

The English translation would be:

"... (A) a person shall not operate a delivery service except -  
(1) shipping goods from an online store sale via telephone or the Internet;  
(2) shipping from stores as provided for in regulation 5

(B) as well as deliveries of essential home maintenance products, telecommunications products, communications services, medical accessories and newspapers; This should not detract from the shipment of freight and courier services that are not to a customer, including the transport of raw materials, equipment and supplies. ..."