FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| OMB APPRO |
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| OMB Number: | 3235-0287 |
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| Estimated average burden | |
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| 1. Name and Address of Reporting Ferson | | | 2. Issuer Name and Ticker or Trading Symbol DYNEX CAPITAL INC [DX] | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | | | | |
|---|----------------|----------|---|---|----------------------------|-------------------------|--|--|--|
| BOSTON BYRON L | | | [| X | Director | 10% Owner | | | |
| (Last) | (First) | (Middle) | | X | Officer (give title below) | Other (specify below) | | | |
| C/O DYNEX CAPITAL, INC. | | | 3. Date of Earliest Transaction (Month/Day/Year) 08/22/2022 | | CEO and C | Co-CIO | | | |
| 4991 LAKE BROO | K DRIVE, SUITE | 100 | | | | | | | |
| (Street) | | | 4. If Amendment, Date of Original Filed (Month/Day/Year) | 6. Indivi | dual or Joint/Group Filing | (Check Applicable Line) | | | |
| GLEN ALLEN | VA | 23060 | 3 , , | X | Form filed by One Rep | ` '' ' | | | |
| | | | | l | Form filed by More than | n One Reporting Person | | | |
| (City) | (State) | (Zip) | | | | | | | |

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | Execution Date, | 3. Transaction Code (Instr. 8) | | 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) | | | 5. Amount of Securities Beneficially Owned Following Reported | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership |
|---------------------------------|--|-----------------|---|---|--|---------------|-----------|--|---|---------------------------------|
| | | | Code | v | Amount | (A) or (D) | Price | Transaction(s) (Instr. 3 and 4) | | (Instr. 4) |
| Common Stock | 08/22/2022 | | P | | 1,928 | A | \$15.5399 | 3,095 | I | By spouse and son jointly |
| Common Stock | | | | | | | | 388,134(1) | D | |
| Common Stock | | | | | | | | 1,500 | I | By son |
| Common Stock | | | | | | | | 1,500 | I | By son |
| Common Stock | | | | | | | | 11,820.2709 | I | Through 401(k) Plan |

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) | | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | 6. Date Exercisable and Expiration Date (Month/Day/Year) | | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported | Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) | | | |
|--|---|--|---|---|--|--|--|--|---|--|-----|---|--|---|--|--|------------------------------|--|
| | | | | | | | | Code | v | (A) | (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | | Transaction(s) (Instr. 4) | |

Explanation of Responses:

1. Includes unvested restricted stock units.

/s/ Susan S. Ancarrow, attorney-infact 08/24/2022

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.