

NATIONAL HEALTH REALTY, INC.

CUSIP NO. 635905-10-2

The dividends paid by National Health Realty, Inc. which are reportable for tax purposes to recipients for 2005 should be characterized as follows for Form 1099-DIV:

Record Date	3/31/2005	6/30/2005	9/30/2005	12/30/2005	Total
Payment Date	4/15/2005	7/15/2005	10/14/2005	1/13/2006	
Gross Dividends	.3325	.3325	.3325	.4325	1.4300
Box 1a-Total Ordinary Dividends	.2880	.2880	.2880	.3880	1.2520
Box 3-Nondividend Distributions	.0445	.0445	.0445	.0445	.1780

The dividend of record on 12/30/05, which was paid on January 13, 2006, should be treated for tax purposes as paid in 2005, as provided in Code Sec. 857(b)(8).