## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

|  | Check this box if no longer subject<br>to Section 16. Form 4 or Form 5<br>obligations may continue. See<br>Instruction 1(b). |
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## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

OMB APPROVAL
OMB Number: 3235-0287

Estimated average burden hours per response: 0.5

|   |  |          | of Section So(ii) of the Investment Company Act of 1940  |                        |   |             |  |
|---|--|----------|--|------------------------|---|-------------|--|
| GHOSH SOU   |  |          | 2. Issuer Name and Ticker or Trading Symbol<br><u>HOST HOTELS &amp; RESORTS, INC.</u> [ HST<br>] |                        | tionship of Reporting Person(s) to Issuer<br>all applicable)<br>Director 10% Owner<br>Officer (give title Other (speci<br>below) below) |             |  |
| (Last) (First) (Middle)<br>4747 BETHESDA AVENUE<br>SUITE 1300       |  | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year)<br>02/09/2023                                   |                        | EVP, Chief Financia   | l Officer   |  |
| SUITE 1300<br>(Street)<br>BETHESDA MD 20814<br>(City) (State) (Zip) |  |          | 4. If Amendment, Date of Original Filed (Month/Day/Year)   | 6. Indiv<br>Line)<br>X | idual or Joint/Group Filing<br>Form filed by One Repor<br>Form filed by More than<br>Person   | ting Person |  |

## 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>Transa<br>Code (<br>8) |   | 4. Securities A<br>Disposed Of (<br>5) |               |              | Securities<br>Beneficially         |   | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------------------|--|---|------------------------------|---|--|---------------|--------------|------------------------------------|---|---|
|                                 |  |   | Code                         | v | Amount                                 | (A) or<br>(D) | Price        | Transaction(s)<br>(Instr. 3 and 4) |   | (1150.4)  |
| Common Stock                    | 02/09/2023                                 |   | A                            |   | 41,839(1)                              | Α             | <b>\$0.0</b> | 164,046                            | D |   |

|   | 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<br>(Instr. 3) | Title of 2. 3. Transaction 3A. Deemed Execution Date Conversion or Exercise (Month/Day/Year) if any  |  | 4.<br>Transaction<br>Code (Instr.<br>8)<br>Ac<br>(A)<br>Dis<br>of<br>(In |      | of<br>Deriv | r<br>osed<br>)<br>r. 3, 4 |     |                     | 7. Title and<br>Amount of<br>Securities<br>Underlying<br>Derivative<br>Security (Instr.<br>3 and 4) |       | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |  |
|   |  |  |  | Code | v           | (A)                       | (D) | Date<br>Exercisable | Expiration<br>Date  | Title | Amount<br>or<br>Number<br>of<br>Shares              |  |  |  |  |

Explanation of Responses:

1. These shares represent restricted stock units which vest in three equal annual installments beginning on the first anniversary of the grant date and will be settled in shares of the Issuer's common stock.

By: /s/ William K. Kelso,

Attorney-in-Fact For: Sourav 02/10/2023

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\*\* 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.

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