The problem is carbon monoxide poisoning and, because of the altitude, very serious. Both climbers need to extinguish both candle lanterns and exit their snow cave, ideally until their headaches subside. Prior to exiting the cave, they should increase the ventilation using all four of their ski poles to poke additional holes in the cave roof to increase ventilation and consider enlarging the cave itself. As difficult as it may be, they should avoid using their candle lanterns when they return to the cave.