MFA
FINANCIAL, INC.
350 Park Avenue
NEW YORK, NEW YORK 10022

MFA Financial, Inc. Announces
2020 Dividend Tax Information

MFA Financial, Inc. ("MFA"), a real estate investment trust ("REIT"), today announced tax information regarding its dividend distributions for the tax year ended December 31, 2020.

Stockholders should review the 2020 tax statements that they receive from their brokerage firms in order to ensure that the MFA dividend distribution information reported on such statements conforms to the information set forth below. Stockholders should also consult with their tax advisors to determine their individual tax treatment of the dividend distributions paid by MFA.

MFA's dividend distributions that are characterized as ordinary income are subject to full ordinary income tax rates.
For stockholders that are corporations, MFA's dividend distributions are not eligible for the corporate dividend distributions received deduction on Form 1120. No portion of MFA's 2020 dividend distributions consisted of "items of tax preference" or "excess inclusion" income subject to the specialized tax reporting rules applicable to such income.

The following tables provide detailed tax information relating to the quarterly dividend distributions paid to MFA's stockholders with respect to the 2020 tax year:

MFA's Common Stock: (CUSIP 55272X102):

During the 2020 tax year, MFA declared total dividend distributions of $.05 per share of common stock.

Declared	Ex-Date	Record	Payable	Total Distribution Per Share	Box 1 Total Ordinary Dividends	Box 2a Total Capital Gain Dividends	Box 3 Nondividend distributions	Box 5 Section 199A Dividends
8/6/2020	9/27/2020	9/30/2020	10/30/2020	$0.0500	$0.0000	$0.0000	$0.0500	$0.0000

MFA's Series B Cumulative Redeemable Preferred Stock (CUSIP: 55272X409):

During the 2020 tax year, MFA declared total dividend distributions of $1.875 per share of Series B Cumulative Redeemable Preferred Stock.

Declared	Ex-Date	Record	Payable	Total Distribution Per Share	Box 1 Total Ordinary Dividends	Box 2a Total Capital Gain Dividends	Box 3 Nondividend distributions	Box 5 Section 199A Dividends
7/1/2020	7/14/2020	7/15/2020	7/31/2020	$0.9375	$0.9375	$0.0000	$0.0000	$0.9375
8/12/2020	9/4/2020	9/8/2020	9/30/2020	$0.4688	$0.4688	$0.0000	$0.0000	$0.4688
11/18/2020	12/1/2020	12/4/2020	12/31/2020	$0.4688	$0.1588	$0.0000	$0.3099	$0.1588

MFA's Series C Cumulative Redeemable Preferred Stock (CUSIP: 55272X508):

During the 2020 tax year, MFA declared total dividend distributions of $1.345 per share of Series C Cumulative Redeemable Preferred Stock.

Declared	Ex-Date	Record	Payable	Total Distribution Per Share	Box 1 Total Ordinary Dividends	Box 2a Total Capital Gain Dividends	Box 3 Nondividend distributions	Box 5 Section 199A Dividends
7/1/2020	7/14/2020	7/15/2020	7/31/2020	$0.5326	$0.5326	$0.00000	$0.0000	$0.5326
8/12/2020	9/4/2020	9/8/2020	9/30/2020	$0.4063	$0.4063	$0.00000	$0.0000	$0.4063
11/18/2020	12/1/2020	12/4/2020	12/31/2020	$0.4063	$0.1377	$0.00000	$0.2686	$0.1377

MFA is a real estate investment trust primarily engaged in the business of investment, on a leveraged basis, in residential mortgage assets, including residential mortgage-backed securities and residential whole loans. In accordance with Internal Revenue Service Code Sections 856 through 860, and the regulations promulgated thereunder applicable to REITs, to the extent of distributable earnings and profits, dividends declared by a REIT in the last month of a calendar year with a record date in such calendar year, but which are payable in January of the following year, are considered paid for Form 1099-DIV

reporting purposes on December 31st, not on the payable date. Because the Company had no earnings and profits remaining after its payment of its 2020 distributions, the Company's dividend declared to holders of record of its common stock on December 30, 2020 and payable on January 29, 2021 will be treated as a dividend paid in 2021 to the extent of the Company's earnings and profits in 2021.