for workers, suppliers & customers to wear face masks correctly according to MOH's guidelines while on the premises.
Work Activities	 Movement in/out across CMCO areas NOT ALLOWED. Only workers who have valid work passes OR letters of permission from their employers are ALLOWED for the purpose of work and to carry out duties. Employers should comply with this order and assign workers to work from home EXCEPT workers in the categories which have been set by the Public Service Department Circulars/Instructions for civil servants & Business Continuity Plan (directly involved in the company operations) for private sector staff Vehicles that bring workers including private vehicles ALLOWED to operate but comply with SOP



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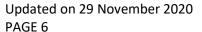
24 Hrs Time of Activities allowed

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ACTAWATIES & PROTOCOLS

ACTION	Brief Description
Sports & Recreation Activities	 Sports & recreation activities which do not involve physical contact (indoor & outdoor) & carried out individually not more than 10 people like walking, jogging, bicycling, self-aerobics, hiking, fishing & others in the CMCO area only are ALLOWED with compliance to SOP of Sports & Recreation Sector
	 Permission for the public to operate & use sports facilities is RESTRICTED for training activities which do not involve physical contact & a maximum of 10 people only. Every sports organiser & operator needs to schedule the implementation of the training if it is found that there are many participants with the total number limited to not more than 10 people at any one time.
	 The centralised training programmme presently implemented by the National Sports Council (NSC) & the respective State Sports Councils can continue using the Quarantine Based Approach such as implemented at NSC Complexes in Bukit Jalil & Keramat, Malaysian Badminton Academy, Bukit Kiara, Paralympic Sports Excellence Centre, Kg. Pandan, Sunway Megalanes & Velodrome, Nilai.





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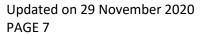
24 Hrs Time of Activities allowed

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Resident Movement Allowed with conditions

ACT: WETIES & PROTOCOLS

ACTION	Brief Description
Economic & Industry Sector Activities	 Economic & industrial sector activities in CMCO areas to be carried out according to that set by the Govt. in compliance with the established SOP. All vehicles related to industries, businesses & manufacturing are ALLOWED to operate including crossing districts & states.
Fishing, Plantation & Agriculture Activities	 Fishing, Plantation & Agriculture, Livestock Sectors & all related to the food chain are ALLOWED to operate.
Religious Activities	 Activities at mosques & suraus are ALLOWED with the limit of attendance set by the State Religious Authority. Activities at non-Muslim houses of worship are ALLOWED with the limit of attendance set by the National Security Council (MKN)/MOH/State Govts. & Ministry of Federal Territories for houses of worship in the Federal Territories. Islamic wedding ceremonies are ALLOWED with the maximum limit of attendance of 30 people only based on the area of space & physical distancing at the Religious offices or subject to the total number set by the State Religious Authorities. Non-Muslim wedding ceremonies are ALLOWED with the maximum limit of attendance of 30 people based on the area of space & physical distancing at the National Registration Department/Houses of Worship/Non-Muslim Religious Associations.





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Time of	24 Hrs	Time of Activities	As prescribed in the	Resident	Allowed with conditions
Enforcement		allowed	brief description	Movement	
ACTAWATIES & DDOTOC	\circ				

ACTION	Brief Description
Creative Industry	 Recording activities for music, concert, filming, talk shows & the like are ALLOWED either internal recording (studio) or off premises RESTRICTED in the CMCO areas only with the minimum number of crew & WITHOUT AUDIENCE as well as compliaance with the Creative Industry SOP. Live event activities are allowed without spectators with the total number of crew & duty staff set by the Ministry of Communications & Multimedia (MCMM). Busking activities inside closed locations (indoors) are ALLOWED with a limited timeframe of the presentation & total number of spectators set by MCMM.
Child Care Centres (Kindergartens/Nurseries)	 Child care centres & nurseries are allowed to operate for the care of children of frontliners & working parents/guardians with permission to operate given by the relevant Ministries/Agencies. Parents/guardians who send the children to child care centres are allowed to use vehicles with the number of child passengers according to the vehicle's capacity.
Other Activities That Are Allowed	 Other activities that are not included in the List of Activities That Are Not Allowed (Negative List) are ALLOWED based on the present established SOP.



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Time of 24 Hrs Enforcement

ACTIMATIES & PROTOCOLS

Time of Activities allowed

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Resident Movement Allowed with conditions

ACTION	Brief Description	
List Of Activities that are NOT ALLOWED (Negative List)		
Entertainment Activities	 Activities at night clubs or pubs, theme parks, indoor playground & cinemas. Concert activities or live events with the audience attendance. 	
Seminars/Workshops/ Conferences/Exhibitions	 All Seminars/Workshops/ Courses/Training/Conferences/Talks/Exhibitions & activities related to Meetings, Incentives, Conventions & Exhibitions (MICE). EXCEPTION. Ongoing in-service training CAN BE IMPLEMENTED only in the training institution areas. 	
Meetings	 Face-to-face Govt. & private agencies meetings involving the presence of representatives of external agencies & can be implemented by video conferencing. EXCEPTIONS a) Face-to-face meetings are ONLY ALLOWED that involve expatriates & C suite (executive level managers) with physical distancing & wearing of face masks. b) Internal meetings are ALLOWED according to the Public Service Dept's Circulars/Instructions & MITI's guidelines 	
Organising Mass Functions	 Govt. & Private Sector Official & Unofficial Functions, Social Functions such as feasts, wedding & engagement functions, receptions, aqiqah functions, journey mercies, tahlil prayers, anniversary celebrations, birthday celebrations, reunions, retreats & other social functions. Participation of govt. & private sector officers at Official & Unofficial Functions from CMCO & 	

EMCO areas venturing outside their areas..



Any activity that may cause many people to be present at a place that makes it difficult for physical

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SOP CONDITIONAL MOVEMENT CONTROL ORDER (CMCO) FOR FEDERAL TERRITORIES OF KUALA LUMPUR & PUTRAJAYA, SELANGOR, PENANG, PERAK, NEGERI SEMBILAN, KELANTAN, JOHOR (KOTA TINGGI & MERSING DISTRICTS) & KEDAH (KULIM DISTRICT)

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Time of **Enforcement** ACTAWATIES & PROTOCOLS

Others That Are Not

Allowed

24 Hrs **Time of Activities** allowed

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ACTION	Brief Description			
List Of Activities that are NOT ALLOWED (Negative List)				
Education	 Public & Private Institutes of Higher Learning (IHLs), Skills Training Institutes, tahfiz centres & schools are closed during the CMCO period. Tuition, music, dance, art, paid recital, paid language & other classes. EXCEPTION IS GIVEN on an individual basis (one to one). EXCEPTION. Students of schools, Public & Private IHLs who take tests or examinations with foreign institutions are ALLOWED to sit for examinations only & not to attend learning sessions. 			
Sports & Recreation Activities	 Picnic activities, swimming pool activities, physical contact activities/combat sports, competitive activities for team sports & organising tournament/competition activities. Sports & recreation activities which involve mass participation & difficult to control by physical distancing. Sports events & competitions with the attendance of spectators & sports events & competitions which involve participants from foreign countries. 			
Tourism Activities	 Tourism activities outside & inside CMCO areas. Tourism activities by citizens to foreign countries & domestic tourism activities which involve foreign tourists entering Malaysia except foreign tourists from countries specified by the Minister. EXCEPTIONS. Tourism activities inside green zones under CMCO & venturing outside to Green Zones under CMCO & RMCO are allowed but must comply with the SOP set by the Ministry of Tourism, Arts & Culture (MOTAC). 			

distancing & compliance to the instructions of the Director-General of Health.

Other matters that are decided by the Govt. From time to time.