

```
if(trigger.isbefore && trigger.isinsert){  
    ContactTriggerHandler.checkingduplicates(Trigger.new,null);  
}  
if(trigger.isbefore && trigger.isupdate){  
    ContactTriggerHandler.checkingduplicates(Trigger.new, trigger.oldMap);  
}
```

```
public static void checkingduplicates( list<contact> conlist, Map<id,contact>oldMap)
{

    list<contact> existingcontacts= [select id, phone, email from contact where (Email != null OR Phone != null)];

    Map<string,contact> phoneMap = new Map<string,contact>();
    Map<string,contact> emailMap = new Map<string,contact>();

    for(contact con: existingcontacts)
    {
        phoneMap.put(con.Phone,con);
        emailMap.put(con.Email,con);
    }

    for(contact con: conlist)
    {
        if ((con.email!= null && emailMap.containsKey(con.email)) ||
            (con.email!= null && emailMap.containsKey(con.email) && con.email!= oldMap.get(con.Id).email)) {
            con.email.adderror('duplicate email found');
        }
        if((con.phone!= null && phoneMap.containsKey(con.phone)) ||
            (con.Phone!= null && phoneMap.containsKey(con.phone) && con.phone!= oldMap.get(con.Id).phone)){
            con.phone.adderror('duplicate phone number found');
        }
    }
}
```