



馬來西亞佛教總會

PERSATUAN BUDDHIST MALAYSIA
MALAYSIAN BUDDHIST ASSOCIATION

182, Bumah Road, 10050 Penang Tel: 04-2262690 (hunting) Fax: 04-2263024
E-mail: mba.hq@mbahq.my / mba.hq@malaysianbuddhistassociation.org
Website: www.malaysianbuddhistassociation.org

雪蘭莪州非回教宗教場所 開放防疫指南

雪蘭莪州非回教宗教場所(除了座落在紅區的)可於二零二零年六月十九日起開放給善信前往膜拜，惟必須遵守國家團結局的标准作業程序及州政府所設的附加防疫指南。現團結局還沒有公布新标准作業程序及雪州政府也會在二零二零年七月二日或之前檢討指南。所以請依現有标准作業程序開放。

非回教宗教場所附加防疫指南

第1：信徒所注意事項：

- a. 禁止出席者：
 1. 70歲以上的長者和十二歲以下的兒童
 2. 擁有冠病徵兆者（體溫37.5或以上、咳嗽、呼吸苦難、抽搐、發抖、肌肉痛及失去味覺和嗅覺等）
 3. 非馬來西亞公民
- b. 不鼓勵高風險群體（60歲或以上、肥胖、慢性疾病如高血壓、糖尿病、腎病、肺病及心臟病）者出席。

第2：膜拜場所出席人數

- a. 每間在非紅區的宗教場所需委任一名負責人以控管人流（若有需要，可成立一支防疫團隊）。
- b. 根據所規定的建議，控制進入膜拜場所的人數。
- c. 若出席者是具高風險人群如樂齡人士，需依據所規定的人數管理（可參考高風險人群指南）
- d. 每間場所只允許場地經過保持1.5公尺的社交距離後的三分之一人數。

第3：使用SELangkah身分追蹤系統進行監管。

- a. 所有非回教宗教場所必須註冊使用SELangkah身分追蹤系統，主要為加強防疫監管和方便追蹤到訪的確診病患與相關人士。
- b. 有關SELangkah身分追蹤系統的註冊，可以瀏覽網址：
<https://www.selangkah.my/main/daftar>
- c. 在註冊SELangkah身分追蹤系統後，可將二維碼複印出來並張貼在所有出入口，以便信眾自行掃描，不需要擠在一起等進行身分登記。



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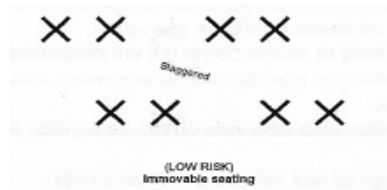
** SELangkah 系统已经结合 MySejahtera 系统。已经下载了 SELangkah系统就无需下载 MySejahtera 系统。

第4: 全程监控信众到访时间、宗教场所内的人潮流量, 以及离开的时间。

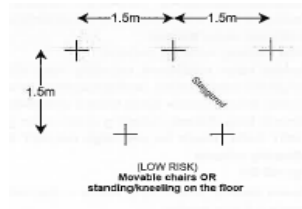
- a. 所有到访的信众必须保持自觉和维持新常态, 包括戴口罩、维持安全社交距离、使用肥皂勤洗手, 以及使用消毒搓手液等。

膜拜场所安排和出席人数

1. 每间宗教场所需在非红区及需委任一名负责人以控管人流 (若有需要, 可成立一支防疫团队)。
2. 在主要的膜拜地方, 低风险的膜拜座位如下:
 - a. **非移动性座位:** 每一排 3 个座位中, 将 2 个位画叉, 如此安排人与人之间就有两个空位的距离。下一排需和上一排交错。如此每个人的前方或后方都没有对着另一个人。看图:



- b. **移动性座位:** 每一排中, 椅子之间必须保持 1.5 公尺的距离。每排之间, 必须保持 1.5 公尺的距离。下一排需和上一排交错。如此每个人的前方或后方都没有对着另一个人。
- c. **站或跪拜:** 每一排中, 地上的标记必须保持 1.5 公尺的距离。每排之间, 必须保持 1.5 公尺的距离。下一排需和上一排交错。如此每个人的前方或后方都没有对着另一个人。 看图:



3. 如果您允许高风险群, 指南如下:

- a. **非移动性座位:** 每一排 4 个座位中, 将 3 个座位画叉。如此人与人之间有 3 个空位。下一排需和上一排交错。如此每个人的前方或后方都没有对着另一个人。



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- b. **移动性座位：**每一排中，椅子的排放必须保持 2.5 公尺的距离。每排之间，必须保持 2.5 公尺的距离。下一排需和上一排交错。如此每个人的前方或后方都没有对着另一个人。
 - c. **站或跪拜：**每一排中，标记必须保持 2.5 公尺的距离，排与排中间，必须保持 2.5 公尺的距离。下一排需和上一排交错。如此每个人的前方或后方都没有对着另一个人。
4. 来自同一个屋子的家庭成员，若场地安排允许，可坐或站在一起为一个“群体”，最多 5 人。每个群体之间要保持 2.5 米的距离。
 5. 统计给低风险和高风险群并标记好的座位或标记。此为低风险和高风险群最高容量。在同一时间，低风险和高风险群的人数不可超过最高容量。
 6. 因最高容量有限，可考虑线上预约服务。
 7. 可考虑提供口罩给信徒（捐赠或免费）。
 8. 所有非穆斯林宗教场所必须注册使用 SELangkah 身分追踪系统，主要为加强防疫监管和方便追踪到访的确诊病患与相关人士。有关 SELangkah 身分追踪系统的注册，可以浏览网址：<https://www.selangkah.my/main/daftar>
 9. 在注册 SELangkah 身分追踪系统后，可将二维码复印出来并张贴在所有出入口，以便信众自行扫描，不需要挤在一起等进行身分登记。
 10. 计划人流量，尤其是到访和离开的时间。单向人流为佳，并以箭头指示。若需要脱鞋，请妥善安排，避免在鞋架群聚。
 11. 准备清楚的告示牌，平面图，指示予信徒。平面图与指示可提前以电子版传给信徒。
 12. 请于入口与出口处，提供洗手液。
 13. 确保空气流通，并打开窗口。封闭式(冷空调)的空间是非常不鼓励的。
 14. 请与每个环节的空档，清洗或消毒，尤其是常被触摸的地方。请参考卫生部的消毒指南。

到访时间、宗教场所内的人潮流量，以及离开的时间。

1. 请信徒提前抵达，以有足够的时间做抵达手续。
2. 请信徒自备口罩和膜拜用具（如：经书等），以避免共享。
3. 请提醒信徒保持良好卫生和社交距离。
4. 请信徒全程戴口罩，包括在宗教场所内和当祈祷或歌颂。
5. 在抵达处，请确保信徒量体温、SELangkah 二维码扫描、没有超过最高容量、戴口罩和队伍有适当的空间。
6. 请确保人流，之间必须有 1 米的距离。
7. 请确保群众有次序的离开，避免出口处拥挤。



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8. 若宗教聚会有涉及金钱，请选择或鼓励网上转账。
9. 用非肢体接触式的祝福或问候。
10. 不允许膜拜后的群聚、聚餐或茶点。

重要：所有到访的信众必须保持自觉和维持新常态，包括戴口罩、维持安全社交距离、使用肥皂勤洗手，以及使用消毒搓手液等。

宗教课、婚礼和丧礼

婚礼仪式和丧礼请依据团结局及国民登记局公布的作业程序进行。婚礼出席人数只限二十人而丧礼限制十五人。宗教课请参考教育部的安全指南。

备注：大型群聚如宴会或婚宴是不允许的。

*** 这份指南是依 20. 6. 2020 资料整理。



马来西亚佛教总会秘书处
2020年6月22日



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Selangor COVID-19 Medium-Term Strategy For Non-Muslim Places of Worship

The non-Islamic places of worship in Selangor, except those located in the red zones, are permitted to operate started from , 19th, June 2020 but must be in compliance with standard operating procedures issued by Ministry of National Unity and additional guidelines determined by state government. Please follow all the standard operating procedures to reopen. Ministry of Unity has not announced the latest standard operating procedures and Selangor state government will review the guideline on or before 2nd July, 2020. Thus, please follow the current Standard Operating Procedure to reopen the places of worship.

Additional guideline for non-Islamic places of worship

No.1: Attention to devotee

- a. Groups that not allowed to attend
 1. Older age 70 and above and children age 12 and below.
 2. Those have symptoms of COVID-19 (fever 37.5°C, cough, shortness of breath, chills&rigor, muscle pain, new loss of taste or smell)
 3. Non-citizens.
- b. Those who are at high risk of severe COVID-19 (Age 60 and above, sever obesity, chronic disease like hypertension, diabetes mellitus, kidney disease, lung disease and heart disease) are discouraged to attend.

No.2: Maximum Capacity

- a. Each place of worship should have a designated covid-19 officer to be in-charge of logistics and to direct the flows (with a team, if needed)
- b. Control the maximum capacity to enter place of worship as per guideline.
- c. Follow the stipulated maximum capacity (please refer guidelines of high-risk individuals) If the high risk individuals are allowed to attend.
- d. The maximum capacity of place of worship allowed at any one time was one-third of the area of the houses of worship, taking into account that social distancing of 1.5m was maintained.



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No. 3: Using Selangkah contact tracing

- a. All places of worship are required to register with the 'SELangkah (Langkah Masuk Dengan Selamat)' app to enhance covid19 prevention and control management and for contact tracking purposes.
- b. Please visit <https://www.selangkah.my/main/daftar> to know more about the SELangkah registration.
- c. Print and display the SELangkah QR code at multiple entries and exit points so that people can scan for registration and avoid crowd for registration.
** SELangkah apps is integrated with MySejahtera Apps. Thus, do not need to download MySejahtera apps if SELangkah apps is downloaded.

No.4: The arrival, flows and dismissal of devotees are fully monitored.

- a. All the devotees shall remain alert and implement the new normal at all time, includes wearing masks, maintaining social distance, frequent washing hands with soap, water, and hand sanitiser.

Logistical Arrangements And Maximum Capacity

1. Each place of worships should have a designated COVID-19 officer to be incharge of logistics and to direct the flow (with a team, if needed)
2. In the main area where the formal religious gathering take place, space out seating/ standing/ kneeling areas for LOW RISK individuals as follows:
 - a. **Immovable seating:** Along each row, cross-out 2 of every 3 chairs so that there will be a gap of 2 seats between designated seats. Designated seats across rows should be staggered so that individuals are not immediately behind or in front of another. See diagram below:



- b. **Movable chairs:** For each row, arrange chairs every 1.5 meters along the row; with 1.5 meters between rows. Designated spots across rows should be staggered so that individuals are not immediately behind or in front of another.

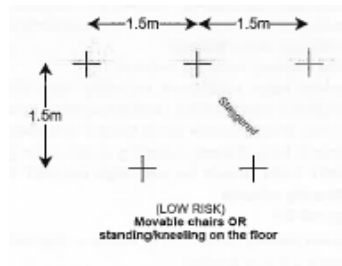


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- c. **Standing or kneeling on the floor:** For each row, mark out designated spots 1.5 meters apart along the row; with 1.5 meters between rows. Designated spots across rows should be staggered so that individuals are not immediately behind or in front of another. See diagram below.



3. If you plan to allow HIGH RISK individuals, the guidelines as below:
- Immovable seating:** Along each row, cross-out 3 of every 4 chairs so that there will be a gap of 3 seats between designated seats. Designated seats across rows should be staggered so that individuals are not immediately behind or in front of another.
 - Movable chairs:** For each row, arrange chairs 2.5 meters apart along the row; with 2.5 meters between rows. Designated spots across rows should be staggered so that individuals are not immediately behind or in front of another.
 - Standing or kneeling on the floor:** For each row, mark out designated spots 2.5 meters apart along the row; with 2.5 meters between rows. Designated spots Selangor COVID-19 Medium-Term Strategy for: Non-Muslim Places of Worship Page 3 Revision 1 (18 June 2020) across rows should be staggered so that individuals are not immediately behind or in front of another.
4. Family members from the same household can sit or stand closely together as a 'bubble' PROVIDED THAT logistical arrangements can be made and enforced. The maximum number of household members in each 'bubble' is 5 and the spacing between households should be at least 2.5 meters.
5. Please count the total number of designated spots/seats for LOW- and HIGH-RISK individuals separately – this is the MAXIMUM CAPACITY for LOW- and HIGH-RISK individuals, respectively. The number of worshipers



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who can gather at the place of worship at any one time cannot exceed the MAXIMUM CAPACITY.

6. As MAXIMUM CAPACITY is limited, consider an online booking system for worshippers and/or provide additional repeat services.
7. Consider providing face masks to worshippers (for a small donation or for free).
8. All places of worship are required to register with the 'SELangkah (Langkah Masuk Dengan Selamat)' app to enhance covid19 prevention and control management and for contact tracking purposes. Please visit <https://www.selangkah.my/main/daftar> to know more about the SELangkah registration.
9. Print and display the SELangkah QR code at multiple entries and exit points so that people can scan for registration and avoid crowd for registration.
10. Plan the flows of people, especially on arrival and when the gathering is dismissed, to minimize crowding. Where possible, one-way flows are preferred, and this should be indicated with directional arrows and/or dividers between streams of people. If footwear is taken off, please make appropriate arrangements so that there is no crowding around the shoe rack.
11. Provide clear signposts, a floor plan, and instructions for worshippers. The floor plan and instructions (as text, infographics, or video) can be sent digitally in advance to worshippers.
12. Provide hand sanitizer at strategic locations such as entrances and exits.
13. Ensure good ventilation – keep windows and doors open if possible. Religious gatherings in confined spaces with no windows and recirculating air conditioning are highly discouraged.
14. Clean and sanitize the place of worship, especially surfaces frequently touched, between sessions. Follow MOH guidelines on the use of disinfectants.

Arrivals, Flows, and Dismissal

1. Please ask worshippers to arrive early to allow time for the arrival process.
2. Please ask worshippers to bring a face mask and their own items for use during the religious gathering (e.g., holy book, etc.) so that they will not need to share.



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3. Please remind worshippers to observe good hygiene and social distancing.
4. Please remind worshippers to wear a face mask at all times, including when inside the place of worship and while praying or singing.
5. On arrival, please ensure that temperature is checked for each worshipper, SELangkah QR code has been scanned, maximum capacity is not exceeded, face masks are worn, and that the arrival queue is appropriately spaced out.
6. Please ensure flows of people, spaced at least 1 meter from each other.
7. Please plan for and ensure orderly dismissal of the gathering so that there is no crowding of exits.
8. If the religious gathering involves collection of money, electronic transfers should be available and preferred.
9. Use non-touch greetings only.
10. Social gatherings, food, and refreshments after the religious service are not allowed.

Important: All the devotees shall remain alert and implement the new normal at all time, includes wearing masks, maintaining social distance, frequent washing hands with soap, water, and hand sanitiser.

Religious Classes, Weddings, and Funerals

Please refer the standard operating procedures from Ministry of Unity and National Registration Department regards religious solemnization/rites associated with weddings and funerals. The wedding ceremony cannot exceed 20 individuals whereas the funeral services are limited to 15 people. Please review the appropriate guidelines from the Ministry of Education for guidance on conducting religious classes safely.

Note: Mass gatherings such as 'kenduri' or wedding receptions are NOT ALLOWED

***** Guideline updated at 20th June 2020.**

Secretariat of Malaysian Buddhist Association
22th June 2020