<apex:page standardController="Contact">

<head>

<meta charset="utf-8" />

<meta name="viewport" content="width=device-width, initial-scale=1" />

<title>Quick Start: Visualforce</title>

<!-- Import the Design System style sheet -->

<apex:slds />

</head>

<body>

<apex:form>

<apex:pageBlock title="New Contact">

<!--Buttons -->

<apex:pageBlockButtons>

<apex:commandButton action="{!save}" value="Save"/>

</apex:pageBlockButtons>

<!--Input form -->

<apex:pageBlockSection columns="1">

<apex:inputField value="{!Contact.Firstname}"/>

<apex:inputField value="{!Contact.Lastname}"/>

<apex:inputField value="{!Contact.Email}"/>

</apex:pageBlockSection>

</apex:pageBlock>

</apex:form>

</body>

</apex:page>