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 We use this protocol and it's working

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

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GUIDELINES

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

MATERIALS

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- ⊗ Frozen C. elegans strain **Contributed by users**
- ⊗ Beaker **Contributed by users**
- ⊗ Foam floater **Contributed by users**
- ⊗ 20 C incubator **Contributed by users**
- ⊗ NGM plate seeded with bacteria **Contributed by users**

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.