

SAFETY MEMO

To : All Staff
Date : 11th MAY 2022
Reference : GAM/SAFETY/C19/22-411(003)/WIZI
Subject : COVID-19 SOP FROM 1ST MAY 2022

With regards to the recent COVID-19 SOP from 1st May 2022, please find the infographic on the Mask Wearing Rules & Recommendations by Kementerian Kesihatan Malaysia (KKM) for your record and immediate action. On top of the recommendations by KKM on outdoor mask wearing rules, our company would like to make it mandatory to all staff to wear the mask even in the outdoor area at our workplace to reduce the risk infections. This is to ensure that staff are following the mask wearing rules when there is no physical/ social distancing, working in crowded area and while alternately working between outdoor and indoor areas.

You shall comply with all relevant COVID-19 SOPs/ requirements by the authority and our company, or you may subject to company disciplinary action including penalty and/ or back charge of the fines/ compound issued by authority for the breach of SOP.

Together, we'll overcome this pandemic and do stay healthy for yourself and keep GAM and our loved ones safe from the Coronavirus. Attached herewith, please find set of infographics by KKM for kind reference.

Thank you and your kind attention is appreciated.

“SAFETY FIRST AND IT BEGIN WITH ALL OF US”



Wan Izahan Zameree Ishak
Safety & Health Manager

c.c.

Dato' MD/ Accountable Executive
Chief Operation Officer
Admin & HR Manager
Safety Manager

MASK WEARING RULES

MASK WEARING RULES AND RECOMMENDATIONS FROM 1 MAY 2022



KEMENTERIAN KESIHATAN MALAYSIA



From 1 May 2022, mask-wearing will only be required for indoor settings

Mask-wearing will be optional in outdoor settings

Mask-wearing is still encouraged in crowded outdoor areas and for high-risk individuals

Mask can be removed indoors in certain situations such as when eating, when exercising alone, when giving a speech or when performing on stage

Settings	Examples
Indoor (mask is mandatory)	<ul style="list-style-type: none">• Within office buildings, shopping malls, lifts• Within public transport such as buses, trains and e-hailing rides• Within classrooms
Outdoor (mask is optional)	<ul style="list-style-type: none">• Outside of house or office buildings• Bus stops• Parks, fields• Open-air walkways and bridges

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COVID-19 SOP RELAXATIONS FROM 1 MAY 2022



MASKS

- **Mandatory indoors** including public transports and e-hailing rides
- **Optional when outdoors** but encouraged in crowded places. High risk individuals are also encouraged to wear a mask.

PHYSICAL DISTANCING

- **No longer required**
- Encouraged when not wearing a mask

MYSEJAHTERA CHECK-IN AND VACCINATION STATUS

- **Check-in is no longer required**
- Entry to premises are allowed regardless of vaccination status except those with 'High Risk' status or under HSO

COVID-19 POSITIVE (TEST AND RELEASE)

- By default, COVID-19 positive cases are required to quarantine for 7 days. However, under Test and Release, they will have an option to **undergo a supervised RTK-Ag test on the 4th day**. If tested negative, they may be released from quarantine

TRAVEL

- **Fully vaccinated travellers and children aged 12 and below are exempted from pre-departure and on-arrival tests**
- **Partially or not vaccinated travellers must take an RT-PCR test 2 days before departure and a supervised RTK-Ag test within 24 hours of arrival. They will also have to quarantine for 5 days**
- **COVID-19 insurance is no longer required for all travellers entering Malaysia**

NEGATIVE LIST

- **The National Security Council's negative list (banned activities) is no longer applicable. All economic sectors are allowed to operate from 15 May 2022**

TEST & RELEASE PROCEDURE

TEST AND RELEASE PROCEDURE FOR COVID-19 POSITIVE CASES FROM 1 MAY 2022



KEMENTERIAN KESIHATAN MALAYSIA

- COVID-19 positive cases must quarantine for 7 days
- However, they can be released earlier if they tested negative on Day-4

Procedure



1 Undergo a supervised (physical or virtual) RTK-Ag COVID-19 test on Day-4 of quarantine



2 Test result will be uploaded to MySejahtera by the medical practitioner



3 If tested negative with the result reflected on MySejahtera, patient may end quarantine



4 If tested positive, patient must complete 7 days of quarantine



5 No further test required after Day-7



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CLOSE CONTACT PROCEDURE



PROSEDUR PENGURUSAN KONTAK RAPAT KEPADA KES COVID-19

Berkuatkuasa 22 April 2022

KONTAK RAPAT TANPA MENGIKIRI STATUS VAKSINASI

Status Kesihatan	Kuarantin	Keperluan Ujian Pengesanan COVID-19	Amalkan Langkah Pencegahan	Pelepasan Kuarantin
Tidak Bergejala	TIADA	TIADA	Dalam tempoh 5 hari dari hari terakhir pendedahan kepada kes positif COVID-19	Tidak berkenaan
Bergejala	Digalakkan untuk kuarantin sendiri	Digalakkan melakukan ujian RTK-Ag sendiri pada hari gejala bermula dan hari ketiga	Jika keputusan ujian RTK-Ag sendiri adalah negatif dan gejala berkurangan, boleh melakukan aktiviti-aktiviti luar dengan mengamalkan langkah-langkah pencegahan	

LANGKAH-LANGKAH PENCEGAHAN:



Sentiasa memakai pelitup muka apabila keluar dari rumah



Elakkan berada di tempat yang sesak



Memastikan pengudaraan yang baik



Elakkan daripada melawat kumpulan berisiko tinggi



Membuat perjalanan yang penting (*essential*) sahaja



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