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'.