# FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

3235-0287 OMB Number: Estimated average burden hours per response: 0.5

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

|                         |                |          | 2. Issuer Name and Ticker or Trading Symbol DYNEX CAPITAL INC [ DX ] | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)                              |                             |           |  |  |  |
|-------------------------|----------------|----------|--|---|-----------------------------|-----------|--|--|--|
| DUSIUN DIRC             | <u>JNL</u>     |          | [ ]  | X   | Director                    | 10% Owner |  |  |  |
| (Last)                  | (First)        | (Middle) |  | (Check all applicable)<br>X Director 10% O<br>X Officer (give title Other (<br>below)<br>CEO and Co-CIO | Other (specify<br>below)    |           |  |  |  |
| C/O DYNEX CAPITAL, INC. |                | (duld)   | 3. Date of Earliest Transaction (Month/Day/Year)<br>10/25/2022       |   | CEO and Co-CIO              |           |  |  |  |
| 4991 LAKE BROOM         | K DRIVE, SUITE | 100      |  |   |                             |           |  |  |  |
| (Street)<br>GLEN ALLEN  | VA             | 23060    | 4. If Amendment, Date of Original Filed (Month/Day/Year)             |   | Form filed by One Reporting | g Person  |  |  |  |
| (City)                  | (State)        | (Zip)    |  |   | . e mee 29 more than on     |           |  |  |  |

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

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transaction<br>Code (Instr.<br>8) |   | 4. Securities Acquired (A) or Disposed<br>Of (D) (Instr. 3, 4 and 5) |               |                          | 5. Amount of<br>Securities<br>Beneficially Owned<br>Following Reported | 6. Ownership<br>Form: Direct (D)<br>or Indirect (I)<br>(Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership |
|---------------------------------|--|---|---|---|--|---------------|--------------------------|--|---|---|
|                                 |  |   | Code                                    | v | Amount   | (A) or<br>(D) | Price                    | Transaction(s)<br>(Instr. 3 and 4)                                     |   | (Instr. 4)  |
| Common Stock                    | 10/25/2022                                 |   | Р                                       |   | 12,000   | Α             | \$10.9165 <sup>(1)</sup> | 400,134  | D   |   |
| Common Stock                    | 10/26/2022                                 |   | Р                                       |   | 2,500  | A             | \$11.61                  | 402,634  | D   |   |
| Common Stock                    |  |   |   |   |  |               |                          | 3,095  | I   | By spouse<br>and son<br>jointly                     |
| Common Stock                    |  |   |   |   |  |               |                          | 1,500  | Ι   | By son  |
| Common Stock                    |  |   |   |   |  |               |                          | 1,500  | Ι   | By son  |
| Common Stock                    |  |   |   |   |  |               |                          | 11,820.2709  | I   | Through<br>401(k)<br>Plan                           |

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

| 1. Title of<br>Derivative<br>Security (Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security |  | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | Transaction<br>Code (Instr.<br>8) |   | Derivative |     | Expiration Date     |                    | 7. Title and Amount of<br>Securities Underlying<br>Derivative Security (Instr.<br>3 and 4) |                                  | Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | Beneficial<br>Ownership<br>(Instr. 4) |
|--|---|--|---|-----------------------------------|---|------------|-----|---------------------|--------------------|--|----------------------------------|--------------------------------------|--|--|---------------------------------------|
|  |   |  |   | Code                              | v | (A)        | (D) | Date<br>Exercisable | Expiration<br>Date | Title  | Amount or<br>Number of<br>Shares |                                      | Transaction(s)<br>(Instr. 4)   |  |                                       |

Explanation of Responses:

1. The price reported in Column 4 is a weighted average price. These shares were purchased in multiple transactions at prices ranging from \$10.70 to \$11.20, inclusive. The reporting person undertakes to provide to Dynex Capital, Inc. ("Dynex"), any security holder of Dynex, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares purchased at each separate price within the range set forth in this footnote.

# /s/ Byron L. Boston

\*\* Signature of Reporting Person

10/26/2022 Date

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

 $^{\star}$  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.

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