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Defrost a *C. elegans* strain from the -80 C freezer

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Protocol status: Working

We use this protocol and it's working

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Guidelines

Make sure to close the door of the -80 C freezer properly.

Materials

MATERIALS

 Frozen *C. elegans* strain


 Beaker

 Foam floater

 20 C incubator

 NGM plate seeded with bacteria

Safety warnings

-  Do not wear gloves near the flame of the Bunsen burner.
Wear safety gloves when taking things in and out of the -80 C freezer.



- 1 Take the frozen *C. elegans* tube out of the -80 C freezer.
- 2 Put the tube in a foam floater.
- 3 Put the foam floater on the surface of lukewarm water in a beaker.
- 4 When the content of the tube has defrosted (should take only a few minutes), pour the contents onto an NGM plate seeded with bacteria.
- 5 Put the plate in a plastic box and put the box into an incubator, for example a 20 C incubator.
- 6 The following day, check that some worms are alive. I would recommend having at least 60 living pre-reproductive or reproductive worms on the plate.