FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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 Person*  RISOLEO JAMES F					2. Issuer Name and Ticker or Trading Symbol HOST HOTELS & RESORTS, INC. [ HST ]									Check all a	oplicable) ector	10% (	
(Last) (First) (Middle) 6903 ROCKLEDGE DRIVE SUITE 1500					3. Date of Earliest Transaction (Month/Day/Year) 02/08/2019									X Since (give title Strick (Spelow) below)  President and CEO			
SDA M				4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person				
	Tabl	e I - No	n-Deriv	ative	Sec	curitie	s Acc	quired	, Dis	posed o	f, oı	Ben	efici	ally Ow	ned		
Date					r) E	2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction Disposed Code (Instr. 5)						nd Sed Ber Ow	rities eficially ed Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership
								Code	v	Amount		(A) or (D)	Price	Trai	saction(s)		(Instr. 4)
Common Stock 02/					2019			F <sup>(1)</sup>		11,201		D	\$17	.97	556,124	D	
Common Stock 02/13					/2019			F <sup>(1)</sup>		9,488		D	\$18	.36	546,636	D	
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																	
2. Conversion or Exercise Price of Derivative Security	onversion Exercise (Month/Day/Year) Exercise (Month/Day/Year) (Morerivative		nn Date, Transac Code (II Day/Year) 8)					Expiration Date (Month/Day/Year)			Amour		ount		derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
	(Final Content of the	(First) (CKLEDGE DRIVE 500 SDA MD 2 (State) (Table Security (Instr. 3) Stock Stock Table Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) CCKLEDGE DRIVE 500  SDA MD 20817  (State) (Zip)  Table I - No  Security (Instr. 3)  Stock  Stock  Table II - I  Conversion or Exercise Price of Derivative (Month/Day/Year) Price of Derivative (Month/Day/Year)	(First) (Middle) CCKLEDGE DRIVE  500  SDA MD 20817  (State) (Zip)  Table I - Non-Derive Security (Instr. 3)  Stock 02/08  Stock 02/08  Table II - Derivate (e.g., properties of Derivative (Month/Day/Year)  2. Transaction 3. Transaction Exercise Price of Derivative (Month/Day/Year)	FO JAMES F  (First) (Middle)  OCKLEDGE DRIVE  500  Table I - Non-Derivative  Security (Instr. 3)  2. Transaction Date (Month/Day/Year)  Stock  02/08/2019  Table II - Derivative S (e.g., puts, c Price of Derivative (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  Stock  1 A. Deemed Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  1 A. Deemed Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  1 A. Deemed Execution Date, if any (Month/Day/Year)  2 Conversion Operivative S (e.g., puts, c Code (Month/Day/Year)  2 Conversion Operivative S (e.g., puts, c Code (Month/Day/Year)  1 A. Deemed Execution Date, if any (Month/Day/Year)  2 Conversion Operivative S (e.g., puts, c Code (Month/Day/Year)	FO JAMES F  (First) (Middle)  CKLEDGE DRIVE  500  Table I - Non-Derivative Security (Instr. 3)  Stock  Stock  02/08/2019  Table II - Derivative Security (e.g., puts, calls. (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  Stock  1. If Americal Americal American Security (Instr. 3)  Table II - Derivative Security (e.g., puts, calls. (Month/Day/Year)  2. Conversion or Exercise Price of Derivative Security (Month/Day/Year)  Stock  1. If American Security (Instr. 3)  3. Transaction Date (e.g., puts, calls. (Month/Day/Year)  3. Transaction Date (if any (Month/Day/Year) (Month/Day/Year)	FO JAMES F  (First) (Middle)  CCKLEDGE DRIVE  500  Table I - Non-Derivative Securities (Month/Day/Year)  Security (Instr. 3)  Table II - Derivative Securities (e.g., puts, calls, warr  Conversion or Exercise Price of Poerivative Security  Conversion or Exercise (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warr  A. Transaction Date (Month/Day/Year)  Security  A. Transaction Code (Instr. 8)  A. Deemed Execution Date, if any (Month/Day/Year)  Conversion or Exercise (e.g., puts, calls, warr  Conversion Operivative Securities (e.g., puts, calls, warr  Conversion Operivative Security (Month/Day/Year)  Conversion Operivative Securities (e.g., puts, calls, warr  Conversion Operivative Security (Month/Day/Year)  Conversion Operivative Securities (e.g., puts, calls, warr  Conversion Operivative Securities (e.g., puts, calls, warr  Conversion Operivative Securities (e.g., puts, calls, warr  Conversion Operivative Security (Month/Day/Year)	CKLEDGE DRIVE   SDA   MD   20817	HOST HOTELS & RE	Code (Instr. 3)   Code (Inst	CKLEDGE DRIVE	HOST HOTELS & RESORTS, INC.	HOST HOTELS & RESORTS, INC. [ HST  (First) (Middle)  CKLEDGE DRIVE  500  Table I - Non-Derivative Securities Acquired, Disposed of, or Benefice of Date (Month/Day/Year)  (Month/Day/Year)  Stock  02/08/2019  Table II - Derivative Securities Acquired, Disposed of, or Benefice of Date (e.g., puts, calls, warrants, options, convertible Security (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Benefice of Date (e.g., puts, calls, warrants, options, convertible Security (Month/Day/Year)  Amount (A) or Benefice of Date (Honth/Day/Year)  Stock  12. Transaction Date (e.g., puts, calls, warrants, options, convertible Securities Price of Derivative Securities Acquired, Disposed of, or Benefice of (D) (Instr. 3, 4) (Month/Day/Year)  Stock  13. Date of Earliest Transaction (Month/Day/Year)  24. Deemed (Execution Date, if any (Month/Day/Year)  F(i) 11,201 D  Table II - Derivative Securities Acquired, Disposed of, or Benefice of (B) (Instr. 3, 4) (Month/Day/Year)  Stock  15. Number of Date Exercisable and Expiration Date (Month/Day/Year)  Scurities (Month/Day/Year)  Scurities (Month/Day/Year)  Amount of Numbrities (Month/Day/Year)  Amount of Securities (Month/Day/Year)  Amount of Securities (Month/Day/Year)  Securities (Month/Day/Year)  Scurities (Month/Day/Year)  Amount of Securities (Month/Day/Year)  Scurities (Month/Day/Year)  Scurities (Month/Day/Year)  Scurities (Month/Day/Year)  Scurities (Month/Day/Year)  Amount of Spiration Date (Expiration	HOST HOTELS & RESORTS, INC. [HST]   (State)   (Zip)	HOST HOTELS & RESORTS, INC. [HST]   Check all a Dir North   Check all a Dir	HOST HOTELS & RESORTS, INC. [HST]   Check all applicable)   Director   Director   Officer (give title below)	HOST HOTELS & RESORTS, INC. [HST]   Check all applicables   Check all applic

## Explanation of Responses:

1. The transactions reported on this Form 4 relate to the vesting of time-based restricted stock and the disposition of shares for payment of taxes on the vested shares. The full amount of the award was reported on the grant date and hence only the disposition of shares for the payment of taxes on vesting is being reported

By: Eliizabeth A. Abdoo For: James F. Risoleo

05/10/2019

James F.

\*\* 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.