## SEC Form 4

## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

| OMB Number:              | 3235-0287 |  |  |  |  |  |  |  |
|--------------------------|-----------|--|--|--|--|--|--|--|
| Estimated average burden |           |  |  |  |  |  |  |  |
| hours per response:      | 0.5       |  |  |  |  |  |  |  |

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 <sup>*</sup><br>COUGHLIN CHRISTOPHER J   |          |          | 2. Issuer Name <b>and</b> Ticker or Trading Symbol <u>Prestige Consumer Healthcare Inc.</u> [ PBH ] | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable) |                                     |                       |  |  |  |
|--|----------|----------|---|--|-------------------------------------|-----------------------|--|--|--|
|  |          |          |   |  | Director                            | 10% Owner             |  |  |  |
| (Last)   | (First)  | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year)<br>08/03/2021                                      |  |                                     | Other (specify below) |  |  |  |
| 660 WHITE PL   | AINS RD. |          |   |  |                                     |                       |  |  |  |
| (Street)   |          |          | 4. If Amendment, Date of Original Filed (Month/Day/Year)  | 6. Individual or Joint/Group Filing (Check Applicabl Line)                 |                                     |                       |  |  |  |
| TARRYTOWN  | NV       | 10591    |   | X  | X Form filed by One Reporting Perso |                       |  |  |  |
|  | IN I     | 10591    | -   |  | Form filed by More th<br>Person     | an One Reporting      |  |  |  |
| (City)   | (State)  | (Zip)    |   |  |                                     |                       |  |  |  |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned |          |          |   |  |                                     |                       |  |  |  |
|  |          | 1        |   |  | 1                                   |                       |  |  |  |

| 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) | Code ( |   | 4. Securities<br>Disposed Of<br>5) |               |                   | Securities<br>Beneficially         | Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) | 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, par value \$0.01 per share | 08/03/2021                                 |   | A      |   | 2,808 <sup>(1)</sup>               | A             | \$ <mark>0</mark> | 10,723                             | 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) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | of<br>Deriv<br>Secu<br>Acqu<br>(A) o<br>Dispo<br>of (D<br>(Insti | 5. Number<br>of<br>Derivative<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3, 4<br>and 5) |                     |                    |       | 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 |  |   | Date<br>Exercisable | Expiration<br>Date | Title | Amount<br>or<br>Number<br>of<br>Shares              |  |  |  |  |

## Explanation of Responses:

1. The Reporting Person received 2,808 restricted stock units (equal to \$150,000 divided by the closing stock price of \$53.42 on August 3, 2021) in connection with the Issuer's director compensation program. The restricted stock units vest immediately upon grant and will be settled by delivery to the Reporting Person of one share of common stock of the Issuer for each vested restricted stock unit promptly following the earliest of (i) the Reporting Person's death, (ii) the Reporting Person's separation from service or (iii) change in control.

## <u>/s/ Christopher J. Coughlin by</u>

William P'Pool as attorney-in-

fact pursuant to power of 08/05/2021

attorney dated July 29, 2019

on file with the Commission

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 $^{\ast}$  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.

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).