Given an `m x n` 2D binary grid `grid` which represents a map of `'1'`s (land) and `'0'`s (water), return *the number of islands*.

An **island** is surrounded by water and is formed by connecting adjacent lands horizontally or vertically. You may assume all four edges of the grid are all surrounded by water.

Example 1:

```
Input: grid = [
  ["1","1","1","1","0"],
  ["1","1","0","1","0"],
  ["1","1","0","0","0"],
  ["0","0","0","0","0"]
]
Output: 1
```

Example 2:

```
Input: grid = [
  ["1","1","0","0","0"],
  ["1","1","0","0","0"],
  ["0","0","1","0","0"],
  ["0","0","0","1","1"]
]
Output: 3
```

Constraints:

- `m == grid.length`
- `n == grid[i].length`
- `1 <= m, n <= 300`
- `grid[i][j]` is `'0'` or `'1'`.