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

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Works for me

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### GUIDELINES

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

### MATERIALS

NAME ▾	CATALOG # ▾	VENDOR ▾
<a href="#">Frozen <i>C. elegans</i> strain</a>	<a href="#">View</a>	
<a href="#">Beaker</a>	<a href="#">View</a>	
<a href="#">Foam floater</a>	<a href="#">View</a>	
<a href="#">20 C incubator</a>	<a href="#">View</a>	
<a href="#">NGM plate seeded with bacteria</a>	<a href="#">View</a>	

### 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.



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