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'.