UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15 (d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): November $19,\,2020$

THE ALLSTATE CORPORATION

(Exact name of registrant as specified in its charter)

1-11840

36-3871531

Delaware

(State or other jurisdiction of incorporation)	(Commission File Number)		(IRS Employer Identification No.)
2	2775 Sanders Road, Northbrook, Illinois 60	0062	
(A	Address of principal executive offices) (Zip C	Code)	
Registrant's	s telephone number, including area code (847)	402-5000	
Check the appropriate box below if the Form 8-K filing following provisions:	; is intended to simultaneously satisfy the filing	g obligation of t	he registrant under any of the
□ Written communications pursuant to Rule 425 under □ Soliciting material pursuant to Rule 14a-12 under the □ Pre-commencement communications pursuant to Ru □ Pre-commencement communications pursuant to Ru	e Exchange Act (17 CFR 240.14a-12) ile 14d-2(b) under the Exchange Act (17 CFR 2 ile 13e-4(c) under the Exchange Act (17 CFR 2		
Securities registered pursuant to Section 12(b) of the A	ct:	ar i	
Title of each	class	Trading Symbols	Name of each exchange on which registered
Common Stock, par value \$0.01 per share		ALL	New York Stock Exchange Chicago Stock Exchange
5.100% Fixed-to-Floating Rate Subordinated Debentures due 2053		ALL.PR.B	New York Stock Exchange
Depositary Shares represent 1/1,000th of a share of 5.625% Noncum	ulative Preferred Stock, Series G	ALL PR G	New York Stock Exchange
Depositary Shares represent 1/1,000th of a share of 5.100% Noncum	· · · · · · · · · · · · · · · · · · ·	ALL PR H	New York Stock Exchange
Depositary Shares represent 1/1,000th of a share of 4.750% Noncum	ulative Preferred Stock, Series I	ALL PR I	New York Stock Exchange
indicate by check mark whether the registrant is an emechapter) or Rule 12b-2 of the Securities Exchange Act		of the Securitie	es Act of 1933 (§230.405 of this
	Emerging	growth compan	у 🗆
f an emerging growth company, indicate by check mark in inancial accounting standards provided pursuant to Section		transition perio	d for complying with any new or revised

Section 7 – Regulation FD

Item 7.01. Regulation FD Disclosure.

The Registrant's press release dated November 19, 2020, announcing its estimated catastrophe losses for October 2020, is attached hereto as Exhibit 99 and is incorporated herein by reference. The press release is furnished and not filed, pursuant to Instruction B.2 of Form 8-K.

Section 9 - Financial Statements and Exhibits

Item 9.01.	Financial Statements and Exhibits.
ILCIII 7.VI.	Tilianciai Statements and Exhibits.

(d) **Exhibits**

Exhibit No. Description

Registrant's press release dated November 19, 2020. The press release is furnished and not filed, pursuant to Instruction B.2 of Form 8-K.

104 Cover Page Interactive Data File (formatted as inline XBRL).

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

THE ALLSTATE CORPORATION

(Registrant)

By: /s/ Daniel G. Gordon

Name: Daniel G. Gordon

Title: Vice President, Assistant General

Counsel and Assistant Secretary

Date: November 19, 2020



NEWS

FOR IMMEDIATE RELEASE

Contacts:

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Media Relations Investor Relations (847) 402-5600 (847) 402-2800

Allstate Announces October 2020 Catastrophe Losses

NORTHBROOK, III., November 19, 2020 – The Allstate Corporation (NYSE: ALL) today announced estimated catastrophe losses for the month of October of \$345 million, pre-tax (\$273 million, after-tax).

Catastrophe losses in October comprised 10 events at an estimated cost of \$324 million, pre-tax (\$256 million, after-tax), plus increased estimated catastrophe losses for prior quarter events. Estimated catastrophe losses for the month include the impacts of Hurricane Zeta and Hurricane Delta, which accounted for approximately 85% of current month losses.

Financial information, including material announcements about The Allstate Corporation, is routinely posted on www.allstateinvestors.com.

Forward-Looking Statements

This news release contains "forward-looking statements" that anticipate results based on our estimates, assumptions and plans that are subject to uncertainty. These statements are made subject to the safe-harbor provisions of the Private Securities Litigation Reform Act of 1995. These forward-looking statements do not relate strictly to historical or current facts and may be identified by their use of words like "plans," "seeks," "expects," "will," "should," "anticipates," "intends," "believes," "likely," "targets" and other words with similar meanings. We believe these statements are based on reasonable estimates, assumptions and plans. However, if the estimates, assumptions or plans underlying the forward-looking statements prove inaccurate or if other risks or uncertainties arise, actual results could differ materially from those communicated in these forward-looking statements. Factors that could cause actual results to differ materially from those expressed in, or implied by, the forward-looking statements may be found in our filings with the U.S. Securities and Exchange Commission, including the "Risk Factors" section in our most recent annual report on Form 10-K. Forward-looking statements are as of the date on which they are made, and we assume no obligation to update or revise any forward-looking statement.

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