



NEWS RELEASE

CareTrust REIT Announces Quarterly Dividend of \$0.39 per Share

2026-09-15

DANA POINT, Calif.--(BUSINESS WIRE)-- CareTrust REIT, Inc. (NYSE:CTRE) announced today that its Board of Directors has declared a quarterly common stock cash dividend of \$0.39 per common share. The current dividend will be payable to common stockholders of record as of the close of business on September 30, 2026. The Company intends to pay the dividend on or about October 15, 2026.

About CareTrust TM

CareTrust REIT, Inc. is a self-administered, publicly-traded real estate investment trust engaged in the ownership, acquisition, development and leasing of skilled nursing, senior housing and other healthcare-related properties. With a portfolio of long-term net-leased properties spanning the United States and United Kingdom, and a growing portfolio of quality operators leasing them, CareTrust is pursuing both external and organic growth opportunities across the US and internationally. More information about CareTrust REIT is available at www.caretrustreit.com.

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Source: CareTrust REIT, Inc.